









# April 2024 Calendar

EOTR Sarah Circle FRIENDSHIP CAFÉ  
 Nureyev Mitchell, Outreach/Partnership Rec. Coordinator  
 202-845-3378  
 Phylis Adams 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- <b>Coffee Time</b> 10:30am-11am- <b>Spirit Club Virtual Fitness</b> 11:00am-12:00am- <b>Movie</b> 12:00pm-1:00pm- LUNCH 1:00pm-2:00pm-Cards Spades	2. 10:00am-10:30am-Coffee Time 10:30am-11am Spirit Club Virtual Fitness 11:30-12:00pm-Checkers,Connect Four 12:00pm-1:00pm- LUNCH 1:00pm-2:00pm- Music Hour Name that tune	3. 10:00am-10:30am-Coffee Time 10:30am-11am-Spirit Club Virtual Fitness 11:00am- 12:00am-Current Events, What happening in the area and around the world 12:00pm-1:00pm- LUNCH 1:00pm-2:00pm-Bean Bag Toss & Ring Toss	4. 10:00am-11:00am-Coffee Hour 11:00-12:00- <b>Spirit Club In Person</b> 12:00pm-1:00pm- LUNCH 1:00pm-2:00pm-Exercise the Brain	5 10:00am-10:30am-Coffee Time 10:30am-11am-Spirit Club Virtual Fitness 11:00am-12:00pm-Engaging Puzzle game 12:00pm-1:00pm- LUNCH 1:00-2:00-Memory Games	6. 

<p><b>8.</b></p> <p>10:00am-10:30am-Coffee Time</p> <p>10:30am-11am Spirit Club Virtual Fitness</p> <p>11:00am-12pm-Chat Next Month Trips</p> <p>12:00pm-1:00pm- LUNCH</p> <p>1:00pm-2:00pm-Word Search</p>	<p><b>9.</b></p> <p>10:00am-10:30am-Coffee Time</p> <p>10:30am-11am Spirit Club Virtual Fitness</p> <p>11:00am- 12:00pm-Pot Holders Making</p> <p>12pm- <b>Chef Demonstration with Food Jonezi</b></p> <p>12:00pm-1:00pm- LUNCH</p> <p>1:00pm-2:00pm-Puzzles</p>	<p><b>10.</b></p> <p>10:00am-10:30am-Coffee Time</p> <p>10:30am-11am Spirit Club Virtual Fitness</p> <p>11:00am- 12:00pm-Bingo</p> <p>12:00pm-1:00pm- LUNCH</p> <p>1:00pm-2:00pm-Bean Bag Toss and Ring Toss</p>	<p><b>11.</b></p> <p>10:00am-11:00-Coffee Hour</p> <p>11:00-12:00- <b>Spirit Club Fitness in Person</b></p> <p>12:00pm-1:00pm- LUNCH</p> <p>12:30pm-1:00pm- Indoor urban gardening activity</p> <p>1:00pm-2:00pm-Music Hour Oldie but Goodies</p>	<p><b>12</b></p> <p><b>Bus Trip:Thirft Store</b> <b>201 FT Meade Rd,</b> <b>Laurel MD</b> <b>10am-12pm</b></p> <p>12:00-1:00-Lunch</p> <p>1:00-2:00pm-Brain Games</p>	<p><b>13.</b></p> 
<p><b>15.</b></p> <p>10:00am-10:30-Coffee Time</p> <p>10:30am-11am Spirit Club Virtual Fitness</p> <p>11:00-12:00pm-Jewel making</p> <p>12:00pm-1:00pm- LUNCH</p> <p>1:00pm-2:00pm- Ring Toss</p>	<p><b>16</b></p> <p><b>HAPPY EMANCIPATION DAY</b></p> 	<p><b>17.</b></p> <p>10:00am-10:30am-Coffee Time</p> <p>10:30am-11am Spirit Club Virtual Fitness</p> <p>11:00am-12:00pm-Bingo</p> <p>12:00pm-1:00pm- LUNCH</p> <p>1:00pm-2:00pm-Checker, Tic-Tac-Toe, Checkers</p>	<p><b>18.</b></p> <p>10:00am-11:00am-Coffee Hour</p> <p>11:00am- 12:00pm-<b>Spirit Club Virtual Fitness in person</b></p> <p>12:00pm-1:00pm- LUNCH</p> <p>1:00pm-2:00pm-Open Topics</p>	<p><b>19.</b></p> <p>10:00am-10:30am-Coffee Time</p> <p>10:30am-11am Spirit Club Virtual Fitness</p> <p>11:00am- 12:00pm-Trivial Pursuit</p> <p>12:00pm-1:00pm- LUNCH</p> <p>1:30pm-2:00pm- Board Games</p>	<p><b>20.</b></p> 

<p>22. 10:00am-10:30am-Coffee Time</p> <p>10:30am-11am Spirit Club Virtual Fitness</p> <p>11:00am- 12:00pm- Chair exercise</p> <p>12:00pm-1:00pm- LUNCH 1:00pm-2:00pm-Chat and Chew</p>	<p>23. <b>Bus Trip: Movies Marlo Heights</b> <b>3899 Branch Ave, Temple Hills</b> <b>10am-2pm</b></p> <p>12:00pm-1:00pm- LUNCH</p> <p>1:00pm-2:00pm-Spades</p>	<p>24 10:00am-10:30am-Coffee Time</p> <p>10:30am-11am Spirit Club Virtual Fitness</p> <p>11:00am- 12:00pm-Trivial Pursuit</p> <p>12:00pm-1:00pm- LUNCH</p> <p>1:30pm-2:00pm-Puzzles</p>	<p>25 10:00am-11:00am-Coffee Hour</p> <p>11:00am- 12:00pm-<b>Spirit Club Virtual Fitness in person</b></p> <p>12:00pm-1:00pm- LUNCH</p> <p>1:00pm-2:00pm-Tic Toc Toe Tounament</p>	<p>26. 10:00am-10:30am-Coffee Hour</p> <p>10:30am-11am Spirit Club Virtual Fitness</p> <p>11:00am- 12:00pm-Art Spring Collages</p> <p>11:30am-12:00pm-</p> <p>12:00pm-1:00pm- LUNCH</p> <p>1:00pm-2:00pm-Music Hour</p>	<p>27.</p> 
<p>29.</p> <p>10:00am-10:30am-Coffee Time</p> <p>10:30am-11am Spirit Club Virtual Fitness</p> <p>11:00am -12:00pm-Art Finish Spring Collage</p> <p>12:00pm-1:00pm- LUNCH</p> <p>1:00pm-2:00pm-Ring Toss</p>	<p>30.</p> <p>10:00am-10:30-Coffee Time</p> <p>10:30am-11am Spirit Club Virtual Fitness</p> <p>11:00am- 12:00pm-Movie</p> <p>12:00pm-1:00pm- LUNCH</p> <p>1:00pm-2:00pm-Puzzles</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**