



EOTR Pennsylvania Avenue Baptist Church FRIENDSHIP CAFÉ
Zairra Baughan-Owens, Outreach/Partnership Rec.
Coordinator
202-845-3378
Ms. Sheila, Nutrition Aide
Ms. Maddie Harris-Ferrell, Recreation Coordinator

**March
2026**



<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
<p>2. 10:00am-11:00am In Person Fitness w. Ms. Vernetta 11:00am-12:00pm Jumbo Jenga 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Trip Planning for April (OPEN FLOOR DISCUSSION)</p>	<p>3. 10am-10:30am Coffee & Devotional 10:30am-11:00am Virtual Exercise (Persons Choice) 11:00am-12:00pm Skillibility Cup Challenge 12:00pm-1:00pm LUNCH 1:00pm-2:00pm 1000 Piece Puzzle</p>	<p>4. 10am-10:30am Coffee & Devotional 10:30am-11:00am Virtual Exercise (Persons Choice) 11:00am-12:00pm Crosswords 12:00pm-1:00pm LUNCH 1:00pm-2:00pm 1000 piece puzzle Excursion: Cooking Class w. Kajah 1101 S Joyce Street Suite B-20 Arlington, VA 22202 9:15am-1:00pm</p>	<p>5. 10am-10:30am Coffee & Devotional 10:30am-11:00am Virtual Exercise (Persons Choice) 11:00am-12:00pm LETS DECORATE OUR SPACE 12:00pm-1:00pm LUNCH 1:00pm-2:00pm “What Happened, Miss Simone” Documentary & Discussion</p>	<p>6. 10:00am-11:00am In Person Fitness w. Ms. Vernetta 11:00am-12:00pm Resin Sculptures 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Diabetes Awareness w. Irwin Royster</p>	
<p>9. 10:00am-11:00pm In Person Fitness w. Ms. Vernetta 11:00am-12:00pm Langston Hughes Poetry Reading & Dissection 12:00pm-1:00pm Lunch 11:00am-12:00pm Jumbo Jenga Competition (Last one standing wins prize)</p>	<p>10. 10:30am-11:00am Virtual Exercise (Persons Choice) 11:00am-12:00pm Nikki Giovanni- Virtual Poetry Readings & Dissection 12:00pm-1:00pm LUNCH 1:00pm-2:00pm DIY BODY SCRUB Excursion: Black Friday Deals 12655 Laurel-Bowie Rd, Laurel MD 10am-2pm</p>	<p>11. 10:00am-11:00am In Person Fitness w. Ms. Vernetta 11:00am-12:00pm Begin our Resin Book Holders 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Complete our Resin Book Holders</p>	<p>12. 10am-10:30am Coffee & Devotional 10:30am-11:00am Virtual Exercise (Persons Choice) 10:30am-12:00pm Mental Health Counseling w. Maryanne Henderson 12:00pm-1:00pm LUNCH 1:00pm-2:00pm “Trainwreck: Poop Cruise” documentary & Discussion</p>	<p>13. 10am-10:30am Coffee & Devotional 10:30am-11:00am Virtual Exercise (Persons Choice) 11:00am-12:00pm Chef Demonstration w. Food Jonezi “Black Eyed Pea Soup” 12:00pm-1:00p Lunch 1:00pm-2:00pm April Prep</p>	

<p>16. 10:00am-11:00am In Person Fitness w. Ms. Vernetta 11:00am-12:00pm Start Our Relaxaion DIY Soaps 12:00pm-1:00pm LUNCH 1:00pm-2:00pm DIY SOAP</p>	<p>17. 10am-10:30am Coffee & Devotional 10:30am-11:00am Virtual Exercise (Persons Choice) 11:00am-12:00pm ST PATRICKS BIG BINGO 12:00pm-1:00pm LUNCH 1:00pm-2:00pm 1000 Piece Puzzle</p>	<p>18. 10:00am-11:00am In Person Fitness w. Ms. Vernetta 11:00am-12:00pm Mandala Window Art 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Mandala Window Art</p>	<p>19. 10am-10:30am Coffee & Devotional 10:30am-11:00am Virtual Exercise (Persons Choice) 11:00am-12:00pm Intro to Spring Canvas Painting & Resource w. Ms Zee 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Intro to Spring Canvas Painting & Resource w. Ms. Zee</p>	<p>20. 10am-10:30am Coffee & Devotional 10:30am-11:00am Virtual Exercise (Persons Choice) 11:00am-12:00pm Crossword 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Diabetes Awareness w. Irwin Royster</p>	
<p>23. 10:00am-11:00am In Person Fitness w. Ms. Vernetta 11:00am-12:00pm Begin our Do-It-Yourself Body Lotion 12:00pm-1:00pm LUNCH 1:00pm-2:00pm DIY Body Lotion</p>	<p>24 10am-10:30am Coffee & Devotional 10:30am-11:00am Virtual Exercise (Persons Choice) 11:00am-12:00pm Jumbo Checkers Competition (Prize for Winners) 12:00pm-1:00pm LUNCH 1:00pm-2:00pm 1000 Piece Puzzle</p>	<p>25. 10am-10:30am Coffee & Devotional 10:30am-11:00am Virtual Exercise (Persons Choice) 11:00am-12:00pm Crossword 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Daily Close out discussion- Gratitude Excursion: SIGHT & SOUND THEATRE 300 Hartman Bridge Rd, Ronks, PA, 17572 Arrive to Church 4:30 am Departure 5:00 am Returning 6:30 pm</p>	<p>26. 10am-10:30am Coffee & Devotional 10:30am-11:00am Virtual Exercise (Persons Choice) 11:00am-12:00pm Power of Nutrition Packet & Play 12:00pm-1:00pm LUNCH 1:00pm-2:00pm “The Black Barbie” Documentary & Discussion</p>	<p>27. 10:00am-11:00am In Person Fitness w. Ms. Vernetta 11:00am-12:00pm April Planning 12:00pm-1:00pm LUNCH 1:00pm-2:00pm 1000 Piece Puzzle</p>	

<p>30. 10am-10:30am Coffee & Devotional 10:30am-11:00am Virtual Exercise (Persons Choice) 11:00am-12:00pm EYL in person Art Classes (Pottery) 12:00pm-1:00pm LUNCH 1:00pm-2:00pm 1000 Piece Puzzle</p>	<p>31. 10am-10:30am Coffee & Devotional 10:30am-11:00am Virtual Exercise (Persons Choice) 11:00am-12:00pm Skillibility Cup Challenge 12:00pm-1:00pm LUNCH 1:00pm-2:00pm 1000 Piece Puzzle Excursion: DDs Discount 14170 Baltimore Ave, Laurel MD 10am-12:00pm</p>				<p>March is National Nutrition Month, National Kidney Month, Colorectal Cancer Awareness Month, Brain Injury Awareness Month, Developmental Disabilities Awareness Month, Endometriosis Awareness Month, Multiple Sclerosis (MS) Awareness Month, Bleeding Disorders Awareness Month, and Workplace Eye Wellness (Save Your Vision) Month.</p>
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