



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

**March
 2026**



| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|--|---|---|----------|
| 2. 10:am-10:30am-Coffee/Tea time 10:30am-11:00a-Virtual Exercise 11:00am-12:00pm-Chat Hour 12:00-1:00-LUNCH 1:00-pm-2:00pm-Arts n' Crafts | 3. 10:am-10:30am-Coffee/Tea time 10:30am-11:00am-Virtual Exercise 11:00am-12:00pm-Painting 12:00-1:00-LUNCH 1:00pm-2:00pm-Health Promo w/Irwin Royster | 4. 10:am-10:30am-Coffee/Tea time 10:4-11:00a-Virtual Exercise 11:00am-12:00pm Power of Nutrition Packet & Play 12:00-1:00-LUNCH 1:00pm-2:00pm-SPADES | 5. 10:00am-10:30am-Coffee/Tea time 10:30am-11:00a-Virtual Exercise 11:00am-12:00pm-JENGA 12:00pm-1:00pm-LUNCH 1:00pm-2:00pm-DOMINOES Excursion: Golden Coral 1001 Shoppers Way Largo Md. 20774 10am-2:00pm | 6. 10:am-10:30am-Coffee/Tea time 10:30am-11:00a-Virtual Exercise 11:00am-12:00pm-Live Chef Demo w/UDC Herb 12:00pm-1:00pm-LUNCH 1:00pm-2:00pm-BINGO | |
| 9. 10:am-10:30am-Coffee/Tea time 10:30am-11:00a-Virtual Exercise 11:00am-12:00pm EYL ART CLASS & POTTERY 12:00-1:00-LUNCH 1:00pm-2:00pm-Chat time | 10. 10:am-10:30am-Coffee/Tea time 10:30am-11:00a-Virtual Exercise 11:00am-12:00pm-Arts n' Crafts 12:00pm-1:00pm-LUNCH 1:00pm-2:00pm-Arts n' Crafts | 11. 10:00am-10:30am-Coffee/Tea time 10:30am-12:00pm Mental Health w. Maryanne 12:00pm-1:00pm LUNCH 1:00pm-2:00pm-Music Hour | 12. 10:00am-10:30am-Coffee/Tea time 10:30am-11:00a-Virtual Exercise 11:00am-12:00pm Computer Literacy & Free Laptop Raffle 12:00-1:00-LUNCH 1:00pm-2:00pm-BINGO | 13. 10:am-10:30am-Coffee/Tea time 10:30am-11:00a-Virtual Exercise 11:00am-12:00pm-In person Spirit Clubhouse 12:00-1:00-LUNCH 1:00pm-2:00pm-SPADES | |

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| <p>16. 10:am-10:30am- Coffee/Tea time 10:30am-11:00a-Virtual Excercise 11:00am-12:00pm- Weekend Recap 12:00-1:00-LUNCH 1:09pm-2:00pm-Chat time</p> | <p>17. 10:am-10:30am-Coffee/Tea time 10:30am-12:00pm-Mental Health Counseling w/Dr. Crawford Dates 12:00pm-1:00pm-LUNCH 1:00pm-2:00pm-Health Promo w/Irwin Royster</p> | <p>18. 10:am-10:30am-Coffee/Tea time 10:30am-11:00a-Virtual Excercise 11:00am-12:00pm Intro to Spring Canvas Painting & Resource w. Ms Zee 12:00-1:00-LUNCH 1:00pm-2:00pm-Resin Art</p> | <p>19. 10:am-10:30am- Coffee/Tea time 10:30am-11:00a- Virtual Excercise 11:00am-12:00pm-Story Telling 12:00-1:00-LUNCH 1:00pm-2:00pm-Music Hour</p> | <p>20. 10:am-10:30am- Coffee/Tea time 10:30am-11:00a- Virtual Excercise 11:00am-12:00pm- Dominoes 12:00-1:00-LUNCH 1:09pm-2:00pm- SEVEN</p> |  |
| <p>23. 10:00am-10:30am- Coffee/Tea time 10:30am-11:00a- Virtual Excercise 11:00am-12:00pm- Springs in the air 12:00pm-1:00pm- LUNCH 1:09pm-2:00pm-Chat about spring activities</p> | <p>24. 10:00am-10:30am-Coffee/Tea time 10:30am-11:00a- Virtual Excercise 11:00am-12:00pm-Book Club (yes or no) 12:00-1:00-LUNCH 1:09pm-2:00pm-SEVEN Excursion: Frederick Douglas House Tour 1411 W St SE, Washington, DC 20020 10am-1:30pm</p> | <p>25. 10:00am-10:30am- Coffee/Tea time 10:30am-11:00a- Virtual Excercise 11:00am-12:00pm- 12:00-1:00-LUNCH 1:00pm-2:00pm-Jewelry Making</p> | <p>26. 10:00am-10:30am- Coffee/Tea time 10:30am-11:00a- Virtual Excercise 11:00am-12:00pm-Capital Village Interactive Transportation Training 12:00-1:00-LUNCH 1:09pm-2:00pm-BINGO</p> | <p>27. 10:00am-10:30am- Coffee/Tea time 10:30am-11:00a- Virtual Excercise 11:00am-12:00pm- RingToss 12:00-1:00-LUNCH 1:09pm-2:00pm-BINGO Excursion: Walmart 11930 Acton Ln, Waldorf, MD 20601 10am-2pm</p> |  |
| <p>30. 10:00am-10:30am- Coffee/Tea time 10:30am-11:00a- Virtual Excercise 11:00am-12:00pm- Weekend Recap 12:00pm-1:00pm- LUNCH 1:00pm-2:00pm-Chat time</p> | <p>31. 10:00am-10:30am- Coffee/Tea time 10:30am-11:00a- Virtual Excercise 11:00am-12:00pm-Walk Planning 12:00-1:00-LUNCH 1:00pm-2:00pm-BINGO</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> |

