

EOTR Sarah Circle Friendship Cafe 2551 17th st, NW DC Ziairra Baughan-Owens, Outreach/Partnership Rec. Coordinator 202-845-3378

May 2025



Lewis Fontaine, Nutrition Aide Phyllis Adams, Recreation Coordinator

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	May is ALS Awareness Month, Arthritis Awareness Month, Better Hearing and Speech Month, Better Sleep Month, Bladder Cancer Awareness Month, Borderline Personality Disorder Awareness Month, Brain Cancer Awareness Month, Cystic Fibrosis Awareness Month, Healthy Vision Month, and Hepatitis Awareness Month	May is also Cystic Fibrosis Awareness Month, Ehlers-Danlos Syndromes Awareness Month, Food Allergy Awareness Month, Healthy Vision Month, Hepatitis Awareness Mont, High Blood Pressure Awareness Month, Huntington's Disease Awareness Month, Lupus Awareness Month, Lyme Disease Awareness Month, and Mental Health Awareness Month	1. 10am-10:30am- Coffee&Tea 10:30am-11:00am- Neighborhood Walk 11:00am-12:00pm-Connect Four, Memory Game 12:00pm-1:00pm Lunch 1:00pm-2:00pm-Puzzles	2. 10am-10:30am- Coffee&Tea 10:30am-11:00am Music Movement 11:00am-12:00pm- Painting 12:00pm-1:00pm Lunch 1:00pm-2:00pm- Cards	MAY 1S MELANOMA AWARENESS MONTH
5. 10am-10:30am- Coffee&Tea 10:30am-11:00am- Virtual Fitness 11:00am-12:00pm- Arts&Crafts 12:00pm-1:00pm Lunch 1:00pm-2:00pm-Group Discussion	6. 10am-10:30am- Coffee&Tea 10:30am-11:00amMusic Movement 11:00am-12:00pm- Painting 12:00pm-1:00pm Lunch 1:00pm-2:00pm-Cards	7. 10am-10:30am- Coffee&Tea 10:30am-11:00am- Neighborhood Walk 11:00am-12:00pm- Monopoly 12:00pm-1:00pm Lunch 1:00pm-2:00pm-Board Games	8. 10am-10:30am- Coffee&Tea 10:30am-11:00am-Virtual Fitness 11:00am-12:00pm-Bean Bag Toss and Ring toss 12:00pm-1:00pm Lunch 1:00pm-2:00pm-Word Search	9. 10am-10:30am- Coffee&Tea 10:30am- 11:00amVirtual Fitness 11:00am-12:00pm- Painting 12:00pm-1:00pm Lunch 1:00pm-2:00pm- Puzzles	AWARENESS MONTH May 2024

12.	13.	14.	15.	16.	
10am-10:30am-	10am-10:30am-Coffee &Tea	10am-10:30am-	10am-10:30am-	10am-10:30am-	
Coffee&Tea	10:30am-11:00am-Virtual	Cofffee&Tea		Coffee&Tea	
10:30am-11:00am-	Fitness	10:30am-11:00am-	Coffee&Tea	10:30am-11:00am-	
	11:00am-12:00pm-Triva		10:30am-11:00am		
Virtual Fitness	Pursuit	Virtual Fitness	Neighborhood Walk	Arts&Crafts	
11:00am-12:00pm-	12:00pm-1:00pm Lunch	11:00am-12:00pm-	11:00am-12:00pm MY	11:00am-12:00pm	
Painting	1:00pm-2:00pm-Word Search	Painting	ACTIVESENIOR x United	IN PERSON_	
12:00pm-1:00pm Lunch	Excursion:	12:00pm-1:00pm	Healthcare ICECREAM	SPIRIT CLUB	
1:00pm-2:00pm-	Flip'n the Script on	Lunch	SOCIAL	EXCERCISE	
Unscrabble Words	Aging: Cruising into New	1:00pm-2:00pm-Oldie	12:00pm-1:00pm Lunch	12:00pm-1:00pm	
		but Goodies	1:00pm-2:00pm-Card	Lunch	
	Adventures			1:00pm-2:00pm-	
	10am-2pm			Domino	
	Pier 4				
	580 Water Street SW				
	Washington, DC				
19.	20.	21.	22.	23.	
10am-10:30am-	10am-10:30am-	10am-10:30am-Coffee&Tea	10am-10:30am-	10am-10:30am-	
Coffee&Tea	Coffee&Tea	10:30am-11:00am-	Coffee&Tea	Coffee&Tea	
10:30am-11:00am-	10:30am-11:00am-Virtual	Neighborhood Walk	10:30am-11:00am-Viirtual	10:30am-11:00am-	
Virtual Fitness	Fitness	11:00am-12:00pm-Connect Four, Checkers	Fitness	Virtual Fitness	
11:00am-12:00pm-	11:00am-12:00pm-Triva	12:00pm-1:00pm Lunch	11:00am-12:00pm	11:00am-12:00pm-	
Painting	Pursuit	1:00pm-2:00pm-Cards	Controlling Blood Sugar w/	Ring Toss, Bean Bag	
S		Excursion:	Nutritionist Ms. Renee	Toss	
12:00pm-1:00pm Lunch	12:00pm-1:00pm Lunch	SeniorFest Block Party			
1:00pm-2:00pm-Words	1:00pm-2:00pm-Brain	2025	Afryka	12:00pm-1:00pm	
Search	Game	10:00am-3:00pm	12:00pm-1:00pm Lunch	Lunch	
		2700 Martin Luther King	1:00pm-2:00pm-Bingo	1:00pm-2:00pm-	
26	27	Jr. Avenue	20	Music Movement	
26.	27.	28.	29.	30.	
10am-10:30am-	10am-	10am-10:30am-	10am-10:30am-	10am-	
Coffee&Tea	10:30amCoffee&Tea	Coffee&Tea	Coffee&Tea	10:30amCoffee&Te	NATIONAL
10:30am-11:00am-	10:30am-11:00amVirtual	10:30am-11:00am	10:30am-11:00amVirtual	a	ARTHRITIS awareness month
Virtual Fitness	Fitness	Neighborhood Walk	Fitness	10:30am-11:00am-	- may -
11:00am-12:00pm-	11:00am-12:00pm-	11:00am-12:00pm-	11:00am-12:00pm-Board	Virtual Fitness	
Painting	Monopoly	Music Movement	Games, Cards	11:00am-12:00pm-	* 5 3.50
12:00pm-1:00pm Lunch	12:00pm-1:00pm Lunch	12:00pm-1:00pm	12:00pm-1:00pm Lunch	Arts&Crafts	
1:00pm-2:00pm-Words	1:00pm-2:00pm-Oldie	Lunch	1:00pm-2:00pm-Domino's	12:00pm-1:00pm	
Search	but Goodies	1:00pm-2:00pm-		Lunch	
		Puzzles		1:00pm-2:00pm-	
				Unscabble Words	
				Excursion:	
				Ward 1 Senior	
				Dance	
				11am-2pm	

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Network —			Masonic Temple,	Supportedby the
			Masonic Temple,	
Department of Aging			1000 U Street NW	and Community
Living			1000 C Bilect 1444	
Living				