



EOTR Paul L. Dubar FRIENDSHIP CAFÉ
 2001 15TH ST, NW
 Ziairra Baughan-Owens, Outreach/Partnership Rec.
 Coordinator
 202-845-3378
 Sandra Jackson, Nutrition Aide
 Melanie Dailey, Recreation Coordinator

October
 2025



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	 	1. 10am-10:30am Coffee Time 10:30am-11:00am Virtual Spirit Exercise 11:00am-12pm RING TOSS 12pm-1pm LUNCH 1pm-2pm Arts n' Crafts	2. 10am-10:30am Coffee Time 10:30am-11:00am Virtual Spirit Exercise 11:00am-12pm Pictionary 12pm-1pm LUNCH 1pm-2pm Resin/ Art & Craft	3. 10am-10:30am Coffee Time 10:30am-11:00am Virtual Spirit Exercise 11:00am-12pm Table Games 12pm-1pm LUNCH 1pm-2pm Music Hour Excursion: 2nd Avenue Thrift Store Alexandria Virginia 10am-2pm	
6. 10am-10:30am Coffee Time 10:30am-11:00am Virtual Spirit Exercise 11:00am-12pm Fall Nature Walk 12pm-1pm LUNCH 1pm-2pm What's New	7. 10am-10:30am Coffee Time 10:30am-11:00am Virtual Spirit Exercise 11:00am-12pm Candle Making 12pm-1pm LUNCH 1pm-2pm Dominoes/ Table Games	8. 10am-10:30am Coffee Time 10:30am-11:00am Virtual Spirit Exercise 11:00am-12pm Arts and Crafts 12pm-1pm LUNCH 1pm-2pm Music Hour	9. 10am-10:30am Coffee Time 10:30am-11:00am Virtual Spirit Exercise 11:00am-12pm JENGA 12pm-1pm LUNCH 1pm-2pm Word Search & Brain Games	10. 10am-10:30am Coffee Time 10:30am-11:00am Virtual Spirit Exercise 11:00am-12pm 12pm-1pm LUNCH 1pm-2pm BINGO	
13. 10am-10:30am Coffee Time 10:30am-11:00am Virtual Spirit Exercise 11:00am-12pm Monday Walk 12pm-1pm LUNCH 1pm-2pm What's News	14. 10am-10:30am Coffee Time 10:30am-11:00am Virtual Spirit Exercise 11:00am-12pm TRADITIONAL ETHIOPIAN COFFEE CEREMONY W. MS. Zee & Ms. Leti 12pm-1pm LUNCH 1pm-2pm Ring Toss	15. 10am-10:30am Coffee Time 10:30am-11:00am Virtual Spirit Exercise 11:00am-12pm Let's explore the Holidays 12pm-1pm LUNCH 1pm-2pm Holiday Preparation	16. 10am-10:30am Coffee Time 10:30am-11:00am Virtual Spirit Exercise 11:00am-12pm Board Games 12pm-1pm LUNCH 1pm-2pm Board Decorating	17. 10am-10:30am Coffee Time 10:30am-11:00am Virtual Spirit Exercise 11:00am-12pm Karaoke 12pm-1pm LUNCH 1pm-2pm BINGO EXCU: AMF Bowling 4717 St Barnabas Road 10am-2pm	

20. 10am-10:30am Coffee Time 10:30am-11:00am Virtual Spirit Exercise 11:00am-12pm Monday Walk 12pm-1pm LUNCH 1pm-2pm What's New	21. 10am-10:30am Coffee Time 10:30am-11:00am Virtual Spirit Exercise 11:00am-12pm Jigsaw Puzzle 12pm-1pm LUNCH 1pm-2pm Halloween Art	22. 10am-10:30am Coffee Time 10:30am-11:00am Virtual Spirit Exercise 11:00am-12pm Tye dying Art Activity 12pm-1pm LUNCH 1pm-2pm Board games	23. 10am-10:30am Coffee Time 10:30am-11:00am Virtual Spirit Exercise 11:00am-12pm JENGA & Table Games 12pm-1pm LUNCH 1pm-2pm MONOPOLY	24. 10am-10:30am Coffee Time 10:30am-11:00am Virtual Spirit Exercise 11:00am-12pm Crossword Puzzles 12pm-1pm LUNCH 1pm-2pm Monthly BIG BINGO	
27. 10am-10:30am Coffee Time 10:30am-11:00am Virtual Spirit Exercise 11:00am-12pm Monday Walk 12pm-1pm LUNCH 1pm-2pm What's News	28. 10am-10:30am Coffee Time 10:30am-11:00am Virtual Spirit Exercise 11:00am-12pm Bird houses 12pm-1pm LUNCH 1p.m.-2p.m. Open Enrollment w. Medicare & United Healthcare	29. 10am-10:30am Coffee Time 10:30am-11:00am Virtual Spirit Exercise 11:00a.m.-12p.m. Nutrition w/ Nutritionist. Renee Afryka 12pm-1pm LUNCH 1pm-2pm CHARADES	30. 10am-10:30am Coffee Time 10:30am-11:00am Virtual Spirit Exercise 11:00am-12pm Music Hour 12pm-1pm LUNCH 1pm-2pm Music Hour	31. 10am-10:30am Coffee Time 10:30am-11:00am Virtual Spirit Exercise 11:00am-12pm Halloween Art 12pm-1pm LUNCH 1pm-2pm BINGO	October: October 1-31: Breast Cancer Awareness Month October 1-31: Charcot-Marie-Tooth Disease (CMT) Awareness Month October 1-31: Contact Lens Safety Month October 1-31: Domestic Violence Awareness Month October 1-31: Down Syndrome Awareness Month October 1-31: Eye Injury Prevention Month October 1-31: Health Literacy Month October 1-31: Healthy Lung Month