



EOTR Paul L Dunbar FRIENDSHIP CAFÉ
 2001 15th st, NW
 Ziairra Baughan-Owens, Outreach/Partnership Rec. Coordinator
 202-845-3384
 Sandra Jackson, Nutrition Aide
 Melanie Dailey, Recreation Coordinator

**June
2026**



<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
1. 10am-10:30am Coffee & Devotional 10:30am-11:00am Virtual Exercise (Persons Choice) 11:00am-12:00pm-MORNING WALK 12:00pm-1:00pm LUNCH 1:00pm-2:00pm-CHAT HOUR	2. 10am-10:30am Coffee & Devotional 10:30am-11:00am Virtual Exercise (Persons Choice) 11:00am-12:00pm Dominoes 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Crosswords	3. 10am-10:30am Coffee & Devotional 10:30am-11:00am Virtual Exercise (Persons Choice) 11:00am-12:00pm-MONOPOLY 12:00pm-1:00pm LUNCH 1:00pm-2:00pm-CONNECT FOUR	4. 10am-10:30am Coffee & Devotional 10:30am-11:00am Virtual Exercise (Persons Choice) 11:00am-12:00pm-ARTS N CRAFTS 11:00AM-12:00pm Chef Demonstration UDC Herb 12:00pm-1:00pm LUNCH 1:00pm-2:00pm-ARTS N CRAFTS	5. 10am-10:30am Coffee & Devotional 10:30am-11:00am Virtual Exercise (Persons Choice) 11:00am-12:00pm-IN PERSON SPIRIT CLUB 12:00pm-1:00pm LUNCH 1:00pm-2:00pm-BINGO	
8. 10am-10:30am Coffee & Devotional 10:30am-11:00am-Virtual Exercise (Persons Choice) 11:00am-12:00pm-WALK IT OUT 12:00pm-1:00pm LUNCH 1:00pm-2:00pm- CHAT TIME	9. 10am-10:30am Coffee & Devotional 10:30am-12:00pm Dr. Crawford Mental Health 12:00pm-1:00pm LUNCH 1:00pm-2:00pm-ARTS N CRAFTS	10. 10am-10:30am Coffee & Devotional 10:30am-11:00am Virtual Exercise (Persons Choice) 11:00am-12:00pm-JENGA 12:00pm-1:00pm LUNCH 1:00pm-2:00pm-RING TOSS Excursion: DD's Discount 5560 Silver Hill Rd, Forestville MD 10am-2pm	11. 10am-10:30am Coffee & Devotional 10:30am-11:00am Virtual Exercise (Persons Choice) 11:00am-12:00pm-MONOPOLY 12:00pm-1:00pm LUNCH 1:00pm-2:00pm-CONNECT FOUR	12. 10am-10:30am Coffee & Devotional 10:30am-11:00am Virtual Exercise (Persons Choice) 11:00am-12:00pm-SEVEN 12:00pm-1:00pm LUNCH 1:00pm-2:00pm-BINGO	

15. 10am-10:30am Coffee & Devotional 10:30am-11:00am Virtual Exercise (Persons Choice) 11:00am-12:00pmWALK AND TALK 12:00pm-1:00pmLUNCH 1:00pm-2:00pm-CHAT TIME	16. 10am-10:15 am Coffee & Devotional 10:15 AM – 11:45am Mental Health Counseling w. Maryanne 11:45 am-12:00pm- Choose a book for Book Club 12:00pm-1:00pm LUNCH 1:00pm-2:00pm-IRWIN ROYSTER HEALTH PROMOTIONS	17. 10am-10:30am Coffee & Devotional 10:30am-11:00am Virtual Exercise (Persons Choice) 11:00am-12:00pm-ARTS N CRAFTS 12:00pm-1:00pm LUNCH 1:00pm-2:00pm-Painting	18. 10am-10:30am Coffee & Devotional 10:30am-11:00am Virtual Exercise (Persons Choice) 11:00am-12:00pm-MUSUC HOUR 12:00pm-1:00pm LUNCH 1:00pm-2:00pm-BINGO	19. Site Closed 	
22. 10am-10:30am Coffee & Devotional 10:30am-11:00am Virtual Exercise (Persons Choice) 11:00am-12:00pm-WALK ALONG 12:00pm-1:00pm LUNCH 1:00pm-2:00pm-CHAT HOUR	23. 10am-10:30am Coffee & Devotional 10:30am-11:00am Virtual Exercise (Persons Choice) 11:00am-12:00pm-PUZZLES 12:00pm-1:00pm LUNCH 1:00pm-2:00pm-CROSSWORDS	24. 10am-10:30am Coffee & Devotional 10:30am-11:00am Virtual Exercise (Persons Choice) 11:00am-12:00pm-TRIP PLANNING 12:00pm-1:00pm LUNCH 1:00pm-2:00pm-MUSIC	25. 10am-10:30am Coffee & Devotional 10:30am-11:00am Virtual Exercise (Persons Choice) 11:00am-12:00pm-READING HOUR 12:00pm-1:00pm LUNCH 1:00pm-2:00pm-BINGO Excursion: Regal Cinema Gallery Place 701 7 th Street Northwest 10:00 am-2pm	26. 10am-10:30am Coffee & Devotional 10:30am-11:00am Virtual Exercise (Persons Choice) 11:00am-12:00pm-SEVEN 12:00pm-1:00pm LUNCH 1:00pm-2:00pm-BINGO	
29. 10am-10:30am Coffee & Devotional 10:30am-11:00am Virtual Exercise (Persons Choice) 11:00am-12:00pm-WALK 12:00pm-1:00pm LUNCH 1:00pm-2:00pmCHAT HOUR	30. 10am-10:30am Coffee & Devotional 10:30am-11:00am Virtual Exercise (Persons Choice) 11:00am-12:00pm-MUSIC 12:00pm-1:00pm LUNCH 1:00pm-2:00pm-IRWIN ROYSTER HEALTH PROMOTIONS				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 14), and Father's Day (June 21).

