





EOTR Paul L Dunbar FRIENDSHIP CAFÉ
 2001 15th St NW, Washington, DC 20009
 Ziairra Baughan-Owens, Outreach/Partnership Rec.
 Coordinator
 202-845-3378
 Sandra Jackson, Nutrition Aide
 Melanie Dailey, Recreation Coordinator

May
 2025



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>May is.... ALS Awareness Month, Arthritis Awareness Month, Better Hearing and Speech Month, Better Sleep Month, Bladder Cancer Awareness Month, Borderline Personality Disorder Awareness Month, Brain Cancer Awareness Month, Cystic Fibrosis Awareness Month, Healthy Vision Month, and Hepatitis Awareness Month</p>	<p>May is also... Cystic Fibrosis Awareness Month, Ehlers-Danlos Syndromes Awareness Month, Food Allergy Awareness Month, Healthy Vision Month, Hepatitis Awareness Mont, High Blood Pressure Awareness Month, Huntington's Disease Awareness Month, Lupus Awareness Month, Lyme Disease Awareness Month, and Mental Health Awareness Month</p>	<p>1. 10am-10:30am: Coffee/Tea- 10:30am—11am: Spirit Club VIRTUAL exercise 11am-12pm: ARTS/CRAFTS DECORATIONS 12pm-1pm: LUNCH 1pm- 2pm: DOMINOES</p>	<p>2. 10am-10:30am: Coffee/Tea- 10:30am—11am: Spirit Club VIRTUAL exercise 11am-12pm: WALK & TALK 12pm-1pm: LUNCH 1pm- 2pm: CARDS</p>	
<p>5. 10am-10:30am: Coffee/Tea 10:30am—11am: Spirit Club VIRTUAL exercise 11am-12pm: CARDS 12pm-1pm: LUNCH 1pm- 2pm: P'KENO</p>	<p>6. 10am-10:30am: Coffee/Tea- 10:30am—11am: Spirit Club VIRTUAL exercise 11am-12pm: WHAT'S NEW 12pm-1pm: LUNCH 1pm- 2pm: BINGO</p>	<p>7. 10am-10:30am: Coffee/Tea- 10:30am—11am: Spirit Club VIRTUAL exercise 11am-12pm: POTTING/HERBS 12pm-1pm: LUNCH 1pm- 2pm: HAND DANCING</p>	<p>8. 10am10:30am: Coffee/Tea 10:30am—11am: Spirit Club VIRTUAL exercise 11am-12pm: MOVIE DAY 12pm-1pm: LUNCH 1pm- 2pm: MOVIE DAY</p>	<p>9. 10am10:30am: Coffee/Tea- 10:30am—11am: Spirit Club VIRTUAL exercise 11am-12pm: MOTHER'S DAY TEA PARTY – Bring Your FAVORITE MUG! 12pm-1pm: LUNCH 1pm- 2pm: MOTHER'S DAY APPRECIATION</p>	

<p>12. 10am10:30am: Coffee/Tea 10:30am—11am: Spirit Club VIRTUAL exercise 11am-12pm: CHAT TIME 12pm-1pm: LUNCH 1pm- 2pm: CARDS</p>	<p>13. 10am10:30am: Coffee/Tea- 10:30am—11am: Spirit Club VIRTUAL exercise 11am-12pm: ARTS/CRAFTS 12pm-1pm: LUNCH 1pm- 2pm: LET’S GO FOR A WALK Excursion: Flip’n the Script on Aging: Cruising into New Adventures 10am-2pm Pier 4 580 Water Street SW Washington, DC</p>	<p>14. 10am10:30am: Coffee/Tea- 10:30am—11am: Spirit Club VIRTUAL exercise 11am-12pm: CHARADES 12pm-1pm: LUNCH 1pm- 2pm: CHARADES</p>	<p>15. 10am-10:30am: Coffee/Tea- 10:30am-11am: Spirit Club VIRTUAL exercise 11am-12pm: RING TOSS 12pm-1pm: LUNCH 1pm- 2pm: P’KENO</p>	<p>16. 10am10:30am: Coffee/Tea- 10:30am—11am: Spirit Club VIRTUAL exercise 11am-12pm: DOMINOS 12pm-1pm: LUNCH 1pm- 2pm: BINGO</p>	
<p>19. 10am10:30am: Coffee/Tea- 10:30am—11am: Spirit Club VIRTUAL exercise 11am-12pm: CHAT TIME 12pm-1pm: LUNCH 1pm- 2pm: MUSIC HOUR</p>	<p>20. 10am10:30am: Coffee/Tea- 10:30am—11am: Spirit Club VIRTUAL exercise 11am-12pm: ARTS/CRAFTS 12pm-1pm: LUNCH & Controlling Blood Sugar w. Nutritionist Ms. Afryka 1pm- 2pm: ARTS/CRAFTS</p>	<p>21. 10am10:30am: Coffee/Tea- 10:30am—11am: Spirit Club VIRTUAL exercise 11am-12pm: DANCE HOUR 12pm-1pm: LUNCH 1pm- 2pm: MUSIC HOUR Excursion: SeniorFest Block Party 2025 10:00am-3:00pm 2700 Martin Luther King Jr. Avenue</p>	<p>22. 10am-10:30am: Coffee/Tea- 10:30am—11am: Spirit Club VIRTUAL exercise 11am-12pm: CARDS 12pm-1pm: LUNCH 1pm- 2pm: P’KENO</p>	<p>23. 10am10:30am: Coffee/Tea- 10:30am-11am: Candle Making 11am-12pm: SPIRIT CLUB IN PERSON 12pm-1pm: LUNCH 1pm- 2pm: BINGO</p>	

<p>26.</p> <p>10am10:30am: Coffee/Tea- 10:30am—11am: Spirit Club VIRTUAL exercise 11am-12pm: CHAT TIME- What Activities for next Month? 12pm-1pm: LUNCH 1pm- 2pm: LET’S WALK IT OUT</p>	<p>27.</p> <p>10am10:30am: Coffee/Tea- 10:30am—11am: Spirit Club VIRTUAL exercise 11am-12pm: CARDS 12pm-1pm: LUNCH 1pm- 2pm: CARDS</p>	<p>28.</p> <p>10am10:30am: Coffee/Tea- 10:30am—11am: Spirit Club VIRTUAL exercise 11am-12pm: PAINTING 12pm-1pm: LUNCH 1pm- 2pm: DOMINOES</p>	<p>29.</p> <p>10am10:30am: Coffee/Tea- 10:30am—11am: Spirit Club VIRTUAL exercise 11am-12pm: CARDS 12pm-1pm: LUNCH 1pm- 2pm: RING TOSS OUTSIDE</p>	<p>30.</p> <p>10am10:30am: Coffee/Tea 10:30am—11am: Spirit Club VIRTUAL exercise 11am-12pm: Walking Club 12pm-1pm: LUNCH 1pm- 2pm: BINGO Excursion: Ward 1 Senior Dance 11am-2pm Masonic Temple, 1000 U Street NW</p>	
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