



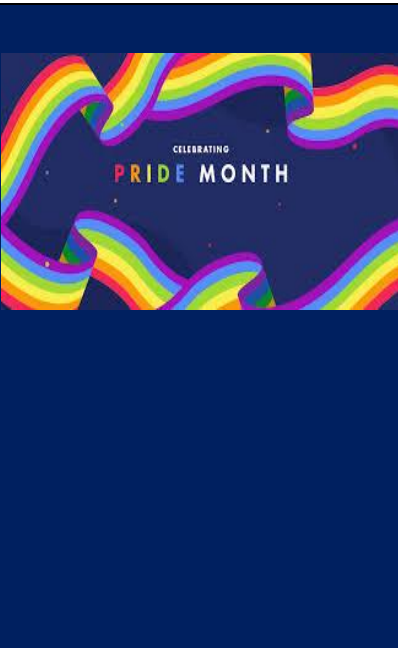
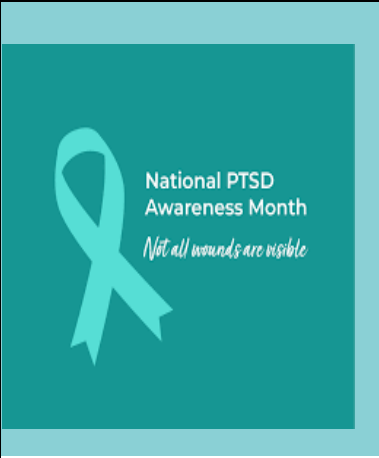
EOTR Pennsylvania Avenue Baptist Church FRIENDSHIP
CAFÉ
3001 Pennsylvania Avenue SE, DC
Ziairra Baughan-Owens, Outreach/Partnership Rec.
Coordinator
202-845-3384

Sheila Wormley , Nutrition Aide
Madeline Ferrell-Harris. Recreation Coordinator

June
2026



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1. 10am-11:00am Fitness w. Ms. Vernetta 11:00am-12:00pm 20 Questions (Guess the answer) 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Cornhole	2. 10am-10:30am Coffee & Devotional 10:30am-11:00am Virtual Exercise 11:00am-12:00pm 40/70 Rule discussion 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Arts & Crafts Excursion: Marthas Table 2374 Elvans Rd, SE DC 10:00am-12:00pm	3. 10am-11:00am Fitness w. Ms. Vernetta 11:00am-12:00pm Balloon Volley Ball 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Phone Apps to help with memory	4. 10am-10:30am Coffee & Devotional 10:30am-11:00am Virtual Exercise 11:00am-12:00pm Music 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Jeopardy	5. 10am-11:00am Fitness w. Ms. Vernetta 11:00am-12:00pm Zoom (WildTech) 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Diabetes Awareness w. Irwin Royster	
8. 10am-11:00am Fitness w. Ms. Vernetta 11:00am-12:00pm WILDTECH: Technology Training: Tech Support Monday - Receive Assistance with Your Device! 12:00pm-1:00pm LUNCH 1:00pm-2:00pm WildTECH: Travel Presentation: Braids, Locs & Afros/A Cultural Celebration!	9. 10am-10:30am Coffee & Devotional 10:30am-11:00am Virtual Exercise 11:00am-12:00pm Anagrams (Animals) 12:00pm-1:00pm LUNCH & Men's Health & Nutrition Month w/Ms. Minor 1:00pm-2:00pm Cornhole / Board games	10. 10am-11:00am Fitness w. Ms. Vernetta 11:00am-12:00pm Puzzles 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Social Talk	11. 10am-10:30am Coffee & Devotional 10:30am-11:00am Virtual Exercise 11:00am-12:00pm Most likely to (knowing each other) 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Arts & Craft (Coasters) Excursion: AMC Rivertowne 6075 Oxon Hill Rd, MD 10:00am-2:00pm	12. 10am-10:30am Coffee & Devotional 10:30am-11:00am Virtual Exercise 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Diabetes Awareness w. Irwin Royster	

15. 10am-11:00am Fitness w. Ms. Vernetta 11:00am-12:00pm WILDTECH: Technology Training: Tech Support Monday - Receive Assistance with Your Device! 12:00pm-1:00pm LUNCH 1:00pm-2:00pm WildTECH: Travel Presentation: Braids, Locs & Afros/A Cultural Celebration!	16. 10am-10:30am Coffee & Devotional 10:30am-11:00am Virtual Exercise 11:00am-12:00pm Soul Food Trivia 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Jenga	17. 10am-11:00am Fitness w. Ms. Vernetta 11:00am-12:00pm Health Talk 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Decorating	18. 10am-10:30am Coffee & Devotional 10:30am-12:00pm Mental Health Counseling w. Marianne 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Celebrating Freedom: Quiz, Music & Attire	19. Site Closed 	
22. 10am-11:00am Fitness w. Ms. Vernetta 11:00am-12:00pm Quiz 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Movie	23. 10am-10:30am Coffee & Devotional 10:30am-11:00am Virtual Exercise 11:00am-12:00pm Walk with Nature 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Pottery	24. 10am-11:00am Fitness w. Ms. Vernetta 11:00am-12:00pm Anagrams (food) 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Family Feud	25. 10am-10:30am Coffee & Devotional 10:30am-11:00am Virtual Exercise 11:00am-12:00pm Picture recall (memory) 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Summer Jars	26. 10am-11:00am Fitness w. Ms. Vernetta 11:00am-12:00pm DACL APS & Dementia Informational 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Diabetes Awareness w. Irwin Royster	
29. 10am-11:00am. Fitness w. Ms. Vernetta 11:00am-12:00pm Migraine & Headache Awareness discussion 12:00pm-1:00pm LUNCH & Calcium Benefits for the Older American w/ Ice Cream Socials 1:00pm-2:00pm movie	30. 10am-10:30am Coffee & Devotional 10:30am-11:00am Virtual Exercise 11:00am-12:00pm Sign Language (Marcellus Hartsfield) 12:00pm-1:00pm LUNCH 1:00pm-2:00pm				June is Pride Month, Men's Health Month, PTSD Awareness Month, Alzheimer's & Brain Awareness Month, Migraine & Headache Awareness Month, Cataract Awareness Month, and Gun Violence Awareness Month, and it also includes Juneteenth National Independence Day (June 19), Flag Day (June

	Bingo with prizes				14), and Father's Day (June 21).
--	-------------------	--	--	--	----------------------------------

Network – Supported by the Department of Aging and Community Living