



EOTR Sarah Circle FRIENDSHIP CAFÉ  
 2551 17th st, NW DC  
 Ziairra Baughan-Owens, Outreach/Partnership Rec.  
 Coordinator  
 202-845-3378  
 Lewis Fountain, Nutrition Aide  
 Delores Ford, Recreation Coordinator

# January 2026



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>To live is to change, and to be perfect is to have changed often.” — <i>John Henry Newman</i></p>	<p>“Cheers to a new year and another chance for us to get it right.” – Oprah Winfrey</p>	<p>Site Closed</p> <p>New Year's Day</p>	<p>2.            10am-10:30am Coffee Time            10:30am-11am Virtual Exercise            11am-12pm In Person Spirit Club            12pm-1pm LUNCH            1pm-2pm Chat Hour</p>	
<p>5.            10am-10:30am Coffee Time            10:30am-11:00am Virtual Spirit Exercise            11:00am-12pm Canvas and Cocoa Paint and Sip            12pm-1pm LUNCH            1pm-2pm painting Continued</p>	<p>6.            10am-10:30am Coffee Time            10:30am-11:00am Virtual Spirit Exercise            11:00am-12pm UNO            12pm-1pm LUNCH            1pm-2pm Chat Hour</p>	<p>7.            10am-10:30am Coffee Time            10:30am-11am Virtual Exercise            11am-12pm Winter Wonderland: Paint, Sip, and Resource w. Ms. Zee            12pm-1pm LUNCH            1pm-2pm Word Puzzles</p>	<p>8.            10am-10:30am Coffee Time            10:30am-11:00am Virtual Spirit Exercise            11:00am-12:00pm Love Yourself: DIY Jelly Candle Making            12pm-1pm LUNCH            1pm-2pm Chat Hour</p>	<p>9.            10am-10:30am Coffee Time            10:30am-11am Virtual Exercise            11am-12pm Live Cooking Demonstration w. Chef Herb            12pm-1pm LUNCH            1pm-2pm Table Games</p>	

12. 10am-10:30am Coffee Time 10:30am-11am Virtual Exercise 11am-12pm Brain Games 12pm-1pm LUNCH 1pm-2pm Word Puzzles	13. 10am-10:30am Coffee Time 10:30am-11am Virtual Exercise 11am-12pm Health Promo w. Mr. Irwin Royster 12pm-1pm LUNCH 1pm-2pm Soap Making Continued	14. 10am-10:30am Coffee Time 10:30am-11:00am Virtual Spirit Exercise 11:00am-12pm Hang Man 12pm-1pm LUNCH 1pm-2pm Chat Hour	15. 10am-10:30am Coffee Time 10:30am-11:00am Virtual Spirit Exercise 11:00am-12pm Food Facts w. Nutritionist Renee Afryka 12pm-1pm LUNCH 1pm-2pm painting Continued	16. 10am-10:30am Coffee Time 10:30am-12pm January “Planting our Seeds” Jumpstart Workshop w. Kajah 12pm-1pm LUNCH 1pm-2pm Scrabble	
19. 10am-10:30am Coffee Time 10:30am-11:00am Virtual Spirit Exercise 11:00am-12pm TRIVIA 12pm-1pm LUNCH 1pm-2pm Chat Hour	20. 10am-10:30am Coffee Time 10:30am-11am Virtual Exercise 11am-12pm Health Promo w. Mr. Irwin Royster 12pm-1pm LUNCH 1pm-2pm Tye-Dye continued	21. 10am-10:30am Coffee Time 10:30am-11:00am Virtual Spirit Exercise 11:00am-12pm Food Facts w. Nutritionist Renee Afryka 12pm-1pm LUNCH 1pm-2pm Chat Hour	22. 10am-10:30am Coffee Time 10:30am-11am Virtual Exercise 11:00am-12:00pm Love Yourself: DIY Perfume/Cologne Making 12pm-1pm LUNCH 1pm-2pm Word Puzzles	23. 10am-10:30am Coffee Time 10:30am-11:00am Virtual Spirit Exercise 11:00am-12pm Hang Man 12pm-1pm LUNCH 1pm-2pm Chat Hour	
26. 10am-10:30am Coffee Time 10:30am-11:00am Virtual Spirit Exercise 11:00am-12pm Minute to Win It 12pm-1pm LUNCH 1pm-2pm Word Puzzles	27. 10am-10:30am Coffee Time 10:30am-12:00pm Mental Health Counseling w. Dr. Crawford 12pm-1pm LUNCH 1pm-2pm Health Promo w. Mr. Irwin	28. 10am-10:30am 10:30am-11am Virtual Exercise 11am-12pm Perfume Making 12pm-1pm LUNCH 1pm-2pm Perfume Making Continued	29. 10am-10:30am Coffee Time 10:30am-11:00am Virtual Spirit Exercise 11:00am-12pm Table Games 12pm-1pm LUNCH 1pm-2pm Chat Hour	30. 10am-10:30am Coffee Time 10:30am-11:00am Virtual Spirit Exercise 11:00am-12pm Table Games/ Word Puzzles 12pm-1pm LUNCH 1pm-2pm Monthly BIG BINGO	January is... <a href="#">Cervical Health</a> Awareness Month, <a href="#">Glaucoma</a> Awareness Month, International Quality of Life Month, National <a href="#">Birth Defects Awareness/Prevention</a> Month, National <a href="#">Blood Donor</a> Month, National Radon Action Month, National Winter Sports <a href="#">Traumatic Brain Injury</a> Awareness Month, <a href="#">Thyroid</a> Awareness Month

