


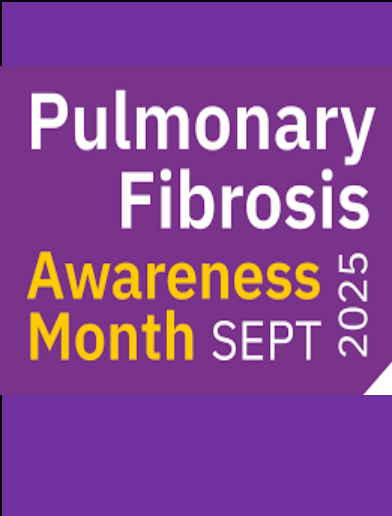



EOTR Sarah Circle FRIENDSHIP CAFÉ
 2551 17th St, NW
 Ziairra Baughan-Owens, Outreach/Partnership Rec.
 Coordinator
 202-845-3378
 Lewis Fountain, Nutrition Aide
 Phyllis Adams, Recreation Coordinator

September 2025



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1. 10am-10:30am-Coffee&Tea 10:30am-11am Virtual Exercise 11:00am-12:00pm-Memory Game 12:00pm-1:00pm LUNCH 1:00pm-2:00pm-Connect four & Checkers	2. 10am-10:30am-Coffee&Tea 10:30am-11am Virtual Exercise 11:00am-12:00pm- IN-PERSON SPIRIT EXCERCISE 12:00pm-1:00pm LUNCH 1:00pm-2:00pm-Unscabble words	3. 10am-10:30am-Coffee& Tea 10:30am-11am Virtual Exercise 11:00am-12:00pm-Bingo 12:00pm-1:00pm LUNCH 1pm-2:00pm- IN-PERSON SPIRIT EXCERCISE	4. 10am-10:30am-Coffee&Tea 10:30am-12pm Mental Health w. Ms. Maryanne 12:00pm-1:00pm LUNCH 1:00pm-2:00pm-Virtual Exercise	5. 10am-10:30am-Coffee&Tea 10:30am-11am Virtual Exercise 11:00am-12:00pm-Movies 12:00pm-1:00pm LUNCH 1:00pm-2:00pm-Trivia Pursuit	
8. 10am-10:30am-Coffee&Tea 10:30am-11am-Neighborhood walk 11:00am-12:00pm-Monopoly 12:00pm-1:00pm LUNCH 1:00pm-2:00pm-Board games	9. 10am-10:30am-Coffee&Tea 10:30am-11am Virtual Exercise 11:00am-12:00pm- MediPatrol x AARP Fall Open Enrollment Presentation 12:00pm-1:00pm LUNCH 1:00pm-2:00pm-Puzzles	10. 10am-10:30am-Coffee&Tea 10:30am-11am Virtual Exercise 11:00am-12:00pm- DACL APS & Dementia Awareness 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Virtual Trivia	11. 10am-10:30am-Coffee&Tea 10:30am-11am Virtual Exercise 11:00am-12:00pm-Looming 12:00pm-1:00pm- LUNCH 1:00pm-2:00pm-Connect Four checkers Excursion: 2ND AVE THRIFT 201 Fort Meade Rd, Laurel, MD 20707 10am-2pm	12. 10am-10:30am-Coffee&Tea 10:30am-11am Virtual Exercise 11:00am-12:00pm- IN-PERSON SPIRIT EXCERCISE 12:00pm-1:00pm LUNCH 1:00pm-2:00pm-Word Search	

<p>15. 10am-10:30am-Coffee&Tea 10:30am-11am-Neighborhood 11:00am-12:00pm-Tic toe Memory games 12:00pm-1:00pm LUNCH 1:00pm-2:00pm-Chit Chat</p>	<p>16. 10am-10:30am-Coffee&Tea 10:30am-11am Virtual Exercise 11:00am-12:00pm-IN-PERSON SPIRIT EXCERCISE 12:00pm-1:00pm LUNCH 1:00pm-2:00pm-Unscabble words</p>	<p>17. 10am-10:30am-Coffee&Tea 10:30am-11am Virtual Exercise 11:00am-12:00pm-Painting Fans 12:00pm-1:00pm LUNCH 1:00pm-2:00pm-Puzzles Excursion: Ward 1 Art Gala 2001 15th st, NW 11am-1pm</p>	<p>18. 10am-10:30am-Coffee&Tea 10:30am-12pm Mental Health w. Ms. Maryanne 12:00pm-1:00pm LUNCH 1:00pm-2:00pm-Virtual Exercise</p>	<p>19. 10am-10:30am-Coffee&tea 10:30am-11am Virtual Exercise 11:00am-12:00pm-Monopoly 12:00pm-1:00pm LUNCH 1:00pm-2:00pm-Monopoly finishing</p>	
<p>22. 10am-10:30am Coffee&Tea 10:30am-11am Virtual Exercise 11:00am-12:00pm-Arts&Crafts 12:00pm-1:00pm LUNCH 1pm-2:00pm- IN-PERSON SPIRIT EXCERCISE</p>	<p>23. 10am-10:30am-Coffee&tea 10:30am-11am Virtual Exercise 11:00am-12:00pm-IN-PERSON SPIRIT EXCERCISE 12:00pm-1:00pm LUNCH 1:00pm-2:00pm-Board Games</p>	<p>24. 10am-10:30am-Coffee & Tea 10:30am-11am Virtual Exercise 11:00am-12:00pm- “Controlling Your Cholesterol” w/ Nutritionist Renee Afryka 12:00pm-1:00pm LUNCH 1:00pm-2:00pm-Puzzles Excursion: Fall Prevention Awareness Workshop UDC CAMPUS 4200 Connecticut Ave NW 10am-2pm</p>	<p>25. 10am-10:30am-10;30-11:00 Virtual Exercise 11:00am-12:00pm-Arts&Carfts 12:00pm-1:00pm LUNCH 1:00pm-2:00pm-Word search</p>	<p>26. 10am-10:30am 10:30am-11am-Neighborhood Walk 11:00am-12:00pm-Arts&Crafts 12:00pm-1:00pm LUNCH & “SHIP” State Insurance Assistance OPEN ENROLLMENT 1:00pm-2:00pm- Finish your Crafts</p>	
<p>29. 10am-10:30am 10:30am-11am Virtual Exercise 11:00am-12:00pm-Clay Molding 12:00pm-1:00pm LUNCH 1:00pm-2:00pm- Finish your Clay</p>	<p>30. 10am-10:30am 10:30am-11am Virtual Exercise 11:00am-12:00pm-IN-PERSON SPIRIT EXCERCISE 12:00pm-1:00pm LUNCH 1:00pm-2:00pm-Tic Toe</p>		<p>“Happiness is not something readymade; it comes from your own actions.” <i>Dalai Lama</i></p>		<p>September is... Sept 1-30: National Fruits and Veggies Month September 1-30: National Pediculosis Prevention Month/Head Lice Prevention Month September 1-30: National Recovery Month September 1-30: National Sickle Cell Awareness Month September 1-30: National Vascular Disease Awareness Month September 1-30: National Yoga Month September 1-30: Newborn Screening Awareness Month September 1-30: Ovarian Cancer Awareness Month</p>