



**EQTR SARAH CIRCLE FRIENDSHIP CAFÉ**  
 2551 17<sup>th</sup> Street NW  
 Nureyev Mitchell, Outreach/Partnership Rec. Coordinator  
 202-845-3378  
 VACANT, Recreation Coordinator  
 VACANT, Nutrition Aide

# NOVEMBER 2023 Calendar



<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
<b>November is National.....</b> <b>Lung Cancer Awareness Month</b> <b>National Diabetes Awareness Month</b> <b>National Epilepsy Awareness</b> <b>National Native American Heritage Month</b>	<b>November is National.....</b> <b>Pancreatic Cancer Awareness Month</b> <b>National Family Caregivers Appreciation Month</b>	<b>1.</b> 10:00am- Coffee Hour 11:00am-Current Events 12:00pm – LUNCH 1:00pm-Paint and Sip	<b>2.</b> 10:00am- Tea Time 11:00am-Chair Yoga 12:00pm – LUNCH 1:00pm-Music Hour	<b>3.</b> 10:00am- Chat & Chew 11:00am-Youtube Fitness 12:00pm – LUNCH 1:00pm-Card Games	
<b>6.</b> 10:00am- Chat & Chew 11:00am-Youtube Fitness 12:00pm – LUNCH 1:00pm-Card Games	<b>7.</b> 10:00am- Coffee Hour 11:00am-Arts/Crafts 12:00pm – LUNCH 1:00pm-Trivia Games	<b>8.</b> 10:00am- Coffee Hour 11:00am-Journaling Workshop 12:00pm – LUNCH 1:00pm-Music Hour	<b>9.</b> 10:00am- Tea Time 11:00am-Card Games 12:00pm – LUNCH 1:00pm-Line Dancing	<b>10. SITE CLOSED</b> 	
<b>13.</b> 10:00am- Coffee Hour 11:00am-Bingo Day 12:00pm – LUNCH 1:00pm- Financial Literacy 1	<b>14.</b> 10:00am- Coffee Hour 11:00am-Trivia 12:00pm – LUNCH 1:00pm-Puzzles	<b>15.</b> 10:00am-Coffee Hour 11:00am-Paper Crafts 12:00pm-Lunch 1:00pm-Music Hour	<b>16.</b> 10:00am- Tea Time 11:00am-Music Hour 12:00pm – LUNCH 1:00pm- Card Games	<b>17.</b> Thanksgiving Luncheon 10:00am – 2:00pm 	<b>18.</b>
<b>20. Bus Trip</b> <b>Bible Museum</b> <b>10am-2pm</b> <b>400 4<sup>th</sup> St SW</b> 10:00am-Coffee Hour 12:00pm – LUNCH	<b>21.</b> 10:00am- Coffee Hour 11:00am-Goal Day 12:00pm – LUNCH 1:00pm-Youtube Fitness	<b>22.</b> 10:00am- Chat & Chew 11:00am-Jeopardy 12:00pm – LUNCH 1:00pm-Life Story/Reflection	<b>23. SITE CLOSED</b> 	<b>24.</b> 10:00am- Coffee Hour 11:00am-Bingo Day 12:00pm – LUNCH 1:00pm-Line Dancing	
<b>27.</b> 10:00am- Coffee Hour 11:00am-Tech Ed 12:00pm – LUNCH 1:00pm-Hollow's Circle	<b>28.</b> 10:00am- Coffee Hour 11:00am-Nutrition Education w/Ms Minor 12:00pm – LUNCH 1:00pm- Financial Literacy 2	<b>29.</b> 10:00am- Chat & Chew 11:00am-Youtube Fitness 12:00pm – LUNCH 1:00pm-Card Games	<b>30. Bus Trip</b> <b>Arundel Mills</b> <b>10am-2pm</b> <b>7000 Arundel Mills Cir</b> 10:00am-Coffee Hour 12:00pm – LUNCH		

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