







EOTR Sarah Circle FRIENDSHIP CAFÉ  
2551 17<sup>th</sup> st, NW  
Ziairra Baughan-Owens, Outreach/Partnership Rec.  
Coordinator  
202-845-3378  
Louis Fontane, Nutrition Aide  
Phyllis Adams , Recreation Coordinator

July 2025



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1. 10am-10:30am-Coffee&Tea 10:30am-11am Virtual Exercise 11:00am-12:00pm-Movie 12:00pm-1:00pm LUNCH 1:00pm-2:00pm-Brain game	2. 10am-10:30am-Coffee&Tea 10:30am-11am Virtual Exercise 11:00am-12:00pm-Puzzles 12:00pm-1:00pm LUNCH 1:00pm-2:00pm-Connect Four	3. 10am-10:30am-Coffee&Tea 10:30am-11am Virtual Exercise 11:00am-12:00pm-Arts&Crafts 12:00pm-1:00pm LUNCH 1:00pm-2:00pm-Oldies but Goodies	4. Sites Closed 	 
7. 10am-10:30am-Coffee&Tea 10:30am-11am Virtual Exercise 11:00am-12:00pm-Painting 12:00pm-1:00pm LUNCH 1:00pm-2:00pm-Monopoly	8. 10am-10:30-Coffee&Tea 10:30am-11am Virtual Exercise 11:00am-12:00pm-Table Games 12:00pm-1:00pm LUNCH 1:00pm-2:00pm-Trivia Pursuit	9. 10am-10:30am-Coffee&Tea 10:30am-11am Virtual Exercise 11:00am-12:00pm Trivia Pursuit 12:00pm-1:00pm LUNCH 1:00pm-2:00pm-Table Talk <b>EXCURSION: THE CHATEAU DAY PARTY 3439 BENNING RD NE DC 20019</b>	10. 10am-10:30am-Coffee&Tea 10:30am-11am Virtual Exercise 11:00am-12:00pm-MONTHLY BIG BINGO 12:00pm-1:00pm LUNCH 1:00pm-2:00pm-Domino's	11. 10am-10:30am-Coffee&Tea 10:30am-11am Virtual Exercise 11:00am-12:00pm-Connect four & Checkers 12:00pm-1:00pm LUNCH 1:00pm-2:00pm-Wordsearch	

<p>14. 10am-10:30am-Coffee&amp;Tea 10:30am-11am Virtual Exercise 11:00am-12:00pm-Trivia Pursuit 12:00pm-1:00pm LUNCH 1:00pm-2:00pm-Scabble</p>	<p>15. 10am-10:30am-Coffee&amp;Tea 10:30am-11am Virtual Exercise 11:00am-12:00pm-Dance Movement 12:00pm-1:00pm LUNCH 1:00pm-2:00pm-Uno</p>	<p>16. 10am-10:30am-Coffee&amp;tea 10:30am-11am Virtual Exercise 11:00am-12:00pm- Puzzles 12:00pm-1:00pm LUNCH 1:00pm-2:00pm-Puzzles</p>	<p>17. 10am-10:30am-Coffee&amp;Tea 10:30am-11am Virtual Exercise 11:00am-12:00pm-Financial Literacy &amp; Wellness Workshops SAVVY Seniors/Frauds &amp; Scams 12:00pm-1:00pm LUNCH 1:00pm-2:00pm-Board games</p>	<p>18. 10am-10:30am-Coffee&amp;Tea 10:30am-11am NEWS UPDATES 11:00am-12:00pm-IN person Spirit Club Exercise 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Bean Bag Toss</p>	
<p>21. 10am-10:30am-Coffee&amp;tea 10:30am-11am Virtual Exercise 11:00am-12:00pm-Painting 12:00pm-1:00pm LUNCH 1:00pm-2:00pm-Domino's</p>	<p>22. 10am-10:30am-Coffee&amp;Tea 10:30am-11am Virtual Exercise 11:00am-12:00pm-411 UNITED HEALTHCARE W. Agent Donna Tabor 12:00pm-1:00pm LUNCH 1:00pm-2:00pm-Word Search</p>	<p>23. 10am-10:30am-Coffee&amp;Tea 10:30am-11am Lets Chat about Resources w. Ms. Zee 11:00am-12:00pm-Looming 12:00pm-1:00pm LUNCH 1:00pm-2:00pm-Unscabble words</p>	<p>24. 10am-10:30am-10:30am-11am Virtual Exercise 11:00am-12:00pm-Music Movement 12:00pm-1:00pm LUNCH 1:00pm-2:00pm-Connect Four</p> <p><b>*BOXED LUNCHES WILL BE PROVIDED FOR 7/25 SITE CLOSURE*</b></p>	<p>25.  Site Closure for Staff Training/ Discretionary Day</p> 	 
<p>28. 10am-10:30am-Coffee&amp;Tea 10:30am-11am Virtual Exercise 11:00am-12:00pm-Making Key Chains 12:00pm-1:00pm LUNCH 1:00pm-2:00pm-Board games&amp;Puzzles</p>	<p>29. 10am-10:30am-Coffee&amp;Tea 10:30am-11am Virtual Exercise 11:00am-12:00pm-Bean Bag Toss 12:00pm-1:00pm LUNCH 1:00pm-2:00pm-Chit Chat</p>	<p>30. 10am-10:30am 10:30am-11am Virtual Exercise 11:00am-12:00pm Controlling Your Blood Pressure w. Nutritionist Renee Afryka 12:00pm-1:00pm LUNCH 1:00pm-2:00pm-Clay mold</p>	<p>31. 10am-10:30am-Coffee&amp;Tea 10:30am-11am Virtual Exercise 11:00am-12:00pm-Table Game 12:00pm-1:00pm LUNCH 1:00pm-2:00pm-Oldies but Goodies</p>	<p><b>“Success is to be measured not so much by the position that one has reached in life as by the obstacles which he has overcome while trying to succeed.” —Booker T. Washington</b></p>	<p><b>July is...</b> Cord Blood Awareness Month, Healthy Vision Month, International Group B Strep Awareness Month, Juvenile Arthritis Awareness Month, National Cleft &amp; Craniofacial Awareness and Prevention Month, National Hemochromatosis Awareness Month, National Minority Mental Health Awareness Month, Sarcoma Awareness Month, UV Safety Month, World Population Day, World Brain Day, World Sjogren’s Day, World Hepatitis Day</p>

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*Part of the Senior Services Network—Supported by the Department of Aging and Community Living*