





May 2024 Calendar

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



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<p>1.</p> <p>10:00am-10:30am-Coffee time</p> <p>10:30am-11:00am-Chat & Chew</p> <p>11:00am-12:00-Book Club Info</p> <p>12:00pm-1:00pm- LUNCH</p> <p>1:00pm-2:00pm-Spirit Club (In-Person) fitness</p>	<p>2.</p> <p>10:00am-10:30am- Tea time</p> <p>10:30am-11am-Spirit Club Virtual Fitness</p> <p>11:00am-12:00pm-Jewelry Making</p> <p>12:00pm-1:00pm- LUNCH</p> <p>1:00pm-2:00pm-Ring Toss</p>	<p>3.</p> <p>10:00am-10:30am-Coffee time</p> <p>10:30am-11am-Spirit Club Virtual Fitness</p> <p>11:00am-12:00pm-Making Healthy Smoothie</p> <p>12:00pm-1:00pm- LUNCH</p> <p>1:00pm-2:00pm-Bingo</p>	<p>4</p>
<p>6.</p> <p>10:00am-10:30am-Tea time</p> <p>10:30am-11am-Spirit Club Virtual Fitness</p> <p>11:00am-12:00pm-Music Hour</p> <p>12:00pm-1:00pm- LUNCH</p> <p>1:00pm-2:00pm-What's On Your Mind</p>	<p>7.</p> <p>10:00am-10:30am-Tea time</p> <p>10:30am-11am-Spirit Club Virtual Fitness</p> <p>11:00am-12:00pm-CHAT-Getting Organized</p> <p>12:00pm-1:00pm- LUNCH</p> <p>1:00pm-2:00pm-BINGO (with prizes)</p>	<p>8.</p> <p>10:00am-10:30am-Coffee time</p> <p>10:30am-11am-Quick Line Dance</p> <p>11:00am-12:00pm-Dancercise</p> <p>12:00pm-1:00pm- LUNCH</p> <p>1:00pm-2:00pm- Spirit Club Virtual fitness</p>	<p>9.</p> <p>Excursion: AMISH MARKET 9701 Fort Meade Road 10:00am-2:00pm</p> <p>10:00am-11:00am- Coffee Hour</p> <p>12:00pm-1:00pm- LUNCH</p> <p>1:00pm-2:00pm- Return from trip/Arts & Crafts</p>	<p>10.</p> <p>10:00am-10:30am-Coffee time</p> <p>10:30am-11am-Spirit Club Virtual Fitness</p> <p>11:00am-12:00pm-Card Games</p> <p>12:00pm-1:00pm- LUNCH</p>	<p>11.</p>

				1:00pm-2:00pm- Conversation- Healthy Mind Habits	
<p>13.</p> <p>10:00am-10:30am-Tea time</p> <p>10:30am-11am-Spirit Club Virtual Fitness</p> <p>11:00am-12:00pm-Walking Time (Terrace area)</p> <p>12:00pm-1:00pm- LUNCH</p> <p>1:00pm-2:00pm- Painting</p>	<p>14.</p> <p>10:30am-11am-Spirit Club Virtual Fitness</p> <p>11:00am-12:00pm-Dominos</p> <p>12:00pm – Chef Demonstration Food Jonezi</p> <p>12:00pm-1:00pm- LUNCH</p> <p>1:00pm-2:00pm-Music Hour</p>	<p>15.</p> <p>Old Americans Month Event 2024 “Powered by COnnection 10am-2pm Busboys and Poets 2021 14th St NW</p>	<p>16.</p> <p>10:00am-10:30am-Coffee time</p> <p>10:30am-11am-Spirit Club Virtual Fitness</p> <p>11:00am-12:00pm-Sketch Art</p> <p>12:00pm-1:00pm- LUNCH</p> <p>1:00pm-2:00pm-Finish Sketch Art</p>	<p>17.</p> <p>10:00am-12:00pm- Celebrating Mother’s Day</p> <p>12:00pm-1:00pm- LUNCH</p> <p>1:00pm-2:00pm-BINGO</p>	<p>18.</p> 

<p>20.</p> <p>10:00am-10:30am-Coffee time</p> <p>10:30am-11am-Spirit Club Virtual Fitness</p> <p>11:00am-12:00pm-Mother's Day Reflection</p> <p>12:00pm-1:00pm- LUNCH</p> <p>1:00pm-2:00pm-Music Hour</p>	<p>21.</p> <p>EXCURSION: 10:00AM-2:00PM</p> <p>PRIME THRIFT STORE 9880 Washington Blvd N LAUREL MARYLAND</p> <p>12:00pm-1:00pm- LUNCH</p> <p>1:00pm-2:00pm-Open Conversation</p>	<p>22.</p> <p>10:00am-10:30am-Tea time</p> <p>10:30am-11am- Spirit Club Virtual fitness</p> <p>11:00am-12:00pm-Gardening</p> <p>12:00pm-1:00pm- LUNCH</p> <p>1:00pm-2:00pm- BING (with Prizes)</p>	<p>23.</p> <p>10:00am-10:30am-Coffee time</p> <p>10:30am-11am-Spirit Club Virtual Fitness</p> <p>11:00am-12:00pm-Let's Chat Book Club</p> <p>12:00pm-1:00pm- LUNCH</p> <p>1:00pm-2:00pm-Line Dancing</p>	<p>24.</p> <p>10:00am-10:30am-Tea time</p> <p>10:30am-11am-Spirit Club Virtual Fitness</p> <p>11:00am-12:00pm-UNO</p> <p>12:00pm-1:00pm- LUNCH</p> <p>1:00pm-2:00pm-BINGO</p>	
<p>27.</p> 	<p>28.</p> <p>10:00am-10:30am-Coffee time</p> <p>10:30am-11am- Spirit Club Virtual Fitness</p> <p>11:00am-12:00pm-Dominos</p> <p>12:00pm-1:00pm- LUNCH</p> <p>1:00pm-2:00pm-Brain Games</p>	<p>29.</p> <p>DC Mayor Bowser's Senior Fest At The University of the District of Columbia 4200 Connecticut Ave 10am-3pm</p>	<p>30.</p> <p>10:00am-10:30am-Coffee time</p> <p>10:30am-11am- Spirit Club Virtual Fitness</p> <p>11:00am-12:00pm-Paint with me</p> <p>12:00pm-1:00pm- LUNCH</p> <p>1:00pm-2:00pm-Open Journaling</p>	<p>31.</p> <p>Bus Trip: Walmart 10am-1:30pm 8745 Branch Ave Clinton, MD</p> <p>10:00am - 11:00-Coffee Hour</p> <p>12:00pm - 1:00pm- LUNCH</p>	