

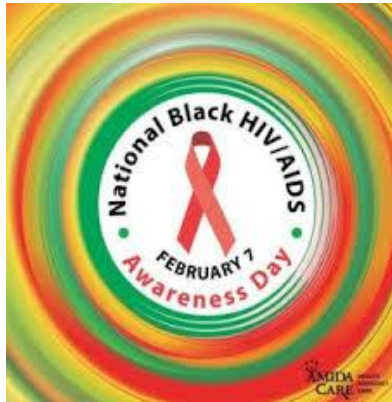






EOTR PAUL L DUNBAR FRIENDSHIP CAFÉ
2001 15TH ST, NW DC
Ziairra Baughan-Owens, Outreach/Partnership Rec.
Coordinator
202-845-3378
SANDRA JACKSON, Nutrition Aide
MELANIE DAILEY, Recreation Coordinator

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			
3. JUMBO INTERNATIONAL MARKET 3201 Brinkley Rd, Temple Hills, MD 20748 10:AM-2:PM 10am-10:30am- COFFEE/TEA 10:30am-11am VIRTUAL CHAIR EXCERCISE SPIRIT CLUB 11:AM-12:PM- ART/CRAFT DECOR 12:00PM-1:00PM- LUNCH	4. 10:00-10:30am AMCOFFEE/TEA 10:30am-11:00am VIRTUAL CHAIR EXCERCISE SPIRIT CLUB 11:00AM-12:00PM- LET'S CHAT 12:00PM-1:00PM- LUNCH 1:00PM-2:00PM- BINGO	5. 10:00AM-10:30AM COFFEE/TEA 10:30am-11:00am VIRTUAL CHAIR EXCERCISE SPIRIT CLUB 11:00AM-12:00PM- MENU TALK FOR 14 TH V-DAY EXTRAVAGANZA 12:00PM-1:00PM- LUNCH 1:00PM-2:00PM- WHO'S BRINGING WHAT	6. 10:00AM-10:30AM COFFEE/TEA 10:30am-11:00am VIRTUAL CHAIR EXCERCISE SPIRIT CLUB 11:00AM-12:00PM- DOMINOS 12:00PM-1:00PM- LUNCH 1:00PM-2:00PM- CARD GAMES	7. 10:00AM-10:30AM COFFEE/TEA 10:30am-11:00am VIRTUAL CHAIR EXCERCISE SPIRIT CLUB 11:00AM-12:00PM- CHECKERS 12:00PM-1:00PM- LUNCH 1:PM-2:00PM- BINGO	

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.m. -12pm 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 EXTRA VAGANZA!! 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	

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