






**EOTR Sarah Circle FRIENDSHIP CAFÉ**

**Nureyev Mitchell, Outreach/Partnership Rec. Coordinator**  
202-845-3378

**JANUARY 2024**



**Phyllis Adams, Recreation Coordinator**

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
<p>1. <b>Site Closed</b></p> 	<p>2. 10:00am- Coffee Hour 11:00am-Life Story/Reflection 12:00pm – LUNCH 1:00pm-Brain Games/ Puzzles</p>	<p>3. 10:00am- Tea Time 11:00am-Arts/Crafts 12:00pm – LUNCH 1:00pm-Line Dancing</p>	<p>4. 10:00am- Coffee Hour 11:00am-Bingo Day 12:00pm – LUNCH 1:00pm-Music threapy</p>	<p>5. 10:00am- Chat &amp; Chew 11:00am-Youtube Fitness 12:00pm – LUNCH 1:00pm-Card Games</p>	<p>6. <b>AWARENESS THIS MONTH:</b> Cervical Health Awareness Month Glaucoma Awareness Month International Quality of Life Month National Birth Defects Awareness/Prevention Month National Blood Donor Month National Radon Action Month</p>
<p>8. 10:00am- Coffee Hour 11:00am- table Craft activity 12:00pm – LUNCH 1:00pm-Jeopardy</p>	<p>9. 10:00am- Coffee Hour 11:00am-Music memory Game/ Name That Tune 12:00pm – LUNCH 1:00pm-Financial Lit 1</p>	<p>10. 10:00am- Tea Time 11:00am- Tech Ed 1 12:00pm – LUNCH 1:00pm-Youtube Fitness</p>	<p>11. <b>Bus Trip: Movie-The Color Purple</b> <b>10am-2pm</b> <b>6505 America Blvd</b> 12:00pm – LUNCH 1:00pm-Music Hour</p>	<p>12. 10:00am- Coffee Hour 11:00am-Journaling Workshop 12:00pm – LUNCH 1:00pm-fitness/ Line Dancing</p>	<p>13. National Winter Sports Traumatic Brain Injury Awareness Month Thyroid Awareness Month Braille Day Paget’s Awareness Day World Leprosy Day World Neglected Tropical Diseases Day</p>
<p>15. <b>Site Closed</b></p>  <p><b>Dr. Martin Luther King Jr. Day</b></p>	<p>16. 10:00am- Coffee Hour 11:00am-table craft Craft 12:00pm – LUNCH 1:00pm-Science Experiment</p>	<p>17. 10:00am- Tea Time 11:00am-Tech Ed 2 12:00pm – LUNCH 1:00pm- Brain Game/Pictionary</p>	<p>18. 10:00am- Coffee Hour 11:00am-Current Events 12:00pm – LUNCH 1:00pm-Paint and Sip</p>	<p>19. 10:00am- Coffee Hour 11:00am-Chair Yoga 12:00pm – LUNCH 1:00pm-<b>Presentation:</b> Nutrition Education w/ Mrs. .Minor Education</p>	<p>20. </p>
<p>22. 10:00am- Coffee Hour 11:00am-Arts/Crafts 12:00pm – LUNCH 1:00pm-Music Hour</p>	<p>23. 10:00am- Coffee Hour 11:00am-Movie 12:00pm – LUNCH 1:00pm-Black Trivia</p>	<p>24. 10:00am- Tea Time 11:00am-Goals Day 12:00pm – LUNCH 1:00pm-Comedy Movie</p>	<p>25. 10:00am- Chat &amp; Chew 11:00am-Bingo Day 12:00pm – LUNCH 1:00pm-Puzzles</p>	<p>26. <b>Bus Trip: Arundel Mills</b> <b>10am-2pm</b> 12:00pm – LUNCH 1:00pm-Music Hour</p>	<p>27.</p>

<b>29.</b> 10:00am- Chat & Chew 11:00am-Financial Lit 2 12:00pm – LUNCH 1:00pm-Cognitive engagement/ Puzzles	<b>30.</b> 10:00am- Coffee Hour 11:00am-Book Club 12:00pm – LUNCH 1:00pm— <b>Presentation</b> Nutrition Education/W Ms.Minor	<b>31.</b> 10:00am- Coffee Hour 11:00am-Paper Craft 12:00pm – LUNCH 1:00pm-Science Experiment			
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*Part of the Senior Services Network— Supported by the Department of Aging and Community Living*