

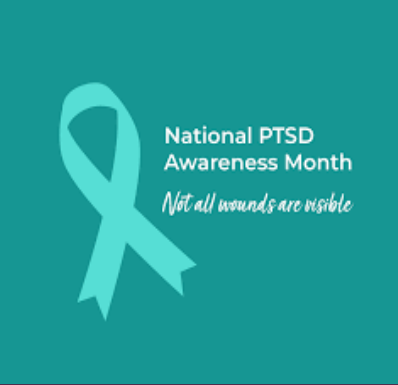


EOTR SARAH'S CIRCLE FRIENDSHIP CAFÉ
 2552 – 17TH Street, NW
 Ziairra Baughan-Owens, Outreach/Partnership Rec.
 Coordinator
 202-845-3384
 Lewis Fountain, Nutrition Aide
 Delores Ford, Recreation Coordinator

**June
2026**



<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
1. 10am-10:30am Coffee & Current Events 10:30am-11:00am Virtual Exercise (Persons Choice) 11:00am-12:00pm Weigh-in Discuss & Share Healthy Recipes 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Music & Dance	2. 10am-10:30am Coffee & Current Events 10:30am-11:00am Virtual Exercise (Persons Choice) 11:00am-12:00pm Custom Jewelry Making 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Board Games	3. 10am-10:30am Coffee & Current Events 10:30am-11:00am Virtual Exercise (Persons Choice) 11:00am-12:00pm Assemble & Paint Racing Cars 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Movie & Snacks	4. 10am-10:30am Coffee & Current Events 10:30am-11:00am Virtual Exercise (Persons Choice) 11:00am-12:00pm Create Scented Soap 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Intro to: Knitting, Crochet, Looming	5. 10am-10:30am Coffee & Current Events 10:30am-11:00am Virtual Exercise (Persons Choice) 11:00am-12:00pm Paint and Sip 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Jenga (Large Blocks) Excursion: Eastern Market 225 7th st, NE DC 10am-2:00pm	
8. 10am-10:30am Coffee & Current Events 10:30am-11:00am Virtual Exercise (Persons Choice) 11:00am-12:00pm Weigh-in Discuss & Share Healthy Recipes 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Music & Dance	9. 10am-10:30am Coffee & Current Events 10:30am-12:00pm Mental Health Counseling Dr. Crawford 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Irwin Royster Health Promotion	10. 10am-10:30am Coffee & Current Events 10:30am-11:00am Virtual Exercise (Persons Choice) 11:00am-12:00pm Assemble & Paint Airplanes 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Assemble Puzzles	11. 10am-10:30am Coffee & Current Events 10:30am-11:00am Virtual Exercise (Persons Choice) 11:00am-12:00pm DACL APS & Dementia Informational w. Giovanna 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Board Games	12. 10am-10:30am Coffee & Current Events 10:30am-11:00am Virtual Exercise (Persons Choice) 11:00am-12:00pm Create Vision (Continued) 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Calendar Chat Excursion: UDC Senior Cooking Class 4200 Connecticut Ave NW, DC 10:0am-2:00pm	 

15. 10am-10:30am Coffee & Current Events 10:30am-11:00am Virtual Exercise (Persons Choice) 11:00am-12:00pm Weigh-in Discuss & Share Healthy Recipes 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Music & Dance	16. 10am-10:30am Coffee & Current Events 10:30am-12:00pm Mental Health Counseling w. Maryanne 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Board Games	17. 10am-10:30am Coffee & Current Events 10:30am-11:00am Virtual Exercise (Persons Choice) 11:00am-12:00pm Assemble & Paint Racing Cars 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Jenga (Large Blocks)	18. 10am-10:30am Coffee & Current Events 10:30am-11:00am Virtual Exercise (Persons Choice) 11:00am-12:00pm In Person Spirit Club w. Trainer Sam 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Intro to Knitting, Crochet, Looming with Music & Dance	19. Site Closed 	
22. 10am-10:30am Coffee & Current Events 10:30am-11:00am Virtual Exercise (Persons Choice) 11:00am-12:00pm Weigh-in Discuss & Share Healthy Recipes 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Music & Dance	23. 10am-10:30am Coffee & Current Events 10:30am-11:00am Virtual Exercise (Persons Choice) 11:00am-12:00pm Custom Jewelry Making 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Card Puzzle	24. 10am-10:30am Coffee & Current Events 10:30am-11:00am Virtual Exercise (Persons Choice) 11:00am-12:00pm Create Vision Boards 12:00pm-1:00pm LUNCH 1:00pm-2:00pm BIG BINGO	25. 10am-10:30am Coffee & Current Events 10:30am-11:00am Virtual Exercise (Persons Choice) 11:00am-12:00pm Create Colone and Perfume 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Dominos	26. 10am-10:30am Coffee & Current Events 10:30am-11:00am Virtual Exercise (Persons Choice) 11:00am-12:00pm Live Chef Demo w. UDC Chef Herb: Food for Hydration 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Jenga (Large Blocks)	 

29. 10am-10:30am Coffee & Current Events 10:30am-11:00am Virtual Exercise (Persons Choice) 11:00am-12:00pm Weigh-in Discuss & Share Healthy Recipes 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Music & Dance	30. 10am-10:30am Coffee & Current Events 10:30am-11:00am Virtual Exercise (Persons Choice) 11:00am-12:00pm Custom Jewelry Making 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Board Games			June is Pride Month, Men's Health Month, PTSD Awareness Month, Alzheimer's & Brain Awareness Month, Migraine & Headache Awareness Month, Cataract Awareness Month, and Gun Violence Awareness Month, and it also includes Juneteenth National Independence Day (June 19), Flag Day (June 14), and Father's Day (June 21).
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Network – Supported by the Department of Aging and Community Living