



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

October
2025



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	 	1. 10a.m.-10:30a.m. WAKE-UP TO “HOT” Coffee & Special Tea Time With Mr. Lewis 10:30a.m.-11:00a.m. Virtual Spirit Exercise 11:00a.m.-12p.m. Pajama Party; Oldies Singing, Dancing & Story Sharing of Life’s “Good Old Days!” 12p.m.-1p.m. LUNCH 1p.m.-2p.m. Movies with Snacks and Fun	2. 10a.m.-10:30a.m. WAKE-UP TO “HOT” Coffee & Special Tea Time With Mr. Lewis 10:30a.m.-11:00a.m. Virtual Spirit Exercise 11:00a.m.-12p.m. 12p.m.-1p.m. LUNCH 1p.m.-2p.m. Trivia Pursuit 60’s, 70’s and 80’s	3. 10a.m.-10:30a.m. WAKE-UP TO “HOT” Coffee & Special Tea Time With Mr. Lewis 10:30a.m.-11:00a.m. Virtual Spirit Exercise 11:00a.m.-12p.m. PAINT & SIP 12p.m.-1p.m. LUNCH 1p.m.-2p.m. Arts and Crafts; Painting, Drawing with Markers, Colored Pencils & Paper	
6. 10a.m.-10:30a.m. WAKE-UP TO “HOT” Coffee & Special Teatime with Mr. Lewis 10:30a.m.-11:00a.m. Virtual Spirit Exercise 11:00a.m.-12p.m. Weigh-In For Weight Loss Challenge, Healthy Menu Exchanges & Discussions 12p.m.-1p.m. LUNCH 1p.m.-2p.m. Hoola Hoop, Oldies Music and Dance	7. 10a.m.-10:30a.m. WAKE-UP TO “HOT” Coffee & Special Tea Time With Mr. Lewis 10:30a.m.-11:00a.m. Virtual Spirit Exercise 11:00a.m.-12p.m. Water Cup and Play With Team Awards 12p.m.-1p.m. LUNCH 1p.m.-2p.m. Wild Tech	8. 10a.m.-10:30a.m. WAKE-UP TO “HOT” Coffee & Special Tea Time With Mr. Lewis 10:30a.m.-11:00a.m. Virtual Spirit Exercise 11:00a.m.-12p.m. Pajama Party: Oldies Singing, Dancing & Story Sharing of Life’s “Good Old Days!” 12p.m.-1p.m. LUNCH 1p.m.-2p.m. Movies with Snacks and Fun Today’s Topic: What is needed to redirect the youth?	9. 10am-10:30am WAKE-UP TO “HOT” Coffee & Special Tea Time With Mr. Lewis 10:30a.m.-11:00a.m. Virtual Spirit Exercise 11:00a.m.-12p.m. Manipulative Opportunities Introduction to: Looming, 12p.m.-1p.m. LUNCH 1p.m.-2p.m. Puzzles, Jenga, Excursion: Walmart Super Center, 3549 Russett Grn E, Laurel, MD 10am-2pm	10. 10a.m.-10:30a.m. WAKE-UP TO “HOT” Coffee & Special Tea Time With Mr. Lewis 10:30a.m.-11:00a.m. Virtual Spirit Exercise 11:00a.m.-12p.m. PAINT & SIP 12p.m.-1p.m. LUNCH 1p.m.-2p.m. Arts and Crafts; Painting, Drawing with Markers, Colored Pencils & Paper	 October 2025

13. 10a.m.-10:30a.m. WAKE-UP TO “HOT” Coffee & Special Tea Time with Mr. Lewis 10:30a.m.-11:00a.m. Virtual Spirit Exercise 11:00a.m.-12p.m. Weigh-In For Weight Loss Challenge, Healthy Menu Exchanges & Discussions 12p.m.-1p.m. LUNCH 1p.m.-2p.m. Hoola Hoop, Oldies Music, Dance and Movement	14. 10a.m.-10:30a.m. WAKE-UP TO “HOT” Coffee & Special Tea Time With Mr. Lewis 10:30a.m.-11:00a.m. Virtual Spirit Exercise 11:00a.m.-12p.m. Champaine Glass Challenge Water Play and Fun with Team Awards 12p.m.-1p.m. LUNCH 1p.m.-2p.m. Open Enrollment w. Medicare & United Healthcare	15. 10a.m.-10:30a.m. WAKE-UP TO “HOT” Coffee & Special Tea Time With Mr. Lewis 10:30a.m.-11:00a.m. Virtual Spirit Exercise 11:00a.m.-12p.m. Pajama Contest Party; Oldies Singing, Dancing, Topic: Sharing Life’s Experiences, Fun and Laughter! 12p.m.-1p.m. LUNCH 1p.m.-2p.m. Movies with Snacks and Fun Today’s Topic: Sharing Life’s Experiences, Fun and Laughter!	16. 10a.m.-10:30a.m. WAKE-UP TO “HOT” Coffee & Special Tea Time With Mr. Lewis 10:30a.m.-11:00a.m. Virtual Spirit Exercise 11:00a.m.-12p.m. Manipulative Opportunities Introduction to: Looming, Crocheting, knitting and Clay Molding and More... 12p.m.-1p.m. LUNCH 1p.m.-2p.m. Puzzles, Jenga, Dominoes, Memory & Board Game Opportunities	17. 10a.m.-10:30a.m. WAKE-UP TO “HOT” Coffee & Special Tea Time With Mr. Lewis 10:30a.m.-11:00a.m. Virtual Spirit Exercise 11:00a.m.-12p.m. PAINT & SIP 12p.m.-1p.m. LUNCH 1p.m.-2p.m. Arts and Crafts; Painting, Drawing with Markers, Colored Pencils & Paper FREE Excursion: GO-GO Museum & Café 1920 MLK, Jr. Ave, SE Washington, DC 20020 10am-2pm	
20. 10a.m.-10:30a.m. WAKE-UP TO “HOT” Coffee & Special Tea Time with Mr. Lewis 10:30a.m.-11:00a.m. Virtual Spirit Exercise 11:00a.m.-12p.m. Weigh-In For Weight Loss Challenge, Healthy Menu Exchanges & Discussions 12p.m.-1p.m. LUNCH 1p.m.-2p.m. Hoola Hoop, Oldies Music and Dance	21. 10a.m.-10:30a.m. WAKE-UP TO “HOT” Coffee & Special Tea Time With Mr. Lewis 10:30a.m.-11:00a.m. Virtual Spirit Exercise 11:00a.m.-12p.m. Champaine Glass Challenge Water Play and Fun with Team Awards 12p.m.-1p.m. LUNCH 1p.m.-2p.m. Wild Tech	22. 10a.m.-10:30a.m. WAKE-UP TO “HOT” Coffee & Special Tea Time With Mr. Lewis 10:30a.m.-11:00a.m. Virtual Spirit Exercise 11:00a.m.-12p.m. Nutrition w/ Nutritionist. Renee Afryka 12p.m.-1p.m. LUNCH 1p.m.-2p.m. Movies with Snacks and Fun	23. 10a.m.-10:30a.m. WAKE-UP TO “HOT” Coffee & Special Tea Time With Mr. Lewis 10:30a.m.-11:00a.m. Virtual Spirit Exercise 11:00a.m.-12p.m. Manipulative Opportunities Introduction to: Looming, Crocheting, knitting and Clay Molding and More... 12p.m.-1p.m. LUNCH 1p.m.-2p.m. Puzzles, Jenga, Dominoes, Memory & Board Game Opportunities	24. 10a.m.-10:30a.m. WAKE-UP TO “HOT” Coffee & Special Tea Time With Mr. Lewis 10:30a.m.-11:00a.m. Virtual Spirit Exercise 11:00a.m.-12p.m. PAINT & SIP 12p.m.-1p.m. LUNCH 1p.m.-2p.m. Arts and Crafts; Painting, Drawing with Markers, Colored Pencils & Paper	
27. 10a.m.-10:30a.m. WAKE-UP TO “HOT” Coffee & Special Teatime with Mr. Lewis 10:30a.m.-11:00a.m. Virtual Spirit Exercise 11:00a.m.-12p.m. Weigh-In for Weight Loss Challenge, Healthy Menu Exchanges & Discussions	28. 10a.m.-10:30a.m. WAKE-UP TO “HOT” Coffee & Special Teatime with Mr. Lewis 10:30a.m.-11:00a.m. Virtual Spirit Exercise 11:00a.m.-12p.m. Team Ring Toss, Fun and Excitement 12p.m.-1p.m. LUNCH 1p.m.-2p.m. Wild Tech	29. 10a.m.-10:30a.m. WAKE-UP TO “HOT” Coffee & Special Teatime with Mr. Lewis 10:30a.m.-11:00a.m. Virtual Spirit Exercise 11:00a.m.-12p.m. Pajama Contest Party 12p.m.-1p.m. LUNCH 1p.m.-2p.m. Movies with Snacks and Fun!	30. 10a.m.-10:30a.m. WAKE-UP TO “HOT” Coffee & Special Teatime with Mr. Lewis 10:30a.m.-11:00a.m. Virtual Spirit Exercise 11:00a.m.-12p.m. Intro to Looming & Crocheting 12p.m.-1p.m. LUNCH	31. 10a.m.-10:30a.m. WAKE-UP TO “HOT” Coffee & Special Teatime with Mr. Lewis 10:30a.m.-11:00a.m. Virtual Spirit Exercise 11:00a.m.-12p.m. MEDPATROL BINGO! Open Enrollment 12p.m.-1p.m. LUNCH	October: October 1-31: Breast Cancer Awareness Month October 1-31: Charcot-Marie-Tooth Disease (CMT) Awareness Month October 1-31: Contact Lens Safety Month October 1-31: Domestic Violence Awareness Month October 1-31: Down Syndrome Awareness Month October 1-31: Eye Injury Prevention Month

12p.m.-1p.m. LUNCH 1p.m.-2p.m. Hoola Hoop, 60’s, 70’s, 80’s Music and Dance Moves		Todays Topic: How Can I Make a Difference within My Community, and Where Would I Begin?	1p.m.-2p.m. Puzzles, Jenga, Dominoes, Memory & Board Game Opportunities	1p.m.-2p.m. Masquerade Party- Guess Who Am I?	October 1-31: Health Literacy Month October 1-31: Healthy Lung Month
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Part of the Senior Services Network – Supported by the Department of Aging and Community Living

PLEASE NOTE:

1. End of the Month Rewards and Prizes to the person with “The Most Weight Loss Each Month”!

2. Bring in a picture of YOU in your adolescents or early adult hood by October 29th to Ms. Delores. Let others try to “Guess Whose Picture” on October 31st from 1:00 p.m. to 2:00 p.m. Your pictures will be returned at the end of the day on October 31st.

Thank you for your support!