



EOTR SARAH'S CIRCLE FRIENDSHIP CAFÉ
 2551 17TH Street, NW
 Zaira Baughan-Owens, Outreach/Partnership Rec.
 Coordinator
 202-845-3378
 Lewis Fountain, Nutrition Aide
 Delores Ford, Recreation Coordinator

**March
2026**



<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
2. 10:00am-10:30am HOT Coffee/Tea with Mr. Lewis 10:30am-11:00am Virtual Exercise 11:00am-12:00pm Weight-In/Weight Loss Challenge 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Music and Dance	3. 10am-10:30am HOT Coffee/Tea with Mr. Lewis 10:30am-11:00am Virtual Exercise 11:00am-12:00pm Design Scented Soap 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Janga (Block Game)	4. 10am-10:30am HOT Coffee/Tea with Mr. Lewis 10:30am-11:00am Virtual Exercise 11:00am-12:00pm Power of Nutrition Packet & Play 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Dominos	5. 10am-10:30am HOT Coffee/Tea with Mr. Lewis 10:30am-12:00pm Mental Health w. Maryanne 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Sorry Board Games	6. 10am-10:30am HOT Coffee/Tea with Mr. Lewis 10:30am-11:00am Virtual Exercise 11:00am-12:00pm Intro: Looming, Knitting, and Crochet 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Taboo Game Roses Discount Store 3737 Branch Ave, Temple Hills MD 10am-2pm	
9. 10:00am-10:30am HOT Coffee/Tea with Mr. Lewis 10:30am-11:00am Virtual Exercise 11:00am-12:00pm Weight-In/Weight Loss Challenge 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Music and Dance	10. 10:00am-10:30am HOT Coffee/Tea with Mr. Lewis 10:30am-11:00am Virtual Exercise 1:00pm-2:00pm Wild Tech 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Irwin Royster-Health Promotion	11. 10am-10:30am HOT Coffee/Tea with Mr. Lewis 10:30am-11:00am Virtual Exercise 11:00am-12:00pm Intro to Spring Canvas Painting & Resource w. Ms Zee 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Janga (Block Game)	12. 10am-10:30am HOT Coffee/Tea with Mr. Lewis 10:30am-11:00am Virtual Exercise 11:00am-12:00pm Design Scented Soap 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Board Games National Aquarium 501 E Pratt Street Baltimore, Md 21202 10am-2:00pm	13. 10am-10:30am HOT Coffee/Tea with Mr. Lewis 10:30am-11:00am Virtual Exercise 11:00am-12:00pm Computer literacy Training w. WildTech 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Computer literacy training w. WildTech	

<p>16. 10:00am-10:30 HOT Coffee/Tea with Mr. Lewis 10:30am-11:00am Virtual Exercise 11:00am-12:00pm EYL Art Classes Paint & Sip 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Music and Dance</p>	<p>17. 10am-10:30am HOT Coffee/Tea with Mr. Lewis 10:30am-11:00am Virtual Exercise 11:00am-12:00pm Capital Hill Village Interactive Travel Training 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Checkers/Board Games</p>	<p>18. 10am-10:30am HOT Coffee/Tea with Mr. Lewis 10:30am-11:00am Virtual Exercise 11:00am-12:00pm ST. Patrick's BIG BINGO 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Wild Tech</p>	<p>19. 10am-10:30am HOT Coffee/Tea with Mr. Lewis 10:30am-11:00am Virtual Exercise 11:00am-12:00pm Intro: Looming, Knitting, and Crochet 12:00pm-1:00pm LUNCH 1:00pm-2:00pm UNO Game Dave & Buster's 8661 Coleville Rd Suite E102 Silver Spring, Md 20910 10am-2:00pm</p>	<p>20. 10am-10:30am HOT Coffee/Tea with Mr. Lewis 10:30am-11:00am Virtual Exercise 11:00am-12:00pm In House Chef Herb Food Demonstration/UDC 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Sorry Board Game</p>	 <p>DEVELOPMENTAL DISABILITIES AWARENESS MONTH MARCH</p>
<p>23. 10:00am-10:30 HOT Coffee/Tea with Mr. Lewis 10:30am-11:00am Virtual Exercise 11:00am-12:00pm Weight-In/Weight Loss Challenge 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Music and Dance</p>	<p>24. 10am-10:30am HOT Coffee/Tea with Mr. Lewis 10:30am-12:00pm Dr. Crawford-Mental Health Counseling 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Irwin Royster-Health Promotion</p>	<p>25. 10am-10:30am HOT Coffee/Tea with Mr. Lewis 10:30am-11:00am Virtual Exercise 11:00am-12:00 Resining Creative Designs & Arts 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Board Games</p>	<p>26. 10am-10:30am HOT Coffee/Tea with Mr. Lewis 10:30am-11:00am Virtual Exercise 11:00am-12:00pm Assemble and Paint Airplanes 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Dominos</p>	<p>27. 10am-10:30am HOT Coffee/Tea with Mr. Lewis 10:30am-11:00am Resin Book Holders 11:00am-12:00pm In-Person Spirit (Fitness Workout) 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Finish our Resin Book Holders</p>	 <p>MARCH IS MULTIPLE SCLEROSIS AWARENESS MONTH</p>

<p>30. 10:00am-10:30 HOT Coffee/Tea with Mr. Lewis 10:30am-11:00am Virtual Exercise 1:00am-12:00pm Weight-In/Weight Loss Challenge 12:00pm-1:00pm Lunch 1:00pm-2:00pm Wild Tech</p>	<p>31. 10:00am-10:30 HOT Coffee/Tea with Mr. Lewis 10:30am-11:00am Virtual Exercise 11:00am-12:00pm Paint & Sip with Music and Discussions 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Music and Dance</p>				<p>March is National Nutrition Month, National Kidney Month, Colorectal Cancer Awareness Month, Brain Injury Awareness Month, Developmental Disabilities Awareness Month, Endometriosis Awareness Month, Multiple Sclerosis (MS) Awareness Month, Bleeding Disorders Awareness Month, and Workplace Eye Wellness (Save Your Vision) Month.</p>
--	--	--	--	--	--

Network – Supported by the Department of Aging and Community Living