




EOTR PAUL LAWRENCE DUNBAR FRIENDSHIP CAFÉ
2001 15th ST, NW Washington DC
Ziairra Baughan-Owens: Outreach/Partnership Rec.
Coordinator
(202)845-3378
SANDRA JACKSON: Nutrition Aide
MELANIE DAILEY: Recreation Coordinator

March
2025



Monday	Tuesday	Wednesday	Thursday	Friday	
	March is... <u>Malignant Hyperthermia</u> Awareness Month, <u>Multiple Sclerosis</u> Awareness Month, <u>Myeloma Action</u> Month, National <u>Bleeding Disorders</u> Awareness Month,	March is also.... National <u>Developmental Disabilities</u> Awareness Month, National <u>Endometriosis</u> Awareness Month, National <u>Kidney</u> Month, National <u>Nutrition</u> Month, Save Your Vision Month, <u>Trisomy</u> Awareness Month			
3 10:00AM-11:00PM Coffee-Tea/ Spirit Club Virtual Chair Exercise Hour 11:00AM-12:00PM Arts/Crafts Hour 12:00PM-1:00PM LUNCH 1:00PM-2:00PM CARDS	4. 10:00AM-11:00AM Coffee-Tea/ Spirit Club Virtual Chair Exercise Hour 11:00AM-12:00PM Arts and Crafts 12:00PM-1:00PM LUNCH 1:00PM-12:00PM P’Keno JUMBO INTERNATIONAL MARKET 10AM-2PM 3201 Brinkley Rd, Temple Hills, MD 20748	5. 10:00AM-11:00AM Coffee-Tea/ Spirit Club Virtual Chair Exercise Hour 11:00AM-12:00PM March Decorations 12:00PM-1:00PM LUNCH 1:00PM-2:00PM Let’s Chat	6. 10:00AM-11:00AM Coffee/Tea/ Spirit Club Virtual Chair Exercise Hour 11:00AM-12:00PM Diabetes Awareness 12:00PM-1:00PM LUNCH 1:00PM-2:00PM Dominos	7. 10:00AM-11:00AM Coffee/Tea/ Spirit Club Virtual Chair Exercise Hour 11:00AM-12:00PM Sand Art 12:00PM-1:00PM LUNCH 1:00PM-2:00PM Sand Art	

<div>10.</div> <div>10:00AM-11:00AM</div> <div>Coffee-Tea/Spirit Club</div> <div>Virtual Chair Exercise</div> <div>Hour</div> <div>11:00AM-12:00PM Arts</div> <div>and Crafts</div> <div>12:00PM-1:00PM LUNCH</div> <div>1:00PM-2:00PM BINGO</div>	<div>11.</div> <div>10:00AM-10:30AM</div> <div>Coffee-Tea/Spirit Club</div> <div>Virtual Chair Exercise</div> <div>10:30am-12:00pm Mental</div> <div>Health Counseling w/ Dr.</div> <div>Crawford</div> <div>12:00PM-1:00PM</div> <div>LUNCH</div> <div>1:00PM-2:00PM</div> <div>DOMINOS</div>	<div>12.</div> <div>10:00AM-11:00AM</div> <div>CoffeeTea/Spirit Club Virtual</div> <div>Chair Exercise Hour</div> <div>11:00AM-12:00PM Pottery</div> <div>12:00PM-1:00PM LUNCH/</div> <div>Food Jonezi Chef</div> <div>Demonstration</div> <div>1:00PM-2:00PM P’Keno</div>	<div>13.</div> <div>10:00AM-11:00AMCoffee-</div> <div>Tea/Spirit Club Virtual</div> <div>Chair Exercise Hour</div> <div>11:00AM-12:00PM What’s</div> <div>New?</div> <div>12:00PM-1:00PM LUNCH</div> <div>1:00PM-2:00PM Cards</div>	<div>14.</div> <div>10:00AM-11:00AM Coffee-</div> <div>Tea/Spirit Club Virtual</div> <div>Chair Exercise Hour</div> <div>11:00AM-12:00PM</div> <div>Dominos</div> <div>12:00PM-1:00PM LUNCH</div> <div>1:00PM-2:00PM BINGO</div>	<div></div>
<div>17. Happy Saint Patrick’s</div> <div>Day</div> <div>10:00AM-11:00AM</div> <div>Coffee-Tea/Spirit Club</div> <div>Virtual Chair Exercise</div> <div>Hour</div> <div>11:00AM-12:00PM Let’s</div> <div>Be Creative</div> <div>12:00PM-1:00PM LUNCH</div> <div>1:00PM-2:00PM One,</div> <div>Two, Three Red Light</div>	<div>18.</div> <div>10:00AM-11:00AM</div> <div>Coffee-Tea/Spirit Club</div> <div>Virtual Chair Exercise</div> <div>Hour</div> <div>11:00AM-12:00PM</div> <div>Walking and Talking</div> <div>12:00PM-1:00PM</div> <div>LUNCH</div> <div>1:00PM-2:00PM CARDS</div>	<div>19.</div> <div>10:00AM-11:00AM Coffee-</div> <div>Tea/Spirit Club Virtual Chair</div> <div>Exercise Hour</div> <div>11:00AM-12:00PM Springs in</div> <div>the Air/Potting</div> <div>12:00PM-1:00PM LUNCH</div> <div>1:00PM-2:00PM BINGO</div>	<div>20.</div> <div>10:00AM-Coffee-Tea/Spirit</div> <div>Club Virtual Chair</div> <div>Exercise Hour</div> <div>11:00AM-Chat Time</div> <div>12:00PM-LUNCH</div> <div>1:00PM-P’Keno</div> <div>RELAX and RECHARGE</div> <div>WARD 1 St. PATRICK’S SR</div> <div>WELLNESS AND SPA DAY</div> <div>10AM-2PM</div> <div>1480 GIRARD ST, NW DC</div>	<div>21.</div> <div>10:00AM-11:00amCoffee-</div> <div>Tea</div> <div>11:00AM-12:00PM SPIRIT</div> <div>CLUB IN-PERSON</div> <div>EXCERCISE</div> <div>12:00PM-1:00PM LUNCH</div> <div>1:00PM-2:00PM BINGO</div>	<div></div>

24. 10:00AM-11:00AM Coffee-Tea/Spirit Club Virtual Chair Excercise Hour 11:00AM-12:00PM Painting 12:00PM-1:00PM Lunch 1:00PM-2:00PM P’Keno	25. 10:00AM-11:00AM Coffee-Tea/Spirit Club Virtual Chair Excercise Hour 11:00AM-12:00PM Pot Holders 12:00PM-1:00PM LUNCH 1:00PM-2:00PM Finish Pot Holders	26. 10:00AM-11:00AM Coffee- Tea/Spirit Club Virtual Chair Excercise Hour 11:00AM-12:00PM Ring Toss 12:00PM-1:00PM LUNCH 1:00PM-2:00PM BINGO	27. 10:00AM-11:00AM Coffee- Tea/Spirit Club Virtual Chair Excercise Hour 11:00AM-12:00PM One, Two, Three Red Light 12:00PM-1:00PM LUNCH 1:00PM-2:00PM DOMINOS	28. 10:00AM-11:00AM Coffee- Tea/Spirit Club Virtual Chair Excercise Hour 11:00AM-12:00PM Next Month Planning 12:00PM-1:00PM LUNCH 1:00PM-2:00PM P’Keno AMISH MARKET 9701 FORT MEADE RD, LAUREL MD 10AM-2PM	Monday 31 st . 10:00AM-10:30AM Spirit Club Virtual Chair Excercise Hour 10:30-12:00pm ST PATRICKS CHARM BRACELET MAKING WITH KAJAH 11:00AM-12:00PM CARDS 12:00PM-1:00PM LUNCH 1:00PM-2:00PM BINGO
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