



EOTR SARAH'S CIRCLE FRIENDSHIP CAFÉ
 2551 17th Street, NW
 Zairra Baughan-Owens, Outreach/Partnership Rec.
 Coordinator
 202-845-3378
 Lewis Fountain, Nutrition Aide
 Delores Ford, Recreation Coordinator

**February
2026**



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2. 10am-10:30am HOT Coffee/Tea with Mr. Lewis 10:30am-11am Virtual Exercise 11am-12pm Weight-In/Weight Loss Challenge 12pm-1pm LUNCH 1pm-2pm Music and Dance	3. 10am-10:30am HOT Coffee/Tea with Mr. Lewis 10:30am-11am Virtual Exercise 11a.m.-12p.m. Create, Paint, Design & Hot Mobiles 12pm-1pm LUNCH 1pm-2pm Puzzles and Board Games	4. 10am-10:30am HOT Coffee/Tea with Mr. Lewis 10:30am-11am Virtual Exercise 11am-12pm- TRANSPORTATION TRAINING w. Capitol Hill Village 12pm-1pm LUNCH 1pm-2pm Puzzles and Board Games	5. 10am-10:30am HOT Coffee/Tea with Mr. Lewis 10:30am-11am Virtual Exercise 11am-12pm. Intro to; Loom, Knit, Crochet 12pm-1pm LUNCH 1pm-2pm Dominos Excursion: Amish Market 5030 Brown Station Rd, Upper Marlboro, MD 20772 10am-2pm	6. 10am-10:30am HOT Coffee/Tea with Mr. Lewis 10:30am-11am Virtual Exercise 11am-12pm Make Scented Soap 12pm-1pm LUNCH 1pm-2pm Chat and Music	
9. 10am-10:30am HOT Coffee/Tea with Mr. Lewis 10:30am-11am Virtual Exercise 11am-12pm Weight-In/Weight Loss Challenge, Healthy Menu Exchange, 12pm-1pm LUNCH 1pm-2pm Music and Dance	10. 10am-10:30am HOT Coffee/Tea with Mr. Lewis 10:30am-11am Virtual Exercise 11am-12pm Create, Paint, Design & Hot Mobiles 12pm-1pm LUNCH 1pm-2pm Puzzles + Word Search Excursion: AMF BOWLING 4991 Fairview Ave, Linthicum Heights, MD 10am-2pm	11. 10am-10:30am HOT Coffee/Tea with Mr. Lewis 10:30am-11am Virtual Exercise 11am-12:00pm Dominoes 12pm-1pm LUNCH 1pm-2pm Puzzles and Board Games Excursion: Red, White, & You Holiday Party 600 Morris St, SE Panorama Room 11am-2:00pm	12. 10am-10:30am HOT Coffee/Tea with Mr. Lewis 10:30am-11am Virtual Exercise 11am-12pm-Valentines Day Door Reef Making 12pm-1pm LUNCH 1pm-2pm Board Games	13. 10am-10:30am HOT Coffee/Tea with Mr. Lewis 10:30am-11am Virtual Exercise 11am-12pm Make Perfume 12pm-1pm LUNCH 1pm-2pm Chat and Music	

16.

WE WILL BE CLOSED ON
PRESIDENTS DAY



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17.

10am-10:30am **HOT**
Coffee/Tea with Mr. Lewis
10:30am-11am **Virtual**
Exercise
11am-12pm **DIY: BODY**
SCRUB w. Ms. ZEE
12pm-1pm **LUNCH**
1pm-2pm **Puzzles and Board**
Games

18.

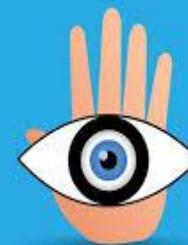
10am-10:30am **HOT**
Coffee/Tea with Mr. Lewis
10:30am-11am **Virtual**
Exercise
11am-12pm **Legal Counsel**
of Elderly: Appeals AND
Troubleshooting.
12pm-1pm **LUNCH**
1pm-2pm **Puzzles and**
Board Games

19.

10am-10:30am **HOT**
Coffee/Tea with Mr. Lewis
10:30am-11am **Virtual**
Exercise
11am-12pm **Nutrition w.**
Nutritionist Renee
Afryka
12pm-1pm **LUNCH**
1pm-2pm **Board Games**

20.

10am-10:30am **HOT**
Coffee/Tea with Mr. Lewis
10:30am-11am **Virtual Exercise**
11am-12pm **in Person LIVE!** **Chef**
Démonstration w.
UDC Chef Herb
12pm-1pm **LUNCH**
1pm-2pm **Creative**
Art Expressions



FEBRUARY IS
amd/low vision
awareness month

23.

10am-10:30am **HOT**
Coffee/Tea with Mr. Lewis
10:30am-11am **Virtual**
Exercise
11am-12pm **Weight-In/Weight Loss**
Challenge, Healthy
Menu Exchange,
12pm-1pm **LUNCH**
1pm-2pm **Music and**
Dance

24.

10am-10:30am **HOT**
Coffee/Tea with Mr. Lewis
10:30am-12:00pm
Mental Health w.
Dr.Crawford
12pm-1pm **LUNCH**
1pm-2pm **Diabetes**
Education w. Irwin
Royster

25.

10am-10:30am **HOT**
Coffee/Tea with Mr. Lewis
10:30am-11am **Virtual**
Exercise
11am-12pm **Assemble &**
Paint Model Airplanes
12pm-1pm **LUNCH**
1pm-2pm **CHAT**

26.

10am-10:30am **HOT**
Coffee/Tea with Mr. Lewis
10:30am-12:00pm
Mental Health w.
Maryanne Henderson
12pm-1pm **LUNCH**
1pm-2pm **Board Games**

27.

10am-10:30am **HOT**
Coffee/Tea with
Lewis
10:30am-11am
SCENTED SOAP
MAKING
11am-12pm **Spirit**
Club IN PERSON
12pm-1pm **LUNCH**
1pm-2pm **Continue**
your soaps !

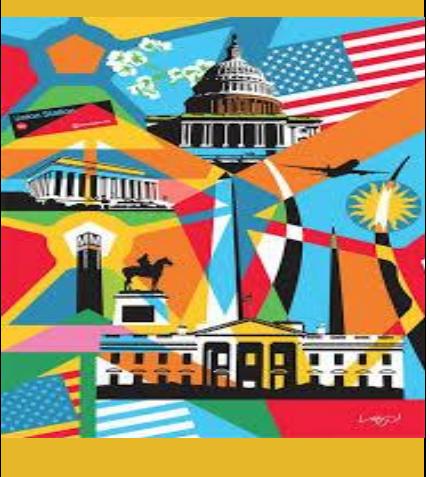
February

is.....American Heart Month, Cholangiocarcinoma Awareness Month, Gallbladder and Bile Duct Cancer Awareness Month, International Prenatal Infection Prevention Month, Low Vision Awareness Month, Marfan Syndrome Awareness Month, National Cancer Prevention Month,



February is International
Prenatal Infection
Prevention Month

"Love is not only something you feel, it is something you do" - David Wilkerson.



"Love cures people—both the ones who give it and the ones who receive it"
~ Karl A. Menninger.

