







EOTR Paul L Dunbar FRIENDSHIP CAFÉ  
 2001 15<sup>th</sup> st, NW DC  
 Ziairra Baughan-Owens, Outreach/Partnership Rec.  
 Coordinator  
 202-845-3378  
 Sandra Jackson, Nutrition Aide  
 Melanie Dailey, Recreation Coordinator

June 2025



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2. <b>10am-10:30am:</b> <b>COFFEE/TEATIME</b> <b>10:30am-11am: SPIRIT CLUB CHAIR EXER</b> <b>11am-12pm: MORNING WALK/TALK</b> <b>12pm-1pm: Lunch &amp; Fall Recovery and Prevention Education</b> <b>1pm-2pm: DOMINOIES</b>	3. <b>10am-10:30am:</b> <b>COFFEE/TEATIME</b> <b>10:30am-11am: SPIRIT CLUB CHAIR EXER</b> <b>11am-12pm: SUMMER DECORATIONS CRAFT SESSION</b> <b>12pm-1pm: Lunch</b> <b>1pm-2pm: Brain Games</b>	4. <b>10am-10:30am:</b> <b>COFFEE/TEATIME</b> <b>10:30am-11am: SPIRIT CLUB CHAIR EXER</b> <b>11am-12pm: FINISH DECORATING</b> <b>12pm-1pm: Lunch</b> <b>1pm-2pm: Dominoes</b>	5. <b>10am-10:30am:</b> <b>COFFEE/TEATIME</b> <b>10:30am-11am: SPIRIT CLUB CHAIR EXER</b> <b>11am-12pm: MOVIE</b> <b>12pm-1pm: Lunch</b> <b>1pm-2pm: MOVIE</b>	6. <b>10am-10:30am:</b> <b>COFFEE/TEATIME</b> <b>10:30am-11am: SPIRIT CLUB CHAIR EXER</b> <b>11am-12pm: CHAT TIME</b> <b>12pm-1pm: Lunch</b> <b>1pm-2pm: CARDS</b> <b>EXCURSION:</b> <b>ROSES</b> <b>7706 Marlboro Pike,</b> <b>Forestville, MD 2074706</b> <b>10am-2pm</b>	
9. <b>10am-10:30am:</b> <b>COFFEE/TEATIME</b> <b>10:30am-11am: SPIRIT CLUB CHAIR EXER</b> <b>11am-12pm: WHAT'S NEWS (Bring in news articles to discuss)</b> <b>12pm-1pm: Lunch</b> <b>1pm-2pm: WALK IT OUT</b>	10. <b>10am-10:30am:</b> <b>COFFEE/TEATIME</b> <b>10:30am-11am: SPIRIT CLUB CHAIR EXER</b> <b>11am-12pm: PAINTING</b> <b>12pm-1pm: Lunch</b> <b>1pm-2pm: BINGO</b>	11. <b>10am-10:30am:</b> <b>COFFEE/TEATIME</b> <b>10:30am-11am: SPIRIT CLUB CHAIR EXER</b> <b>11am-12pm: Visit from DC HOMELAND SECURITY</b> <b>12pm-1pm: Lunch</b> <b>1pm-2pm: TABLE GAMES</b>	12. <b>10am-10:30am:</b> <b>COFFEE/TEATIME</b> <b>10:30am-11am: SPIRIT CLUB CHAIR EXER</b> <b>11am-12pm: "Keeping Your Brain Sharp" w/ Nutritionist Renee Afryka</b> <b>12pm-1pm: Lunch</b> <b>1pm-2pm: MUSIC &amp; DISCUSSION HOUR</b>	13. <b>10am-10:30am:</b> <b>COFFEE/TEATIME</b> <b>10:30am-11am: SPIRIT CLUB CHAIR EXER</b> <b>11am-12pm: FATHER'S DAY LUNCHEON</b> <b>12pm-1pm: Lunch</b> <b>1pm-2pm: FATHER'S DAY APPRECIATION</b>	

16. 10am-10:30am: COFFEE/TEATIME 10:30am-11am: SPIRIT CLUB CHAIR EXER 11am-12pm: MOVIE 12pm-1pm: Lunch 1pm-2pm: MOVIE	17. 10am-10:30am: COFFEE/TEATIME 10:30am-11am: SPIRIT CLUB CHAIR EXER 11am-12pm: TABLE CRAFTS 12pm-1pm: Lunch 1pm-2pm: CHAT TIME	18. 10am-10:30am: COFFEE/TEATIME 10:30am-11am: SPIRIT CLUB CHAIR EXER 11am-12pm: Juneteenth inspired Keychain 12pm-1pm: Lunch 1pm-2pm: PAINTING	19. Site Closed in Observance of: 	20. 10am-10:30am: COFFEE/TEATIME 10:30am-11am: WILD TECH ONLINE 11am-12pm: SPIRIT CLUB IN PERSON 12pm-1pm: Lunch 1pm-2pm: Brain Games	
23. 10am-10:30am: COFFEE/TEATIME 10:30am-11am: SPIRIT CLUB CHAIR EXER 11am-12pm: DOMINOES 12pm-1pm: Lunch 1pm-2pm: Brain Games	24. 10am-10:30am: COFFEE/TEATIME 10:30am-11am: SPIRIT CLUB CHAIR EXER 11am-12pm: RING TOSS 12pm-1pm: Lunch 1pm-2pm: GUESS WHAT IT IS	25. 10am-10:30am: COFFEE/TEATIME 10:30am-11am: SPIRIT CLUB CHAIR EXER 11am-12pm: BRISK WALK 12pm-1pm: Lunch 1pm-2pm: CHAT TIME	26. 10am-10:30am: COFFEE/TEATIME 10:30am-11am: SPIRIT CLUB CHAIR EXER 11am-12pm: CARDS 12pm-1pm: Lunch 1pm-2pm: Brain Games	27. 10am-10:30am: COFFEE/TEATIME 10:30am-11am: SPIRIT CLUB CHAIR EXER 11am-12pm: MUSIC & DISCUSSION HOUR 12pm-1pm: Lunch 1pm-2pm: BINGO	 

30.  10am-10:30am: COFFEE/TEATIME 10:30am-11am: SPIRIT CLUB CHAIR EXER 11am-12pm: Visit from Medicare Patrol x LCE 12pm-1pm: Lunch 1pm-2pm: MOVIE DAY	June is... <a href="#">Alzheimer’s</a> and Brain Awareness Month, <a href="#">Aphasia</a> Awareness Month, <a href="#">Cataract</a> Awareness Month, <a href="#">Men’s Health</a> Month, Myasthenia Gravis Awareness Month, National Cytomegalovirus Awareness Month, National <a href="#">Migraine &amp; Headache</a> Awareness Month, National Safety Month, National Scoliosis Awareness Month, Pride Month, Professional Awareness Month, <a href="#">PTSD</a> Awareness Month, and Scleroderma Awareness Month		<p><i>“June is the season of endless adventure, beckoning us to explore and embrace new experiences.”</i></p> <p><i>– Frances Mayes, Under the Tuscan Sun (1996)</i></p>		
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*Part of the Senior Services Network—Supported by the Department of Aging and Community Living*