



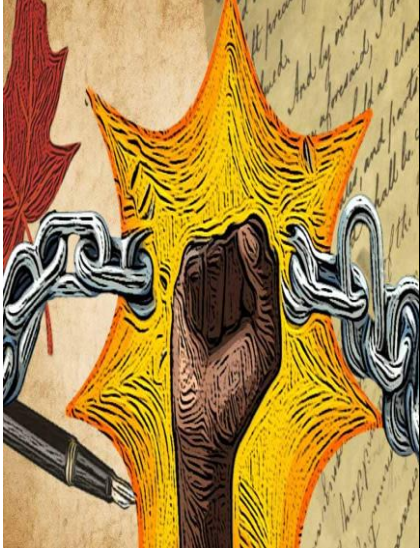





# April 2024 Calendar

EOTR Paul Laurence Dunbar FRIENDSHIP CAFÉ  
 Nureyev Mitchell, Outreach/Partnership Rec. Coordinator  
 202-845-3378  
 Melanie Dailey Nutrition Aide  
 Sandra Jackson Recreation Coordinator



<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
1. 10:00am-10:30am-Coffee 10:30am-11am-Spirit Club Virtual Fitness 11:00am-12:00pm-Current Events/ Brain game 12:00pm-1:00pm- LUNCH 1:00pm-2:00pm-Framing Art	2. <b>EXCURSION:            10:00am-12:00pm            ROSE'S            3737 Branch Ave, Temple Hills</b> 12:00-1:00pm-LUNCH 1:00pm-2:00pm-Arts and Crafts	3. 10:00am-10:30am- Coffee 10:30am-11am- Spirit Club Virtual Fitness 11:00am-12:00pm-Arts and Crafts 12:00pm-1:00pm- LUNCH <b>1:00pm-2:00pm-Spirit Club Fitness (In Person)</b>	4. 10:00am-10:30am- Tea Time 10:30am-11am Spirit Club Virtual Fitness 11:00am-12:00pm-Spring Décor/ revamping our community space 12:00pm-1:00pm- LUNCH 12:30am- 1:00pm- Indoor Urban gardening activity 1:00pm-2:00pm-Music Hour	5 10:00am-10:30am- Coffee 10:30am-11am- Spirit Club Virtual Fitness 11:00am-12:00pm-Origami 12:00pm-1:00pm- LUNCH 1:00pm-2:00pm-BINGO	6. 
8. 10:00am-10:30am- Tea Time 10:30am-11am- Spirit Club Virtual Fitness 11:00am-12:00pm-LET'S CHAT- Stress Awareness 12:00pm-1:00pm- LUNCH	9. 10:00am-10:30am- Coffee 10:30am-11am- Spirit Club Virtual Fitness 11:00am- 12:00pm-Plan Next Month Trips 12:00pm-1:00pm- LUNCH 1:00pm-2:00pm-DOMINOS	10. 10:00am-10:30am- Tea Time 10:30am-11am- Spirit Club Virtual Fitness 11:00am-12:00pm-Outdoors Lounging 12:00pm-1:00pm-LUNCH	11. 10:00am-10:30am- Coffee 10:30am-11am- Spirit Club Virtual Fitness 11:00am-12:00pm-Brain Games 12:00pm-1:00pm- LUNCH	12 <b>EXCURSION:            10:00am-2:00pm            GOLDEN CORAL            1001 Shoppers Way, Largo MD</b> 12:00-1:00pm-LUNCH	13. 

<p>1:00pm-2:00pm-<b>CARD GAMES</b></p>		<p>1:00pm-2:00pm-<b>Spirit Club Fitness (In Person)</b></p>	<p>1:00pm-2:00pm-<b>Let's Paint</b></p>	<p>1:00pm-2:00pm-<b>Arts and Crafts</b></p>	
<p>15.</p> <p>10:00am-10:30am- <b>Coffee</b></p> <p>10:30am-11am- <b>Spirit Club Virtual Fitness</b></p> <p>11:00am-12:00pm-<b>Flower Art</b></p> <p>12:00pm-1:00pm- <b>LUNCH</b></p> <p>1:00pm-2:00pm-<b>Smoothie Time</b></p>	<p><b>16 HAPPY EMANCIPATION DAY</b></p> 	<p>17.</p> <p>10:00am-10:30am- <b>Tea Time</b></p> <p>10:30am-11:00am- <b>Spirit Club Virtual Fitness</b></p> <p>11:00am-12:00pm-<b>CHAT TIME "NEXT MONTH"</b></p> <p>12:00pm-1:00pm- <b>LUNCH</b></p> <p>1:00pm-2:00pm-<b>Spirit Club Fitness (In Person)</b></p>	<p>18.</p> <p>10:00am-10:30am- <b>Tea Time</b></p> <p>10:30am-11am- <b>Spirit Club Virtual Fitness</b></p> <p>11:00am-12:00pm-<b>UNO</b></p> <p>12:00pm-1:00pm- <b>LUNCH</b></p> <p>1:00pm-2:00pm-<b>Exchanging Storys with a Partner</b></p>	<p>19.</p> <p>10:00am-10:30am- <b>Coffee</b></p> <p>10:30am-11am- <b>Spirit Club Virtual Fitness</b></p> <p>11:00am-12:00pm-<b>BINGO DAY</b></p> <p>12:00pm-1:00pm- <b>LUNCH</b></p> <p>1:00pm-2:00pm- <b>Outdoors Lounging</b></p>	<p>20.</p> 
<p>22.</p> <p>10:00am-10:30am- <b>Tea Time</b></p> <p>10:30am-11am- <b>Spirit Club Virtual Fitness</b></p> <p>11:00am-12:00pm-<b>Monday Chat</b></p> <p>12:00pm-1:00pm- <b>LUNCH</b></p>	<p>23.</p> <p>10:00am-10:30am- <b>Coffee</b></p> <p>10:30am-11am-<b>Spirit Club Virtual Fitness</b></p> <p>11:00am-12:00pm-<b>Sketch Time</b></p> <p>12:00pm-1:00pm- <b>LUNCH</b></p> <p>1:00pm-2:00pm-<b>Journaling</b></p>	<p>24</p> <p>10:00am-10:30am- <b>Tea Time</b></p> <p>10:30am-11am- <b>Spirit Club Virtual Fitness</b></p> <p>11:00am-12:00pm-<b>Dance Hour</b></p> <p>12:00pm-1:00pm- <b>LUNCH</b></p> <p>1:00pm-2:00pm-<b>Spirit Club Fitness (In Person)</b></p>	<p>25</p> <p>10:00am-10:30am- <b>Coffee</b></p> <p>10:30am-11am- <b>Spirit Club Virtual Fitness</b></p> <p>11:00am-12:00pm-<b>Framing My Best Artwork</b></p> <p>12:00pm-1:00pm- <b>LUNCH</b></p> <p>1:00pm-2:00pm-<b>MUSIC Hour</b></p>	<p>26.</p> <p>10:00am-10:30am- <b>Tea Time</b></p> <p>10:30am-11am- <b>Spirit Club Virtual Fitness</b></p> <p>11:00am-12:00pm-<b>BINGO DAY</b></p> <p>12:00pm-1:00pm-<b>LUNCH</b></p>	<p>27.</p>

<p>1:00pm-2:00pm-<b>Sharing Recipes</b></p>				<p>1:00pm-2:00pm-<b>BINGO</b></p>	
<p>29.</p> <p>10:00am-10:30am- <b>Coffee</b></p> <p>10:30am-11am- <b>Spirit Club Virtual Fitness</b></p> <p>11:00am-12:00pm-<b>Ring Toss</b></p> <p><b>12pm Chef Demonstrations &amp; Food Tasting (Food Jonezi)</b></p> <p>12:00pm-1:00pm- <b>LUNCH</b></p> <p>1:00pm-2:00pm-<b>Current Events</b></p>	<p>30.</p> <p>10:00am-10:30am- <b>Tea Time</b></p> <p>10:30am-11am- <b>Spirit Club Virtual Fitness</b></p> <p>11:00am-12:00pm-<b>Music Hour</b></p> <p>12:00pm-1:00pm- <b>LUNCH</b></p> <p>1:00pm-2:00pm-<b>Next Month Chat</b></p>				

**April Awareness:**

- **Irritable Bowel Syndrome Awareness Month**
  - **National Autism Awareness Month**
- **National Child Abuse Prevention Month**
  - **National Donate Life Month**
  - **National Minority Health Month**
- **National Parkinson’s Awareness Month**

- **National Public Health Week (April 1- 7)**
- **National Youth HIV/AIDS Awareness Day (April 10)**
- **Congenital Diaphragmatic Hernia Awareness Month**