






EOTR Sarah Circle Friendship Cafe
 2551 17th st, NW DC
 Zairra Baughan-Owens, Outreach/Partnership Rec.
 Coordinator
 202-845-3378
 Lewis Fontaine, Nutrition Aide
 Phyllis Adams, Recreation Coordinator

May
 2025



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	
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-11:00am Music 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- 11:00am Virtual Fitness 11:00am-12:00pm- Painting 12:00pm-1:00pm Lunch 1:00pm-2:00pm- Puzzles	

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

*Network –
Department of Aging
Living*

				Masonic Temple, 1000 U Street NW	
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*Supported by the
and Community*