



EOTER SARAH CIRCLE FRIENDSHIP CAFÉ  
 2551 17<sup>TH</sup> ST, NW DC  
 Ziairra Baughan-Owens, Outreach/Partnership Rec.  
 Coordinator  
 202-845-3378  
 Vonnie Johnson, Nutrition Aide  
 Phyllis Adams, 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. 10:00am-10:30am Coffee&Tea 10:30am-12:00pm - Black History movie 12pm-1:00pm-Lunch 1:00pm-2:00pm- VIRTUAL EXERCISE W/ SPIRIT CLUB	4. 10:00am-10:30am- Coffee&Tea 10:30am-11:00am-Talk about our favorite African Hero 11:00am-12:00pm- Table crafts 12:00pm-1:00pm- Lunch 1:00pm-2:00pm- VIRTUAL EXERCISE W/ SPIRIT CLUB	5. 10:00am-10:30am- Coffee&Tea 10:30am-12:00pm- Connect Four, Memory Game 12:00pm-1:00pm-Lunch 1:00pm-2:00pm- VIRTUAL EXERCISE W/ SPIRIT CLUB	6. 10:00am-11:00am Coffee&Tea 11am-12pm EOTR DEAF & HARD OF HEARING PROGRAM W/ LORENZO 12:00pm-1:00pm- Lunch 1:00pm-2:00pm- VIRTUAL EXERCISE W/ SPIRIT CLUB	7. 10:00am-10:30am- Coffee&Tea 10:30am-12:00pm- Loom Knitting 12:00-1:00-Lunch 1:00pm-2:00pm- VIRTUAL EXERCISE W/ SPIRIT CLUB	

<p>10. 10:00am-10:30am- Coffee&amp;Tea 10:30-11am <b>VIRTUAL EXERCISE W/ SPIRIT CLUB</b> 11:00am-12:00pm Easel printing 12:00pm-1:00pm- Lunch 1:00pm-2:00pm -Name this Famous Black person</p>	<p>11 10:00am-10:30am Coffee&amp;Tea 10:30am-12pm <b>MENTAL HEALTH COUNSILING W/ DR CRAWFORD</b> 12:00pm-1:00pm- Lunch 1:00pm-2:00pm <b>VIRTUAL EXERCISE W/ SPIRIT CLUB</b></p>	<p>12. 10:00-10:30am - Coffee&amp;Tea 10:30am-11am <b>VIRTUAL EXERCISE W/ SPIRIT CLUB</b> 11:00am-12:00pm- BINGO 12pm-1pm Lunch 12:00pm-1:00pm-: <b>CHEF JONEZI CHEF DEMOSTRATION</b> 1:00pm-2:00pm-Table Puzzles</p>	<p>13. 10:00am-10:30am COFFEE &amp; TEA 10:30am-11am <b>VIRTUAL EXERCISE W/ SPIRIT CLUB</b> 11am-12:00pm-Make Valentine's Day cards. 12:00pm-1:00pm -Lunch 1:00pm-2:00pm - Connect Four, Checkers</p>	<p>14. 10:00am-11:00am- Coffee&amp; Tea 11am-12pm <b>IN-PERSON SPIRIT CLUB CHAIR EXCERCISE</b> 12:00pm-1:00pm- Lunch 1:00pm-2:00pm- Exchange Valentine Cards <b>EXCURSION: RED, WHITE &amp; YOU DANCE</b> 1350 49th St NE, Washington, DC 20019 11:30AM-2PM</p>	 <p>#EPILEPSYDAY</p>
<p>17. 10:00am-10:30am- Coffee&amp;Tea 10:30am-11am <b>VIRTUAL EXERCISE W/ SPIRIT CLUB</b> 11:00am-12:00pm Arts &amp;Crafts 12:00pm-1:00pm- Lunch 1:00pm-2:00pm-Old butt Goodies</p>	<p>18. 10:00am-10:30am – Coffee &amp;Tea 10:30am-11am <b>VIRTUAL EXERCISE W/ SPIRIT CLUB</b> 11:00am-12:00pm Black History Trivia 12:00pm-1:00pm-Lunch 1:00pm-2:00pm-Cards</p>	<p>19. 10:00am-10:30am- Coffee&amp;Tea 10:30am-11am <b>VIRTUAL EXERCISE W/ SPIRIT CLUB</b> 10:30am-11:00am-Arts &amp; Crafts 11:00am-12:00pm-Brain Games 12:00am-1:00pm -Lunch 1:00pm-2:00pm -Black History Coloring Sheets</p> <p><b>EXCURSION: CHUCK BROWN'S GO! GO! MUSEUM 1920 MLK, Ave, S.E. 10am-2pm</b></p>	<p>20. 10am-10:30am Coffee&amp;Tea 10:30am-11am <b>VIRTUAL EXERCISE W/ SPIRIT CLUB</b> 11am-12:00pm-Knitting Loom 12:00pm-1:00pm -Lunch 1:00pm-2:00pm -Puzzles</p>	<p>21. 10:00am-10:30am Coffee &amp;Tea 10:30am-11am <b>VIRTUAL EXERCISE W/ SPIRIT CLUB</b> 11:00am-12:00pm <b>Bingo</b> 12:00pm-1:00pm- Lunch 1:00pm-2:00pm- Word search</p>	

<b>24.</b> <b>10:00am-10:30am-</b> <b>Coffee&amp;Tea</b> <b>10:30-12:00-Movie</b> <b>Black History</b> <b>12:00-1:00-Lunch</b> <b>1:00-2:00-Black</b> <b>History Triva</b>	<b>25.</b> <b>10:00am-10:30am-</b> <b>Coffee&amp;Tea</b> <b>10:30-12:00-Arts&amp;Craft</b> <b>12:00-1:00-Lunch</b> <b>1:00-2:00-Name This</b> <b>famous African</b> <b>American</b>	<b>26.</b> <b>10:00-10:30-Coffee&amp;Tea</b> <b>10:30-12:00-Matching name</b> <b>to their Inventions Black</b> <b>History</b> <b>12:00-1:00-Lunch</b> <b>1:00-2:00- VIRTUAL</b> <b>EXERCISE W/ SPIRIT</b> <b>CLUB</b>	<b>27.</b> <b>10:00am-10:30am Coffee</b> <b>&amp;Tea</b> <b>10:30am-11am</b> <b>VIRTUAL EXERCISE</b> <b>W/ SPIRIT CLUB</b> <b>11:30am-12:00pmTable</b> <b>Games, Monopoly,</b> <b>Trouble</b> <b>12:00pm-1:00pm-Lunch</b> <b>1:00pm-2:00pm- Brain</b> <b>Games</b>	<b>28.</b>	
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*Network – Supported by the Department of Aging and Community Living*