



EOTR PACB FRIENDSHIP CAFÉ
 3000 Pennsylvania Ave Se, DC
 Ziairra Baughan-Owens, Outreach/Partnership Rec.
 Coordinator
 202-845-3378
 Ms. Ruth, Nutrition Aide
 Ciara Crawford, Recreation Coordinator

January 2026



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>To live is to change, and to be perfect is to have changed often.” <i>—John Henry Newman</i></p>	<p>“Cheers to a new year and another chance for us to get it right.” – Oprah Winfrey</p>	<p>1. SITE CLOSED</p> <p>New Year's Day</p>	<p>2. 10am-10:30am Morning Mingle 10:30am-11am Virtual Exercise 11am-12pm Puzzle Time 12pm-1pm LUNCH 1pm-2pm Chat& Plan for February Trips</p>	
<p>5. 10am-10:30am Morning Mingle 10:30am-11am Virtual Exercise 11am-12pm Checkers 12pm-1pm LUNCH 1pm-2pm Mindful Monday</p>	<p>6. <u>Tedious Tuesdays</u> 10am-10:30am Coffee& Convo 10:30am-11am Virtual Exercise 11am-12pm Looming! 12pm-1pm LUNCH 1pm-2pm Scrabble</p>	<p>7. 10am-10:30am Coffee & Convo 10:30am-11am Virtual Exercise 11am-12pm Medicare Bingo 12pm-1pm LUNCH 1pm-2pm Spanish 101</p>	<p>8. 10am-10:30am Morning Mingle 10:30am-11am Virtual Exercise 11am-12pm Sensory Stimulation 12pm-1pm LUNCH 1pm-2pm Create your own Passport Marthas Table 2735 Elvan's Rd SE Washington DC 20020 10:30am- 1pm</p>	<p>9. 10am-10:30am Pick-a - Country 10:30am-11am Virtual Exercise 11am-12pm Paint, Sip, and Resource w. Ms. Zee 12pm-1pm LUNCH 1pm-2pm Health Promotion w. Irwin Royster</p>	

<p>12. 10am-10:30am Morning Mingle 10:30am-11am Virtual Exercise 11am-12pm Chess 12pm-1pm LUNCH 1pm-2pm Short Stories</p>	<p>13. <u>Tedious Tuesdays</u> 10am-10:30am Coffee & Convo 10:30am-11am Virtual Exercise 11am-12pm Candle Making 12pm-1pm LUNCH 1pm-2pm</p>	<p>14. 10am-10:30am Morning Mingle 10:30am-12pm January “Planting our Seeds” Jumpstart Workshop w. Kajah 12pm-1pm LUNCH 1pm-2pm Pipe Cleaner Flower</p>	<p>15. 10am-10:30am Coffee & Convo 10:30am-11am Virtual Exercise 11am-12pm MLK trivia 12pm-1pm LUNCH 1pm-2pm MLK did you know Amish Market 5030 Brown Station Rd, Upper Marlboro, MD 20772 10am-2pm</p>	<p>16. 10am-10:30am Morning Mingle 10:30am-11am Virtual Exercise 11am-12pm Zumba 12pm-1pm LUNCH 1pm-2pm Health Promotion w. Irwin Royster</p>	
<p>19. 10am-10:30am Morning Mingle 10:30am-11am Virtual Exercise 11am-12pm Winter jeopardy 12pm-1pm LUNCH 1pm-2pm Mindful Monday</p>	<p>20. <u>Tedious Tuesdays</u> 10am-10:30am Morning Mingle 10:30am-11am Virtual Exercise 11am-12pm DIY Soap Making 12pm-1pm LUNCH & a Healthy Moment w. Nutritionist Evelyn Minor 1pm-2pm Introduction to book club</p>	<p>21. 10am-10:30am Coffee & Chew 10:30am-11am Virtual Exercise 11am-12pm Monopoly 12pm-1pm LUNCH 1pm-2pm Monopoly Botanical Gardens 100 Maryland Ave SW, Washington, DC 20004 10am-2pm</p>	<p>22. 10am-10:30am Coffee & Chew 10:30am-11am Virtual Exercise 11am-12pm Group Discussion 12pm-1pm LUNCH 1pm-2pm Table Talk</p>	<p>23. 10am-10:30am Coffee & Chew 10:30am-11am Beanbag Toss Virtual Exercise 11am-12pm 12pm-1pm LUNCH 1pm-2pm Health Promotion w. Irwin Royster</p>	
<p>26. 10am-10:30am Coffee & Chew 10:30am-11am Virtual Exercise 11am-12pm Arts &craft project 12pm-1pm LUNCH 1pm-2pm Spanish 101</p>	<p>27. <u>Tedious Tuesdays</u> 10am-10:30am Coffee & Chew 10:30am-11am Virtual Exercise 11am-12pm Perfume Making 12pm-1pm LUNCH 1pm-2pm Pick - a -Book Club</p>	<p>28. 10am-10:30am Coffee & Chew 10:30am-11am Virtual Exercise 11am-12pm Healthy Aging presentation 12pm-1pm LUNCH 1pm-2pm Q & A</p>	<p>29. 10am-10:30am Coffee & Chew 10:30am-11am Virtual Exercise 11am-12pm Spanish 101 12pm-1pm LUNCH 1pm-2pm Table Talk</p>	<p>30. 10am-10:30am Coffee & Chew 10:30am-11am Virtual Exercise 11am-12pm Movie 12pm-1pm LUNCH 1pm-2pm Health Promotion w. Irwin Royster</p>	<p>January is...Cervical Health Awareness Month, Glaucoma Awareness Month, International Quality of Life Month, National Birth Defects Awareness/Prevention Month, National Blood Donor Month, National Radon Action Month, National Winter Sports Traumatic Brain Injury Awareness Month, Thyroid Awareness Month</p>

