







**EQTR Paul Laurence Dunbar FRIENDSHIP CAFÉ**  
 2001 15<sup>th</sup> Street NW  
 Nureyev Mitchell, Outreach/Partnership Rec. Coordinator  
 202-845-3378  
 Sandra Jackson, Nutrition Aide  
 VACANT, Recreation Coordinator

# NOVEMBER 2023 Calendar



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>November is National.....</b> <b>Lung Cancer Awareness Month</b> <b>National Diabetes Awareness Month</b> <b>National Epilepsy Awareness</b> <b>National Native American Heritage Month</b>	<b>November is National.....</b> <b>Pancreatic Cancer Awareness Month</b> <b>National Family Caregivers Appreciation Month</b>	<b>1.</b> 10:00am- Tea Time 11:00am-Discussion:Ways To Stay Active 12:00pm – LUNCH 1:00pm-Chair Yoga	<b>2.</b> 10:00am- Coffee Hour 11:00am-Trivia 12:00pm – LUNCH 1:00pm-Music Hour	<b>3.</b> 10:00am- Coffee Hour 11:00am-Bean Bag Toss 12:00pm – LUNCH 1:00pm-Walk & Talk	<b>4.</b> 
<b>6.</b> 10:00am- Coffee Hour 11:00am- Paper Crafts 12:00pm – LUNCH 1:00pm-Card Games	<b>7.</b> 10:00am- Chat & Chew 11:00am-Jeopardy 12:00pm – LUNCH 1:00pm-Youtube Fitness	<b>8.</b> 10:00am- Tea Time 11:00am-Bingo Day 12:00pm – LUNCH 1:00pm-Music Hour	<b>9.</b> 10:00am- Coffee Hour 11:00am-Tech Ed 1 12:00pm – LUNCH 1:00pm-Line Dancing	<b>10. SITE CLOSED</b> 	<b>11.</b>
<b>13.</b> 10:00am- Coffee Hour 11:00am-Card Games 12:00pm – LUNCH 1:00pm-Music Hour	<b>14.</b> 10:00am- Coffee Hour 11:00am-Charades 12:00pm – LUNCH 1:00pm-Walk & Talk	<b>15.</b> 10:00am- Chat & Chew 11:00am- Card Games 12:00pm – LUNCH 1:00pm-Puzzles	<b>16.</b> 10:00am-Tea Time 11:00am- Life Story/Reflection 12:00pm – LUNCH 1:00pm-Financial Literacy	<b>17.</b> Thanksgiving Luncheon 10:00am – 2:00pm 	<b>18.</b>
<b>20.</b> 10:00am- Coffee Hour 11:00am-Tech Ed 2 12:00pm – LUNCH 1:00pm-Music Hour	<b>21. Bus Trip: Walmart</b> <b>6303 Richmond Highway</b> <b>10am-2pm</b> 10:00am- Coffee Hour 12:00pm – LUNCH	<b>22.</b> 10:00am- Tea Time 11:00am-Goals Day 12:00pm – LUNCH 1:00pm-Youtube Fitness	<b>23.</b> 	<b>24.</b> 10:00am- Coffee Hour 11:00am- Paper Crafts 12:00pm – LUNCH 1:00pm-Card Games	<b>25.</b> 
<b>27.</b> 10:00am- Coffee Hours 11:00am-Nutrition Education w/Ms.Minor 12:00pm – LUNCH 1:00pm-Puzzles	<b>28.</b> 10:00am- Candy & Chew 11:00am-Current Event 12:00pm – LUNCH 1:00pm-Music Hour	<b>29. Bus TRIP: National Harbor</b> <b>10am-2pm</b> 10:00am- Coffee Hour 12:00pm – LUNCH	<b>30</b> 10:00am- Chat & Chew 11:00am- Card Games 12:00pm – LUNCH 1:00pm-Bingo Day	