



EOTR Sarah Circle FRIENDSHIP CAFÉ
 2551 17th st, NW Washington DC
 Zaira Baughan-Owens, Outreach/Partnership Rec.
 Coordinator
 202-845-3378
 Vacant, Nutrition Aide
 Phyllis Adams, Recreation Coordinator

March
 2025



Monday	Tuesday	Wednesday	Thursday	Friday	
	<p>March is... Malignant Hyperthermia Awareness Month, <u>Multiple Sclerosis</u> Awareness Month, <u>Myeloma Action</u> Month, National <u>Bleeding Disorders</u> Awareness Month,</p>	<p>March is also.... National <u>Developmental Disabilities</u> Awareness Month, National <u>Endometriosis</u> Awareness Month, National <u>Kidney</u> Month, National <u>Nutrition</u> Month, Save Your Vision Month, <u>Trisomy</u> Awareness Month</p>			
<p>3. 10:00am- 10:30am Virtual Spirit Club Fitness 10:30am-11:00am Trivia Pursuit 11:00am-12:00pm Looming & Crafts 12:00pm-1:00pm - Lunch 1:00pm-2:00pm Word Search</p>	<p>4. 10:00am-10:30am Coffee/ Tea 10:30am-11:00am Virtual Fitness with Spirit Club 11:00am- 12:00pm Monopoly 12:00pm-1:00pm-Lunch 1:00pm-2:00pm- Monopoly</p>	<p>5. 10:00am-10:30am Coffee & Tea 10:30am-11:00am Virtual Fitness with Spirit Club 11:00am-12:00pm BINGO 12:00pm-1:00pm LUNCH 1:00pm-2:00pm CARDS</p>	<p>6. 10:00am- 10:30am- Coffee&Tea/ Virtual Fitness with Spirit Club 10:30am-12:00pm Mental Health Counseling w/ Dr. Crawford. 12:00pm-1:00pm - Lunch 1:00pm-2:00pm -Cards</p>	<p>7. 10:00a.m–10:30am Coffee/Tea 10:30am-11am Virtual Spirit Club Exercise! 11:00 am.–12:00pm Music Movement and Dance 12:00pm-1:00pm – LUNCH 1:00 pm– 2:00 pm Board Games, Puzzles</p>	

<p>10 10:00am- 10:30am Virtual Spirit Club Fitness 10:30am-11:00am Trivia Pursuit 11:00am-12:00pm Looming & Crafts 12:00pm-1:00pm - Lunch 1:00pm-2:00pm Word Search</p>	<p>11 10:00am- 10:30am- Coffee & Tea 10:30am-11:00am Virtual Fitness with Spirit Club 11:00am-12:00pm Medicaid Visit-LOWER PRESCRIPTION COST & PREVENT FRAUD 12:00pm-1:00pm - Lunch 1:00pm-2:00pm -Cards</p>	<p>12. 10:00am-10:30am Coffee & Tea 10:30am-11:00am Virtual Fitness with Spirit Club 11:00am- 12:00pm Painting 12:00pm-1:00pm- Lunch 1:00pm-2:00pm- Unscabble words</p>	<p>13. 10:00am-10:30am Coffee & Tea 10:30am-11:00am Virtual Fitness with Spirit Club 11:00am- 12:00pm Painting 12:00pm-1:00pm-Lunch 1:00pm-2:00pm-Domino with Friends</p>	<p>14. 10:00am–10:30am Coffee/Tea 10:30am-11am Music Movement and Dance 11:00 a.m.–12:00pm IN-PERSON SPIRIT CLUB Chair Exercise 12:00PM- 1:00PM LUNCH 1:00 p.m. – 2:00 p.m. Board Games, Puzzles</p>	 <p>DEVELOPMENTAL DISABILITIES AWARENESS MONTH MARCH</p>
<p>17. 10:00am- 10:30am Virtual Spirit Club Fitness 10:30am-11:00am Trivia Pursuit 11:00am-12:00pm Looming & Crafts 12:00pm-1:00pm - Lunch 1:00pm-2:00pm Word Search</p>	<p>18. 10:00am- 10:30am- Coffee&Tea 10:30am-11:00am Virtual Fitness with Spirit Club 11:00am-12:00pm Monopoly 12:00pm-1:00pm - Lunch 1:00pm-2:00pm -Cards</p>	<p>19. 10:00am-10:30am Coffee/ Tea 10:30-11:00am Virtual Fitness with Spirit Club 11:00am-12:00pm Painting 12:00pm-1:00pm- Lunch 1:00pm-2:00pm- Unscabble words</p>	<p>20. 10:00am- 10:30am Virtual Spirit Club Fitness 10:30am-11:00am Trivia Pursuit 11:00am-12:00pm Looming & Crafts 12:00pm-1:00pm -Lunch 1:00pm-2:00pm Word Search EXCURSION: RELAX and RECHARGE WARD 1 St. PATRICK'S SENIOR WELLNESS AND SPA DAY 10AM-2PM 1480 GIRARD ST, NW DC</p>	<p>21. 10:00a.m–10:30am Coffee/Tea 10:30am-11am Virtual Spirit Club Exercise! 11:00 a.m.–12:00pm Music Movement and Dance 12:00pm-1:00pm Lunch 1:00 pm– 2:00 pm Board Games, Puzzles</p>	<p>INTERNATIONAL HPV AWARENESS MONTH</p> 

<p>24. 10:00am- 10:30am Virtual Spirit Club Fitness 10:30am-11:00am Trivia Pursuit 11:00am-12:00pm Looming & Crafts 12:00pm-1:00pm - Lunch 1:00pm-2:00pm Word Search</p>	<p>25. 10:00am- 10:30am- Coffee&Tea 10:30am-11:00am Virtual Fitness with Spirit Club 11:00am-12:00pm Monopoly 12:00pm-1:00pm - Lunch 1:00pm-2:00pm -Cards</p>	<p>26. 10:00am-10:30am Coffee&Tea 10:30-11:00am Virtual Fitness with Spirit Club 11:00am-12:00pm Painting 12:00pm-1:00pm- Lunch & Live Chef Demonstration w/ Food Jonezi! 1:00pm-2:00pm- BINGO</p>	<p>27. 10:00a.m–10:30am Coffee/Tea 10:30am-11am Virtual Spirit Club Exercise! 11:00 a.m.–12:00pm Music Movement and Dance Contest 12:00pm-1:00pm Lunch 1:00 p.m. – 2:00 p.m. Board Games, Puzzles</p>	<p>28. 10:00a.m–10:30am Coffee/Tea 10:30am-11am Virtual Spirit Club Exercise! 11:00 a.m.–12:00pm Music Movement and Dance Contest 12:00pm-1:00pm Lunch 1:00pm– 2:00pm Board Games, Puzzles</p>	<p>Monday 31st. 10:00am- 10:30am Virtual Spirit Club Fitness 10:30am-11:00am Trivia Pursuit 11:00am-12:00pm Looming & Crafts 12:00pm-1:00pm - Lunch 1:00pm-2:00pm Word Search</p>

Network – Supported by the Department of Aging and Community Living