



EOTR Paul L Dunbar FRIENDSHIP CAFÉ

2001 15th st, NW

Zairra 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



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-10:30am Coffee/Tea Time
10:30am-11am Virtual Exercise
11am-12pm-What's News
12pm-1pm LUNCH
1pm-2pm-New Year New Motivation

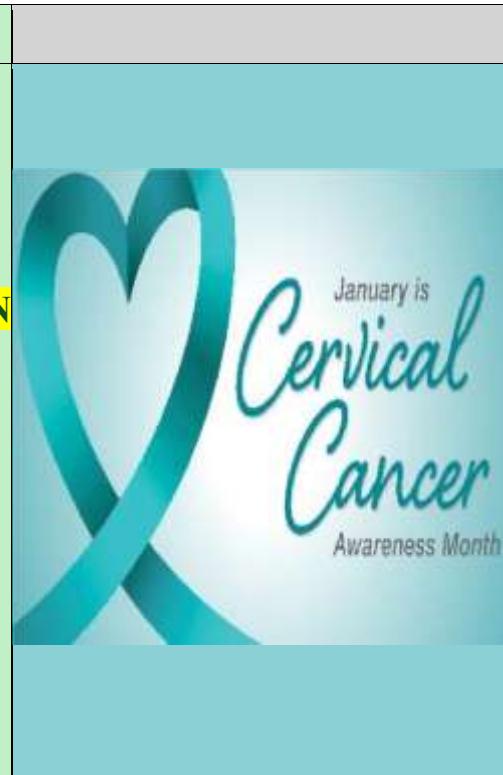
6.
10am-10:30am Coffee/Tea Time
10:30am-11am Virtual Exercise
11am-12pm-Art n Crafts
12pm-1pm LUNCH
1pm-2pm Scrabble

7.
10am-10:30am Coffee/Tea Time
10:30am-11am Virtual Exercise
11am-12pm-Word Search
12pm-1pm LUNCH
1pm-2pm-Puzzles

8.
10am-
10:30am Coffee/Tea Time
10:30am-11am Virtual Exercise
11am-12pm Paint, Sip, and Resource w. Ms. Zee
12pm-1pm- LUNCH
1pm-2pm-UNO

9.
10am-
10:30am Coffee/Tea Time
10:30am-11am Virtual Exercise
11am-12pm-Ring Toss
12pm-1pm-LUNCH
1pm-2pm-Music Hour
Excursion:
2nd Ave Thrift
8750 Richmond Hwy,
Engleside, VA 22309



				10:00am-2:00pm	
<p>12. 10am-10:30amCoffee/Tea Time 10:30am-11am Virtual Exercise 11am-12pm-Checkers 12pm-1pm LUNCH 1pm-2pm-Chat Time</p>	<p>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</p>	<p>14. 10am- 10:30amCoffee/Tea Time 10:30am-11am Virtual Exercise 11am-12pm-Virtual Exercise 11am-12pm-Music Hour 12pm-1pm-LUNCH 1pm-2pm-Karaoke</p>	<p>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</p>	<p>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</p>	
<p>19. 10am-10:30amCoffee/Tea Time 10:30am-11am Virtual Exercise 11am-12pm-Chat Hour 12pm-1pm LUNCH 1pm-2pm-JENGA</p>	<p>20. 10am-10:30am Coffee/Tea 10:30am-12pm MENTAL HEALTH W. DR. CRAWFORD: combating the Winter Blues 12pm-1pm LUNCH 1pm-2pm Health Promotion w. Irwin Royster</p>	<p>21. 10am-10:30am Coffee/Tea-time 10:30am-11am Virtual Exercise 11am-12pm Monopoly 12pm-1pm LUNCH 1pm-2pm Monopoly</p>	<p>22. 10am-10:30am Coffee/Tea-time 10:30am-11am Virtual Exercise 11am-12pm-Ring Toss 12pm-1pm LUNCH 1pm-2pm-UNO</p>	<p>23. 10am-10:30am Coffee/Tea-time 10:30am-12pm January "Planting our Seeds" Jumpstart Workshop w. Kajah 12pm-1pm LUNCH 1pm-2pm-BINGO</p>	

<p>26. 10am-10:30am Coffee/Tea-time 10:30am-11am Virtual Exercise 11am-12pm-Chat Time 12pm-1pm LUNCH 1pm-2pm -Chat Time</p>	<p>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</p>	<p>28. 10am-10:30am Coffee/Tea-time 10:30am-11am Virtual Exercise 11am-12pm-Food Facts w. Nutritionist Renee Afryka 12pm-1pm LUNCH 1pm-2pm-Music/Dance</p>	<p>29. 10am-10:30am Coffee/Tea-time 10:30am-11am Virtual Exercise 11am-12pm-UNO 12pm-1pm LUNCH 1pm-2pm-Chat Time</p>	<p>30. 10am-10:30am Coffee/Tea-time 10:30am-11am Virtual Exercise 11am-12pm-Music Hour 12pm-1pm LUNCH 1pm-2pm-BINGO</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</p>
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