



EOTR Sarah Circle FRIENDSHIP CAFÉ
 Ziairra Baughan-Owens, Outreach/Partnership Rec.
 Coordinator
 202-845-3378
 Phylis Adams, Nutrition Aide
 Phylis Adams, Recreation Coordinator

November 2024



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<p>1. 10:00am-Coffee&Tea 11:00am-Movie 12:00pm – 1:00pm-Lunch 1:00pm-Play Tunk</p>	
<p>4. 10:00am-Coffee&Tea 11:00am-Table crafts 12:00pm – 1:00pm-Lunch 1:00pm-Checkers Puzzles</p>	<p>5. 10:00am-Coffee&Tea 11:00am-12pm AARP Presentation and Enrollment 12:00pm – 1:00pm-Lunch 1:00pm-Coloring Sheets</p>	<p>6. 10:00am-Coffee&Tea 11:00am-Bingo 12:00pm – 1:00pm-Lunch 1:00pm-Oldies Butt Goodies</p>	<p>7. 10:00am- Coffee&Tea 11:00am- 12:00pm – 1:00pm-Lunch 1:00pm-Table games,TicTikToe, Checkers EXCURSION: EOTR Senior Caribbean Themed Fall Ball 1600 Morris RD, SE 3pm-7pm Bus Boards 1:30pm</p>	<p>8. 10:00am-Coffee & Tea 11:00am-VirtualFitness 12:00pm – 1:00pm-Lunch 1:00pm-Group Discussion</p>	
	<p>12. 10:00am-Coffee & Tea 11:00am-12:00pm IN PERSON Chair Workouts w/ Spirit Club 12:00pm – 1:00pm-Lunch 1:00pm-UNO</p>	<p>13. 10:00am-Coffee & Tea 11:00am-Lederer's Garden 12:00pm – 1:00pm-Lunch 1:00pm-Puzzles Excursion: Lederer Garden 4801 Nannie Helen Burroughs Ave NE 10am-12pm</p>	<p>14. 10:00am-Coffee & Tea 11:00am-Movie 12:00pm-1:00pm-Lunch 1:30pm-Word search</p>	<p>15. 10:00am-Coffe & Tea 11:00am-Bingo 12:00pm – 1:00pm-Lunch 1:00pm-Puzzles EXCURSION: COMPUTER CLASS & MINI MUSUEM w/ MS. ZEE 901 G st NW, Washington DC 20001 10am-2pm</p>	<p>Giving Thanks for GERD Awareness</p> <p>It's GERD Awareness Week</p> <p>Gastroesophageal Reflux Disease (GERD) is a condition caused by anatomical changes where the muscle at the base of the esophagus (lower esophageal sphincter a.k.a. LES) relaxes between swallows, allowing stomach contents to wash back up into the esophagus.</p> <p>GERD is caused by a loose lower esophageal sphincter, not by turkey</p>

18. 10:00am-Coffee&Tea 11:00am-Virtual Fitness 12:00pm – 1:00pm-Lunch 1:00pm-UnScabble the word	19. 10:00am-Coffee& Tea 10:30am-12pm Mental Health Counseling Sessions w/ Patrick Crawford 12:00pm – 1:00pm-Lunch 1:00pm-Oldie but Goodies	20. 10:00am-Coffee& Tea 11:00am-Painting 12:00pm – 1:00pm-Lunch 1:00pm-Oldie but Goodies	21. 10:00am-Coffee & Tea 11:00am-12:00pm United HealthCare MEDICAID BOOK WALK THROUGH, OPEN ENROLLMENT 12:00pm – 1:00pm-Lunch 1:30pm- UnScabble the word	22. 10:00am-Coffee & Tea 11:00am-Virtual Fitness 12:00pm – 1:00pm Lunch 1:30pm Puzzles	
25. 10:00am-Coffee & Tea 11:00am-Painting 12:00pm – 1:00pm- Food Demonstration w/ Chef Jonezi 1:30pm-Oldie but goodies	26. 10:00am-Coffee & Tea 11:00am-Painting 12:00pm – 1:00pm-Lunch 1:30pm-Word Search	27. 10:00am-Coffee & Tea 11:00am-Games,Trouble 12:00pm – 1:00pm-Lunch 1:30pm-Chit Chat	28. 	29 10:00am-Coffee & Tea 11:00am-Virtual Fitness 12:00pm – 1:00pm Lunch 1:30pm Puzzles	30. 

trouble

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