

Pennsylvania Avenue Baptist Church EOTR FRIENDSHIP CAFÉ 3000 Pennsylvania Ave. SE, Washington, DC 20020 Ziairra Baughan-Owens, Outreach/Partnership Rec. Coordinator 202-845-3378

November 25'



Leniqua-dominique, Program Coordinator 202-845-

17. 10am-10:30am Coffee & Tea with ICEBREAKERS 10:30am-11am Virtual Light Exercise w. Spirit Club Fitness 11am-12pm OPENING DAY Celebration- MEET & Greet w. EOTR 12pm-1pm Hot Meal Served 1pm-2pm Closing Remarks/ Open Discussion w. Participants	18. 10am-10:30am Coffee & Tea with ICEBREAKERS 10:30am-11am Virtual Light Exercise w. Spirit Club Fitness 11am-12pm Paint, Sip, and Resource w. Ms. Zee 12pm-1pm Hot Meal Served 1pm-2pm Chat & Plan for December	19. 10am-10:30am Coffee & Tea with ICEBREAKERS 10:30am-11am Virtual Light Exercise w. Spirit Club Fitness 11am-12pm Jewelry Making/ Coaster Creating 12pm-1pm Hot Meal Served 1pm-2pm Chat & Plan for December	20. 10am-10:30am Coffee & Tea with ICEBREAKERS 10:30am-11am Virtual Light Exercise w. Spirit Club Fitness 11am-12pm Recipe Sharing while Looming 12pm-1pm Hot Meal Served 1pm-2pm Chat & Plan for December	21. 10am-10:30am Coffee & Tea with ICEBREAKERS 10:30am-11am Virtual Light Exercise w. Spirit Club Fitness 11am-12pm Bingo Friday! 12pm-1pm Hot Meal Served 1pm-2pm Chat & Plan for December	Diabetes Awareness Month NOVEMBE ALZHEIMER DISEASE AWARENES
24. 10am-10:30am Coffee & Tea with ICEBREAKERS 10:30am-11am Virtual Light w. Spirit Club Fitness 11am-12pm Holiday Plans Then & Now with Table Games 12pm-1pm Hot Meal Served 1pm-2pm Closing Remarks/ Open Discussion w.	25. 10am-10:30am Virtual Light Exercise w. Spirit Club 10:30am-11am Decorate our Holiday Extravaganza! 11am-12pm Join in on the Holiday Games, Fun, & Food 12pm-1pm Hot Meal Served 1pm-2pm Chat & Plan for December	26. 10am-10:30am Coffee & Tea with ICEBREAKERS 10:30am-11am Virtual Light Exercise w. Spirit Club Fitness 11am-12pm Free Space Arts & Crafts 12pm-1pm Hot Meal Served 1pm-2pm Chat & Plan for December	27. Site Closure HAPPY Worksgirlings	28. 10am-10:30am Coffee & Tea with ICEBREAKERS 10:30am-11am Virtual Light Fitness Exercise w. Spirit Club Fitness 11am-12pm Bingo Friday! 12pm-1pm Hot Meal Served 1pm-2pm Chat & Plan for December	NATIONAL COPD Chronic Obstructive Pulmosary Disease AWARENESS MONTH