

EOTR PAUL L DUNBAR FRIENDSHIP CAFÉ 2001 15TH ST, NW DC Ziairra Baughan-Owens, Outreach/Partnership Rec. Coordinator 202-845-3378 SANDRA JACKSON, Nutrition Aide MELANIE DAILEY, Recreation Coordinator

February 2025



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	February 1-29: American Heart Month February 1-29: International Prenatal Infection Prevention Month February 1-29: Low Vision Awareness Month National Cancer Prevention Month	February 4: World Cancer Day National Black HIV/AIDS Awareness Day, African Heritage & Health Week, Heart Failure Awareness Week, Sepsis Survivor Week International Epilepsy Day National Donor Day, National Caregivers Day, National Heart Valve Disease Awareness Day, Recreational Sports & Fitness Day			BLACK HISTORY MONTH
3. JUMBO	4.	5.	6.	7.	
INTERNATIONAL	10:00-10:30am	10:00AM-10:30AM	10:00AM-10:30AM	10:00AM-10:30AM	
MARKET	AMCOFFEE/TEA	COFFEE/TEA	COFFEE/TEA	COFFEE/TEA	Oral Black All A Do
3201 Brinkley Rd,	10:30am-11:00am	10:30am-11:00am	10:30am-11:00am	10:30am-11:00am	olal all
Temple Hills, MD	VIRTUAL CHAIR	VIRTUAL CHAIR	VIRTUAL CHAIR	VIRTUAL CHAIR	Z DS
20748	EXCERCISE SPIRIT	EXCERCISE SPIRIT	EXCERCISE SPIRIT	EXCERCISE SPIRIT	7 Sepulary 1
10:AM-2:PM	CLUB	CLUB	CLUB	CLUB	Wareness O
10am-10:30am-	11:00AM-12:00PM-	11:00AM-12:00PM-	11:00AM-12:00PM-	11:00AM-12:00PM-	
COFFEE/TEA	LET'S CHAT	MENU TALK FOR	DOMINOS	CHECKERS	AND A CARE
10:30am-11am VIRTUAL	12:00PM-1:00PM-	14 TH V-DAY	12:00PM-1:00PM-	12:00PM-1:00PM-	
CHAIR EXCERCISE SPIRIT CLUB	LUNCH	EXTRAVAGANZA	LUNCH	LUNCH	
11:AM-12:PM-	1:00PM-2:00PM-	12:00PM-1:00PM-	1:00PM-2:00PM-	1:PM-2:00PM-	
ART/CRAFT DECOR	BINGO	LUNCH	CARD GAMES	BINGO	
12:00PM-1:00PM-		1:00PM-2:00PM-			
LUNCH		WHO'S BRINGING			
		WHAT			

1:00PM-2:00PM-FINISH DECOR 10. 10AM-10:30 COFFEE/TEA 10:30am-11:00am VIRTUAL CHAIR EXCERCISE SPIRIT CLUB 11:AM-12:PM- BOOK CLUB CONVO 12:00PM-1:00PM- LUNCH 1:00PM-2:00PM- CARDS/SPADES	11. 10:00AM-10:30AM COFFEE/TEA 10:30am-11:00am VIRTUAL CHAIR EXCERCISE SPIRIT CLUB 11:00AM-12:00PM- TOSS ACROSS/Floor Games 12:PM-1:PM- LUNCH 1:00PM-2:00PM- RING TOSS/ Floor Games	12. 10AM-10:30AM COFFEE/TEA 10:30am-12:00am MENTAL HEALTH COUNSLING SESSION W/ DR. CRAWFORD 12:00PM-1:00PM- LUNCH 1:00PM-2:00PM- Brain Games	13. 10:00AM-10:30AM COFFEE/TEA 10:30am-11:00am VIRTUAL CHAIR EXCERCISE SPIRIT CLUB 11:00 a.m12pm EOTR DEAF & HARD OF HEARING PROGRAM PRESENTATION BY MR. LORENZO 12:00PM-1:00PM- LUNCH 1:00PM-2:00PM- PREP FOR AMOUR	14. VALENTINES DAY EXTRAVAGANZA!! 10:00AM-10:30AM COFFEE/TEA 10:30am-11:30am VIRTUAL CHAIR EXCERCISE SPIRIT CLUB 11:30AM-12:00PM- ALL DAY FUN(CANDLE MAKING & CRAFTS) 12:00PM-1:00PM- LUNCH 1:00PM-2:00PM- Valentines Day crafts	#EPILEPSYDAY
17. 10:00AM-10:30AM COFFEE/TEA 10:30am-11:00am VIRTUAL CHAIR EXCERCISE SPIRIT CLUB 11:00AM-12:00PM- CARDS 12:00PM-1:00PM- LUNCH	18. 10AM-10:30AM COFFEE/TEA 10:30am-11:00am VIRTUAL CHAIR EXCERCISE SPIRIT CLUB 11:00AM-12:00PM- ARTS AND CRAFTS 12:00PM-1:00PM- LUNCH	19. 10:00AM-10:30AM COFFEE/TEA 10:30am-11am VIRTUAL CHAIR EXCERCISE SPIRIT CLUB 11:00AM-12:00PM- SHOW AND TELL 12pm-1pm Lunch	20. * 10:00AM-10:30AM COFFEE/TEA 10:30am-11:00am VIRTUAL CHAIR EXCERCISE SPIRIT CLUB 11:00AM-12:00PM- PAINTING 12:00PM-1:00PM- LUNCH	21. 10:00AM COFFEE/TEA 11:00am-12:00pm IN- PERSON CHAIR EXCERCISE SPIRIT CLUB 12:PM-1PM- LUNCH 1:PM-2PM- BINGO	NIRSA recreational Sports fitness Day * FEBRUARY 22 *

1:00PM-2:00PM- CHAT TIME	1:00PM-2:00PM- TABLE CRAFTS	12:00PM-1:00PM-: CHEF JONEZI CHEF DEMOSTRATION	1:00PM-2:00PM- CARD GAMES		
		1:00PM-2:00PM- SHOW AND TELL			
24.	25. MUSEUM OF THE	26.	27.	28. GO-GO	
10:00AM-10:30AM	BIBLE	10AM COFFEE/TEA	10:00AM-10:30AM	MUSEUM	
COFFEE/TEA	400 4th St SW,	10:30am-11am	COFFEE/TEA	1920 Martin Luther	
10:30am-11:00am	Washington, DC 20024	VIRTUAL CHAIR	10:30am-11:00am	King Jr Ave SE,	
VIRTUAL CHAIR	10:AM-2:PM	EXCERCISE SPIRIT	VIRTUAL CHAIR	Washington, DC 20020	
EXCERCISE SPIRIT	10:00AM -10:30AM	CLUB	EXCERCISE SPIRIT	10:AM-2:PM	
CLUB	COFFEE/TEA	11:00AM-12:00PM-	CLUB	10:00AM-10:30AM	
11:00AM-12:00PM-	10:30am-11:00am VIRTUAL CHAIR	WHAT DID WE	11:00AM-12:00PM-	COFFEE/TEA	
PAINTING	EXCERCISE SPIRIT	SEE/LEARN	WHAT'S NEXT	10:30am-11:00am	
12:00PM-1:00PM-	CLUB	YESTERDAY	CHAT	VIRTUAL CHAIR	
LUNCH	11:AM-12:PM-	12:00PM-1:00PM-	12:00PM-1:00PM-	EXCERCISE SPIRIT	
1:00PM-2:00PM-	DOMINOES	LUNCH	LUNCH	CLUB	
ARTS/CRAFTS	12:00PM-1:00PM- LUNCH	1:00PM-2:00PM-	1:00PM-2:00PM-	11:00AM-12:00PM-	
	1:00PM-2:00PM- DOMINOS	BINGO	WHAT'S NEXT	CARDS	
	DOMINOS		CHAT	12:00PM-1:00PM-	
				LUNCH	
				1:00PM-2:00PM-	
				BINGO	

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