



EOTR SARAH'S CIRCLE FRIENDSHIP CAFÉ
2551 17th Street, NW
Ziairra 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	A graphic with a background of pink and yellow hearts. The text "hello February" is written in a cursive, blue font.
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 11:am-12:00pm Dominos 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	A graphic with a red background. It features a white heart outline with a blue hand holding it. Below the heart, the text "FEBRUARY IS AMERICAN HEART MONTH" is written in white, bold, capital letters. At the bottom, there is a white heartbeat line.

16.

WE WILL BE CLOSED ON
PRESIDENTS DAY



www.theyoungwoman.com

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.

GIVE YOURSELF SOME OF
THAT SELF LOVE

IN HONOR OF NATIONAL SELF-CHECK MONTH

THE MARFAN FOUNDATION

FEBRUARY IS

MARFAN AWARENESS MONTH

#MarfanAwareness
Marfan.org



Know the signs

