



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

January
2026



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	To live is to change, and to be perfect is to have changed often.” —John Henry Newman	“Cheers to a new year and another chance for us to get it right.” – Oprah Winfrey 	 New Year's Day SITES CLOSED	2. 10am-10:30am Coffee/Tea Time 10:30am-11am Virtual Exercise 11am-12pm Live Cooking Demonstration w. UDC Chef Herb 12pm-1pm -LUNCH 1pm-2pm-BINGO	
5. 10am-10:30amCoffee/Tea Time 10:30am-11am Virtual Exercise 11am-12pm-What's News 12pm-1pm LUNCH 1pm-2pm-New Year New Motivation	6. 10am-10:30am Coffee/Tea zTime 10:30am-11am Virtual Exercise 11am-12pm-Art n Crafts 12pm-1pm LUNCH 1pm-2pm Scrabble	7. 10am-10:30am Coffee/Tea Time 10:30am-11am Virtual Exercise 11am-12pm-Word Search 12pm-1pm LUNCH 1pm-2pm-Puzzles	8. 10am-10:30amCoffee/Tea Time 10:30am-11am Virtual Exercise 11am-12pm Paint, Sip, and Resource w. Ms. Zee 12pm-1pm- LUNCH 1pm-2pm-UNO	9. 10am-10:30amCoffee/Teatime 10:30am-11am Virtual Exercise 11am-12pm-Ring Toss 12pm-1pm-LUNCH 1pm-2pm-Music Hour Excursion: 2 nd Ave Thrift 8750 Richmond Hwy, Engleside, VA 22309	

				10:00am-2:00pm	
12. 10am-10:30amCoffee/Tea Time 10:30am-11am Virtual Exercise 11am-12pm-Checkers 12pm-1pm LUNCH 1pm-2pm-Chat Time	13. 10am-10:30am Coffee/Tea Time 10:30am-11am Virtual Exercise 11am-12pm-SEVEN 12pm-1pm LUNCH 1pm-2pm Health Promotion w. Irwin Royster	14. 10am-10:30amCoffee/Tea Time 10:30am-11am Virtual Exercise 11am-12pm-Music Hour 12pm-1pm-LUNCH 1pm-2pm-Karaoke	15. 10am-10:30am Coffee/Tea Time 10:30am-11am Virtual Exercise 11am-12pm MLK trivia 12pm-1pm -LUNCH 1pm-2pm MLK did you know	16. 10am-10:30am Coffee/Tea Time 10:30am-11am SEVEN 11am-12pm-IN PERSON SPIRIT CLUB 12pm-1pm LUNCH 1pm-2pm-Music Hour Excursion: Bowling AMF Marlow Heights 4717 St. Barnabas rd 10am-2pm	
19. 10am-10:30amCoffee/Tea Time 10:30am-11am Virtual Exercise 11am-12pm-Chat Hour 12pm-1pm LUNCH 1pm-2pm-JENGA	20. 10am-10:30am Coffee/Tea Time 10:30am-12pm MENTAL HEALTH W. DR. CRAWFORD: combating the Winter Blues 12pm-1pm LUNCH 1pm-2pm Health Promotion w. Irwin Royster	21. 10am-10:30am Coffee/Tea-time 10:30am-11am Virtual Exercise 11am-12pm Monopoly 12pm-1pm LUNCH 1pm-2pm Monopoly	22. 10am-10:30am Coffee/Tea-time 10:30am-11am Virtual Exercise 11am-12pm-Ring Toss 12pm-1pm LUNCH 1pm-2pm-UNO	23. 10am-10:30am Coffee/Tea-time 10:30am-12pm January "Planting our Seeds" Jumpstart Workshop w. Kajah 12pm-1pm LUNCH 1pm-2pm-BINGO	

26. 10am-10:30am Coffee/Tea-time 10:30am-11am Virtual Exercise 11am-12pm-Chat Time 12pm-1pm LUNCH 1pm-2pm -Chat Time	27. 10am-10:30am Coffee/Tea-time 10:30am-11am Virtual Exercise 11:00am-12:00pm Health Promotion w. Irwin Royster 12pm-1pm LUNCH 1pm-2pm Pick - a - Book Club	28. 10am-10:30am Coffee/Tea-time 10:30am-11am Virtual Exercise 11am-12pm-Food Facts w. Nutrionist Renee Afryka 12pm-1pm LUNCH 1pm-2pm-Music/Dance	29. 10am-10:30am Coffee/Tea-time 10:30am-11am Virtual Exercise 11am-12pm-UNO 12pm-1pm LUNCH 1pm-2pm-Chat Time	30. 10am-10:30am Coffee/Tea-time 10:30am-11am Virtual Exercise 11am-12pm-Music Hour 12pm-1pm LUNCH 1pm-2pm-BINGO	January is... Cervical Health Awareness Month, Glaucoma Awareness Month, International Quality of Life Month, National Birth Defects Awareness/Prevention Mo nth, National Blood Donor Month, National Radon Action Month, National Winter Sports Traumatic Brain
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Network – Supported by the Department of Aging and Community Living