







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

**April
 2026**



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>World Health Day</p>	<p>1. 10am-10:30am Coffee & Devotional 10:30am-11:00am Virtual Exercise (Persons Choice) 11:00am-12:00pm Water Cup Challenge w/Prizes 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Coaster Making</p>	<p>2. 10am-10:30am Coffee & Devotional 10:30am-11:00am Virtual Exercise (Persons Choice) 11:00am-12:00pm In Person Spirit Club workout w. Chris 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Intro to knitting, Crochet, and/or Looming</p>	<p>3. 10am-10:30am Coffee & Devotional 10:30am-11:00am Virtual Exercise (Persons Choice) 11:00am-12:00pm Create Winter Globes 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Dominos EXCURSION: MLK Memorial/ Tidal Basin Cherry Blossoms 1964 Independence Ave SW, Washington, DC 20004</p>	
<p>6. 10am-10:30am Coffee & Devotional 10:30am-11:00am Virtual Exercise (Persons Choice) 11:00am-12:00pm Weigh-in, Healthy Menu Discussions 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Janga (Large Blocks)</p>	<p>7. 10am-10:30am Coffee & Devotional 10:30am-11:00am Virtual Exercise (Persons Choice) 11:00am-12:00pm Make Colone and Perfume 12:00pm-1:00pm LUNCH 1:00pm-2:00 Board Game</p>	<p>8. 10am-10:30am Coffee & Devotional 10:30am-11:00am Virtual Exercise (Persons Choice) 11:00am-12:00pm Make Scented Candles 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Dominos</p>	<p>9. 10am-10:30am Coffee & Devotional 10:30am-11:00am Virtual Exercise (Persons Choice) 11:00am-12:00pm Sip & Paint 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Board Games</p> <p>Excursion: DuckPin Bowling 4991 Fairview Avenue Linthicum Heights, MD 21090</p>	<p>10. 10am-10:30am Coffee & Devotional 10:30am-11:00am Virtual Exercise (Persons Choice) 11:00am-12:00pm MediPatrol: Medicare Bingo 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Jenga (Large Blocks)</p>	

<p>13. 10am-10:30am Coffee & Devotional 10:30am-11:00am Virtual Exercise (Persons Choice) 11:00am-12:00pm Weigh-in, Healthy Menu Discussions 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Board Game</p>	<p>14. 10am-10:30am Coffee & Devotional 10:30am-11:00am Virtual Exercise (Persons Choice) 11:00am-12:00pm Assemble Racing Cars and Airplanes 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Irwin Royster Health Promotion</p>	<p>15. 10am-10:30am Coffee & Devotional 10:30am-11:00am Virtual Exercise (Persons Choice) 11:00am-12:00pm Calendar Discussions 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Board Game</p>	<p>16. Site is Closed </p>	<p>17. 10am-10:30am Coffee & Devotional 10:30am-11:00am Virtual Exercise (Persons Choice) 11:00am-12:00pm Create & Design Jewelry 12:00pm-1:00pm Lunch 1:00pm-2:00pm Dominos Excursion: Amish Market 9701 Fort Meade, Laurel MD 10am-2:00pm</p>	
<p>20. 10am-10:30am Coffee & Devotional 10:30am-11:00am Virtual Exercise (Persons Choice) 11:00am-12:00pm EYL Arts Class – Paint & Sip 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Movie Day</p>	<p>21. 10am-10:30am Coffee & Devotional 10:30am-12:00pm Mental Health Counseling w. Dr Crawford 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Board Games</p>	<p>22. 10am-10:30am Coffee & Devotional 10:30am-11:00am) Virtual Exercise (Persons Choice) 11:00am-12:00pm Design Glow Bulbs 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Jenga (Large Block Game)</p>	<p>23. 10am-10:30am Coffee & Devotional 10:30am-11:00am Virtual Exercise (Persons Choice) 11:00am-12:00pm Taboo Game/Team Building 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Dominos</p>	<p>24. 10am-10:30am Coffee & Devotional 10:30am-11:00am Virtual Exercise (Persons Choice) 11:00am-12:00pm In Person Cooking Demo W. Chef Herb on Harvest of the Month 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Interactive Story Telling w. Ms. Gardner</p>	
<p>27. 10am-10:30am Coffee & Devotional 10:30am-11:00am Virtual Exercise (Persons Choice) 11:00am-12:00pm - Biggest Looser Prize 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Movie Day</p>	<p>28. 10am-10:30am Coffee & Devotional 10:30am-11:00am Virtual Exercise (Persons Choice) 11:00am-12:00pm In Person Chef Demo & Nutrition Ed w. Food Jonezi: Boosting Immunity with Seasonal Antioxidants! 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Irwin Royster Health Promotion</p>	<p>29. 10am-10:30am Coffee & Devotional 10:30am – 12:00pm Mental Health Counseling w. Maryanne 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Board Games</p>	<p>30. 10am-10:30am Coffee & Devotional 10:30am-11:00am Virtual Exercise (Persons Choice) 11:00am-12:00pm Taboo Game/Team Building 12:00pm-1:00pm LUNCH 1:00pm-2:00pm BIG BINGO WITH PRIZES</p>		<p>April is National Minority Health Month, Autism Acceptance Month, Stress Awareness Month, Alcohol Awareness Month, Sexual Assault Awareness Month, Parkinson's Awareness Month, Oral Cancer Awareness Month, and Child Abuse Prevention Month, and it also includes World Health Day (April 7) and Earth Day (April 22).</p>

