






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

November 25'



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<p><i>“When you stand and share your story in an empowering way...”</i></p>	<p><i>...your story will heal you and your story will heal somebody else.”</i></p>	<p><i>- Iyanla Vanzant</i></p>	 
3. <b>10am-10:30am Coffee Time</b> <b>10:30am-11:00am Virtual Spirit Exercise</b> <b>11:00am-12pm-Chat Hour</b> <b>12pm-1pm LUNCH</b> <b>1pm-2pm-Holiday Planning</b>	4. <b>10am-10:30am Coffee Time</b> <b>10:30am-11:00am Virtual Spirit Exercise</b> <b>11:00am-12pm-Arts N' Crafts</b> <b>12pm-1pm LUNCH</b> <b>1pm-2pmCROSSWORD PUZZLES</b>	5. <b>10am-10:30am Coffee Time</b> <b>10:30am-11:00am Virtual Spirit Exercise</b> <b>11:00am-12pm-Decorating for Holiday</b> <b>12pm-1pm LUNCH</b> <b>1pm-2pm-UNO</b>	6. <b>10am-10:30am Coffee Time</b> <b>10:30am-12:00pm Counseling w. Ms. Maryanne</b> <b>12pm-1pm LUNCH</b> <b>1:00pm-2pm Board Games</b>	7. <b>10am-10:30am Coffee Time</b> <b>10:30am-11:00am Virtual Spirit Exercise</b> <b>11:00am-12pm-BOARD GAMES</b> <b>12pm-1pm LUNCH</b> <b>1pm-2pm-MUSIC HOUR</b> <b>Excursion: JUMBO INTERNATIONAL MARKET</b> <b>3201 Brinkley Road</b> <b>Temple Hills, Md</b> <b>10am-2pm</b>	

<p>10.  <b>10am-10:30am Coffee Time</b>  10:30am-11:00am Virtual Spirit Exercise  11:00am-12pm-Monday Morning Chat  12pm-1pm LUNCH  1pm-2pm-MUSIC HOUR</p>	<p>11.      Site Closure</p> 	<p>12.  <b>10am-10:30am Coffee Time</b>  <b>10:30am-12:00pm Mental Health Group Counseling w. Dr. Crawford</b>  12pm-1pm LUNCH  1pm-2pm-WALK AROUND THE BLOCK</p>	<p>13.  <b>10am-10:30am Coffee Time</b>  10:30am-11:00am Virtual Spirit Exercise  11:00am-12pm-GUESS WHAT  12pm-1pm LUNCH  1pm-2pm-CROSSWORD PUZZLES</p>	<p>14.  <b>10am-10:30am Coffee Time</b>  10:30am-11:00am Virtual Spirit Exercise  <b>11:00am-12pm-Paint, Sip, and Resource w. Ms. Zee</b>  12pm-1pm LUNCH  1pm-2pm-BINGO</p>	
<p>17.  <b>10am-10:30am Coffee Time</b>  10:30am-11:00am Virtual Spirit Exercise  11:00am-12pm-MONDAY CHAT  12pm-1pm LUNCH  1pm-2pm-HOLIDAY PLANNING</p>	<p>18.  <b>10am-10:30am Coffee Time</b>  10:30am-11:00am Virtual Spirit Exercise  11:00am-12pm-WHAT'S ON THE MENU  12pm-1pm LUNCH  <b>1pm-2pm-Diabetes Awareness w. Irwin Royster</b></p>	<p>19.  <b>10am-10:30am Coffee Time</b>  10:30am-11:00am Virtual Spirit Exercise  11:00am-12pm-RESIN ART  12pm-1pm LUNCH  1pm-2pm-FINISH RESIN ART</p>	<p>20.  <b>10am-10:30am Coffee Time</b>  10:30am-11:00am Virtual Spirit Exercise  11:00am-12pm-LET'S PAINT  12pm-1pm LUNCH  1pm-2pm-FINISH PAINT/CLEAN-UP</p>	<p>21.  <b>10am-10:30am Coffee Time</b>  10:30am-11:00am Virtual Spirit Exercise  <b>11:00am-12pm-In Person Spirit w. Ms. Pat</b>  12pm-1pm LUNCH  1pm-2pm-JENGA  <b>Excursion:</b>  <b>Museum of the Bible</b>  <b>400 4<sup>th</sup> Street SW</b>  <b>Washington DC</b>  <b>10am-2pm</b></p>	
<p>24.  10am-10:30am Coffee Time  10:30am-11:00am Virtual Spirit Exercise  <b>11:00am-12pm-MONDAY CHAT</b>  12pm-1pm LUNCH  1pm-2pm-GETTING READY FOR HOLIDAY</p>	<p>25.  10am-10:30am Coffee Time  10:30am-11:00am Virtual Spirit Exercise  11:00am-12pm-Holiday Luncheon  12pm-1pm LUNCH  1pm-2pm-Holiday Greetings</p>	<p>26.  10am-10:30am Coffee Time  10:30am-11:00am Virtual Spirit Exercise  <b>11:00am-12pm-Nutrition w. Ms. Renee Afryka</b>  12pm-1pm LUNCH  1pm-2pm-LET'S CHAT</p>	<p>27.</p> <p><i>Happy Thanksgiving!</i></p> 	<p>28.  <b>10am-10:30am Coffee Time</b>  10:30am-11:00am Virtual Spirit Exercise  11:00am-12pm-RESIN ART  12pm-1pm LUNCH  1pm-2pm-FINISH RESIN ART</p>	<p><b>November</b> is American Diabetes Month, Bladder Health Month, <a href="#">COPD</a> Awareness Month, Diabetic Eye Disease Month, Stomach Cancer Awareness Month,<a href="#">Lung Cancer</a> Awareness, National Alzheimer's Disease Awareness Month, <a href="#">National Diabetes Month</a>, National Epilepsy Awareness Month, National Family Caregivers Month, National Healthy Skin Month, National Hospice and Palliative Care Month, National Marrow</p>

					<b>Awareness Month, Pancreatic Cancer Awareness Month, Prematurity Awareness Month</b>
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*Part of the Senior Services Network – Supported by the Department of Aging and Community Living*