



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

December
 2025



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1. 10a.m.-10:30a.m. WAKE-UP TO “HOT” Coffee & Special Tea Time With Mr. Lewis 10:30a.m.-11:00a.m. Virtual Spirit Exercise 11:00a.m.-12p.m. Weigh-In For Weight Loss Challenge, Healthy Menu Exchanges, Discussions & Journaling 12p.m.-1p.m. LUNCH 1p.m.-2p.m. Houla Hoop, Music and Dance	2. 10a.m.-10:30a.m. WAKE-UP TO “HOT” Coffee & Special Tea Time With Mr. Lewis 10:30a.m.-12:00p.m. Mental Health Counseling w. Dr. Crawford 12p.m.-1p.m. LUNCH 1p.m.-2p.m. Jenga (Jumbo Manipulative Game) (Draw Names for Holiday Gift Exchange Voluntary Participation)	3. 10a.m.-10:30a.m. WAKE-UP TO “HOT” Coffee & Special Tea Time With Mr. Lewis 10:30a.m.-11:00a.m. Virtual Spirit Exercise 11:00a.m.-12p.m. Costume Jewelry Gift Making 12p.m.-1p.m. LUNCH 1p.m.-2p.m. WATER PLAY GAMES with PRIZES (Team Play)	4. 10a.m.-10:30a.m. WAKE-UP TO “HOT” Coffee & Special Tea Time With Mr. Lewis 10:30a.m.-11:00a.m. Virtual Spirit Exercise 11:00a.m.-12p.m. PAINT & SIP, Rel Soothing Music 12p.m.-1p.m. LUNCH 1p.m.-2p.m. Create Decorate Center Pieces for the Holiday Celebration EXCURSION: Westfield Mall: WHEATON 11160 Veirs Mill Rd, Wheaton, MD 20902 10am-2:00pm	5. 10a.m.-10:30a.m. WAKE-UP TO “HOT” Coffee & Special Tea Time With Mr. Lewis 10:30a.m.-11:00a.m. Virtual Spirit Exercise 11:00a.m.-12p.m. IN PERSON SPIRIT CLUB FITNESS 12p.m.-1p.m. LUNCH 1p.m.-2p.m. Trivia Pursuit (Memory Game)	
8. 10a.m.-10:30a.m. WAKE-UP TO “HOT” Coffee & Special Tea Time With Mr. Lewis 10:30a.m.-11:00a.m. Virtual Spirit Exercise 11:00a.m.-12p.m. Weigh-In For Weight Loss Challenge, Healthy Menu Exchanges, Discussions & Journaling 12p.m.-1p.m. LUNCH 1p.m.-2p.m. Houla Hoop, Music and Dance	9. 10a.m.-10:30a.m. WAKE-UP TO “HOT” Coffee & Special Tea Time With Mr. Lewis 10:30a.m.-11:00a.m. Virtual Spirit Exercise 11:00a.m.-12p.m. Looming, Knitting, Crochet for Beginners 12p.m.-1p.m. LUNCH 1p.m.-2p.m. A Healthy Moment & Surprise w. Irwin Royster	10. 10a.m.-10:30a.m. WAKE-UP TO “HOT” Coffee & Special Tea Time With Mr. Lewis 10:30a.m.-12:00pm. Group Counseling w. Maryanne 12p.m.-1p.m. LUNCH 1p.m.-2p.m. Holiday Music, Sing Songs, and Dancing	11. 10a.m.-10:30a.m. WAKE-UP TO “HOT” Coffee & Special Tea Time With Mr. Lewis 10:30a.m.-11:00a.m. Virtual Spirit Exercise 11am-12pm Center Piece Building 12p.m.-1p.m. LUNCH 1p.m.-2p.m. Create Decorate Center Pieces for the Holiday Celebration	12. 10a.m.-10:30a.m. WAKE-UP TO “HOT” Coffee & Special Tea Time With Mr. Lewis 10:30a.m.-11:00a.m. Virtual Spirit Exercise 11:00a.m.-12p.m. Arts, Crafts & Clay Molding 12p.m.-1p.m. LUNCH 1p.m.-2p.m. Trivia Pursuit (Memory Game) EXCURSION AMISH MARKET 9701 Fort Meade Rd, Laurel, Maryland	

<p>15. 10a.m.-10:30a.m. WAKE-UP TO “HOT” Coffee & Special Tea Time With Mr. Lewis 10:30a.m.-11:00a.m. Virtual Spirit Exercise 11:00a.m.-12p.m. Weigh-In for Weight Loss Challenge, Healthy Menu Exchanges, Discussions & Journaling 12p.m.-1p.m. LUNCH 1p.m.-2p.m. Hoola Hoop, Music and Dance</p>	<p>16. 10a.m.-10:30a.m. WAKE-UP TO “HOT” Coffee & Special Tea Time With Mr. Lewis 10:30a.m.-11:00a.m. Virtual Spirit Exercise 11:00a.m.-12p.m. Looming, Knitting, Crochet for Beginners 12p.m.-1p.m. LUNCH 1p.m.-2p.m. Introduction to DOMINOS</p>	<p>17. 10a.m.-10:30a.m. WAKE-UP TO “HOT” Coffee & Special Tea Time With Mr. Lewis 10:30a.m.-11:00a.m. Virtual Spirit Exercise 11:00a.m.-12p.m. PAINT & SIP with Music 12p.m.-1p.m. LUNCH 1p.m.-2p.m. Music, Singing Songs (Doo Wop-Crooners Harmonizing) Excursion: 27th Annual Senior Holiday Celebration 701 Mississippi Ave SE, DC 9:30am-2pm</p>	<p>18. 10a.m.-10:30a.m. WAKE-UP TO “HOT” Coffee & Special Tea Time With Mr. Lewis 10:30a.m.-11:00a.m. Virtual Spirit Exercise 11:00a.m.-12p.m. Holiday Favorites w. Renee Afryka 12p.m.-1p.m. LUNCH 1p.m.-2p.m. Movies with Snacks</p>	<p>19. 10a.m.-10:30a.m. WAKE-UP TO “HOT” Coffee & Special Tea Time With Mr. Lewis 10:30a.m.-11:00a.m. Virtual Spirit Exercise 11:00a.m.-12p.m. Arts, Crafts & Scented Candle Making 12p.m.-1p.m. LUNCH 1p.m.-2p.m. BINGO WITH PRIZES</p>	
<p>22. 10a.m.-10:30a.m. WAKE-UP TO “HOT” Coffee & Special Tea Time With Mr. Lewis 10:30a.m.-11:00 a.m. Virtual Spirit Exercise 11:00a.m.-12 p.m. Weigh-In For Weight Loss Challenge, Healthy Menu Exchanges, Discussions & Journaling 12p.m.-1p.m. LUNCH 1p.m.-2p.m. Hoola Hoop, Music and Dance</p>	<p>23. 10a.m.-10:30a.m. WAKE-UP TO “HOT” Coffee & Special Tea Time With Mr. Lewis 10:30a.m.-11:00a.m. Virtual Spirit Exercise 11:00am-12:00pm Winter Wonderland: Paint, Sip, & Resource w. Ms. Zee 12p.m.-1p.m. LUNCH 1p.m.-2p.m. Introduction to Bad gammon Games</p>	<p>24. 10a.m.-10:30a.m. WAKE-UP TO “HOT” Coffee & Special Tea Time With Mr. Lewis 10:30a.m.-11:00a.m. Virtual Spirit Exercise 11:00a.m.-12p.m. CHRISTMAS CELEBRATION 12p.m.-1p.m. LUNCH 1p.m.-2p.m. Music, Sing Holiday, and Gift Exchanges</p>	<p>25. <i>Happy Holidays</i> SARAH’S CIRCLE DINING SITE CLOSED</p>	<p>26. 10a.m.-10:30a.m. WAKE-UP TO “HOT” Coffee & Special Tea Time With Mr. Lewis 10:30a.m.-11:00a.m. Virtual Spirit Exercise 11:00a.m.-12p.m. Arts and Crafts 12p.m.-1p.m. LUNCH 1p.m.-2p.m. Trivia Pursuit (Memory Game)</p>	
<p>29. 10a.m.-10:30 a.m. WAKE-UP TO “HOT” Coffee & Special Tea Time With Mr. Lewis 10:30a.m.-11:00a.m. Virtual Spirit Exercise 11:00a.m.-12p.m. Secret Santa 12p.m.-1p.m. LUNCH 1p.m.-2p.m. New Year’s Mask Making</p>	<p>30 10a.m.-10:30 a.m. WAKE-UP TO “HOT” Coffee & Special Tea Time With Mr. Lewis 10:30a.m.-11:00a.m. Virtual Spirit Exercise 11:00a.m.-12 p.m. Looming, Knitting, Crochet for Beginners 12p.m.-1p.m. LUNCH 1p.m.-2p.m. “Create New Year’s Masks”</p>	<p>31 10a.m.-10:30 a.m. WAKE-UP TO “HOT” Coffee & Special Tea Time With Mr. Lewis 10:30a.m.-11:00a.m. Virtual Spirit Exercise 11:00a.m.-12p.m. Create “New Year’s Masks” 12p.m.-1p.m. LUNCH 1p.m.-2p.m. Movie with Snacks</p>	<p>PLEASE NOTE: 1. At the end of the month REWARDS and PRIZES to the person with “The Most Weight Loss Each Month”!</p>		<p>December is... HIV/AIDS Awareness Month, Safe Toys and Gifts Month, National Impaired Driving Prevention Month (Drunk and Drugged Driving Prevention), Universal Human Rights Month, Spiritual Literacy Month, Worldwide Food Service Safety Month, Write a Business Plan Month, Operation Santa Paws</p>

