



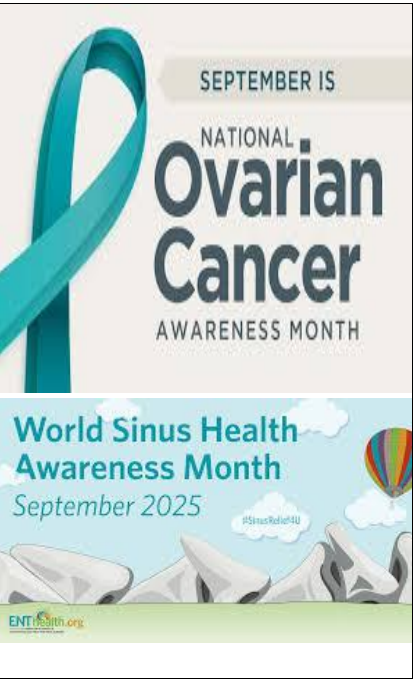
EOTR Paul L Dunbar FRIENDSHIP CAFÉ
 2001 15th St, NW DC
 Ziairra Baughan-Owens, Outreach/Partnership Rec.
 Coordinator
 202-845-3378
 Sandra Jackson, Nutrition Aide
 Melanie Dailey, Recreation Coordinator

September 2025



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1. 10am-10:30amCoffee/Tea 10:30am-11am-Spirit Club Chair Exercises 11:00am-12:00pm- Morning Walk 12:00pm-1:00pm LUNCH 1:00pm-2:00pm-What's New	2. 10am- 10:30amCoffee/Tea 10:30am-12pm Mental Health w. Ms. Maryanne 12:00pm-1:00pm LUNCH 1:00pm-2:00pm-Ring Toss	3. 10am-10:30amCoffee/Tea 10:30am-11am- Guess What? 11:00am-12:00pm- IN-PERSON SPIRIT EXCERCISE 12:00pm-1:00pm LUNCH 1:00pm-2:00pm-JENGA	4. 10am-10:30amCoffee/Tea 10:30am-11am-Spirit Club Chair Exercises 11:00am-12:00pm- “Controlling Your Cholesterol” w/ Nutritionist Renee Afryka 12:00pm-1:00pm LUNCH 1:00pm-2:00pm-Sand Art	5. 10am-10:30amCoffee/Tea 10:30am-11am-Spirit Club Chair Exercises 11:00am-12:00pm-Table Gamesa 12:00pm-1:00pm LUNCH 1:00pm-2:00pm-Music Hour Excursion: 2nd Ave Thrift 201 Fort Meade Rd, Laurel, MD 20707 10am-2pm	
8. 10am-10:30amCoffee/Tea 10:30am-11am-Spirit Club Chair Exercises 11:00am-12:00pm- Morning Walk 12:00pm-1:00pm LUNCH 1:00pm-2:00pm-Suntime	9. 10am-10:30amCoffee/Tea 10:30am-11am-Spirit Club Chair Exercises 11:00am-12:00pm-Cup Match 12:00pm-1:00pm LUNCH 12:30pm- “SHIP” State Insurance Assistance OPEN ENROLLMENT 1:00pm-2:00pm-What's in the Box	10. 10am-10:30amCoffee/Tea 10:30am-11am- Crossword Puzzles 11:00am-12:00pm- IN-PERSON SPIRIT EXCERCISE 12:00pm-1:00pm LUNCH 1:00pm-2:00pm- CUP STACK RACE	11. 10am-10:30amCoffee/Tea 10:30am-11am-Spirit Club Chair Exercises 11:00am-12:00pm-DACL APS & Dementia Awareness 12:00pm-1:00pm LUNCH 1:00pm-2:00pm-Word Search	12. 10am-10:30amCoffee/Tea 10:30am-11am-Spirit Club Chair Exercises 11:00am-12:00pm-Music Hour 12:00pm-1:00pm LUNCH 1:00pm-2:00pm-Karaoke	

15. 10am-10:30am-Coffee/Tea 10:30am-11am-Spirit Club Chair Exercises 11:00am-12:00pm-Morning Walk 12:00pm-1:00pm LUNCH 1:00pm-2:00pm-Sun time	16. 10am-10:30am-Coffee/Tea 10:30am-11am-Spirit Club Chair Exercises 11:00am-12:00pm-MediPatrol x AARP Fall Open Enrollment Presentation 12:00pm-1:00pm-LUNCH 1:00pm-2:00pm-Arts Craft	17. 10am-10:30am-Coffee/Tea 10:30am-11am- Visit Art Presentations 11:00am-12:00pm-Mingling with Other Sites & Visit Art Gala 12:00pm-1:00pm LUNCH 1:00pm-2:00pm-Candle Making	18. 10am-10:30am-Coffee/Tea 10:30am-11am-Spirit Club Chair Exercises 11:00am-12:00pm-Sand Art 12:00pm-1:00pm LUNCH 1:00pm-2:00pm-Ring Toss	19. 10am-10:30am-Coffee/Tea 10:30am-11am- Music Time 11:00am-12:00pm-IN-PERSON SPIRIT EXCERCISE 12:00pm-1:00pm LUNCH 1:00pm-2:00pm-BINGO	<div>Pulmonary Fibrosis Awareness Month SEPT 2025</div>
22. 10am-10:30am-Coffee/Tea 10:30am-11am-Spirit Club Chair Exercises 11:00am-12:00pm-Morning Walk 12:00pm-1:00pm LUNCH 1:00pm-2:00pm-Chat Time	23. 10am-10:30am-Coffee/Tea 10:30am-11am-Arts & Crafts 11:00am-12:00pm-IN-PERSON SPIRIT EXCERCISE 12:00pm-1:00pm LUNCH 1:00pm-2:00pm-Traditonal Ethiopian Coffee Ceremony	24. 10am-10:30am-Coffee/Tea 10:30am-11am Start our Portraits 11:00am-12:00pm-IN-PERSON SPIRIT EXCERCISE 12:00pm-1:00pm LUNCH 1:00pm-2:00pm-Finish our Portraits <div>Excursion: Fall Prevention Awareness Workshop UDC CAMPUS 4200 Connecticut Ave NW 10am-2pm</div>	25. 10am-10:30am-Coffee/Tea 10:30am-12pm Mental Health w. Ms. Maryanne 12:00pm-1:00pm LUNCH 1:00pm-2:00pm-Brain Games	26. 10am-10:30am-Coffee/Tea 10:30am-11am-Spirit Club Chair Exercises 11:am-12:00pm-Dominoes 12:00pm-1:00pm LUNCH 1:00pm-2:00pm-BINGO	<div></div>

<p>29.</p> <p>10am-10:30am-Coffee/Tea</p> <p>10:30am-11am-Spirit Club</p> <p>Chair Exercises</p> <p>11:00am-12:00pm-Morning Walk</p> <p>12:00pm-1:00pm LUNCH</p> <p>1:00pm-2:00pm-Music and Discussion Hour</p>	<p>30.</p> <p>10am-10:30am-Coffee/Tea</p> <p>10:30am-11am-Spirit Club</p> <p>Chair Exercises</p> <p>11:00am-12:00pm-Table Games</p> <p>12:00pm-1:00pm LUNCH</p> <p>1:00pm-2:00pm-Board Games</p> <p>Excursion:</p> <p>8TH ANNUAL SENIOR BRAIN GAMES</p> <p>9:30am-1:30pm</p> <p>MLK Library</p> <p>901 G st, NW</p>	<p>“Happiness is not something readymade; it comes from your own actions. “</p> <p><i>Dalai Lama</i></p>			<p>September is...</p> <p>Sept 1-30: National Fruits and Veggies Month</p> <p>September 1-30: National Pediculosis Prevention Month/Head Lice Prevention Month</p> <p>September 1-30: National Recovery Month</p> <p>September 1-30: National Sickle Cell Awareness Month</p> <p>September 1-30: National Vascular Disease Awareness Month</p> <p>September 1-30: National Yoga Month</p> <p>September 1-30: Newborn Screening Awareness Month</p> <p>September 1-30: Ovarian Cancer Awareness Month</p>
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Part of the Senior Services Network – Supported by the Department of Aging and Community Living