



EOTR SARAH'S CIRCLE FRIENDSHIP CAFÉ
 2551 – 17TH Street, NW
 Ziaira Baughan-Owens, Program Manager Ward 1 & 7
 202-845-3384
 Lewis Fountain, Nutrition Aide
 Delores Ford, Recreation Coordinator

**May
 2026**



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>4. 10am-10:30am Coffee & Devotional 10:30am-11:00am Virtual Exercise (Persons Choice) 11:00am-12:00pm Weigh-In/Weight Loss Challenges/Healthy Menu Discussion 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Movie & Snacks</p>	<p>5. 10am-10:30am Coffee & Devotional 10:30am-11:00am Virtual Exercise (Persons Choice) 11:00am-12:00pm Design Glow Bulbs 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Dominos</p>	<p>6. 10am-10:30am Coffee & Devotional 10:30am-11:00am Virtual Exercise (Persons Choice) 11:00am-12:00pm Design & Paint Race Cars 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Jenga (Large Blocks)</p>	<p>7. 10am-10:30am Coffee & Devotional 10:30am – 12:00pm Mental Health Counseling w. Maryanne 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Board Games</p>	<p>8. 10am-10:30am Coffee & Devotional 10:30am-11:00am Virtual Exercise (Persons Choice) 11:00am-12:00pm- Nutrition Counseling w. Food Jonezi 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Board Game</p>	

<p>11. 10am-10:30am Coffee & Devotional 10:30am-11:00am Virtual Exercise (Persons Choice) 11:00am-12:00pm Weigh-In/Weight Loss Challenges/Healthy Menu Discussion 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Movie & Snacks</p>	<p>12. 10am-10:30am Coffee & Devotional 10:30am-11:00am Virtual Exercise (Persons Choice) 11:00am-12:00pm Calender Chat 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Irwin Royster Health Promotion</p>	<p>13. 10am-10:30am Coffee & Devotional 10:30am-11:00am Virtual Exercise (Persons Choice) 11:00am-12:00pm Custom Jewelry Making 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Movie & Snacks EXCURSION: African American Musuem 1400 Constitution Ave, NW DC 10:00am-2:00pm</p>	<p>14. 10am-10:30am Coffee & Devotional 10:30am-11:00am Virtual Exercise (Persons Choice) 11:00am-12:00pm Creative Art Expressions 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Looming Make Pot Holders</p>	<p>15. 10am-10:30am Coffee & Devotional 10:30am-11:00am Virtual Exercise (Persons Choice) 11:00am-12:00pm Make Vision Boards 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Jenga (Large Blocks)</p>	
<p>18 10am-10:30am Coffee & Devotional 10:30am-11:00am Virtual Exercise (Persons Choice) 11:00am-12:00pm Weigh-In/Weight Loss Challenges/Healthy Menu Discussion 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Movie & Snacks</p>	<p>19 10am-10:30am Coffee & Devotional 10:30am-11:00am Virtual Exercise (Persons Choice) 11:00am-12:00pm EYL POTTERY CLASSES 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Assemble Puzzles</p>	<p>20 10am-10:30am Coffee & Devotional 10:30am-11:00am Virtual Exercise (Persons Choice) 11:00am-12:00pm Art Classes 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Board Games Excursion: Senior Fest 2700 Martin Luther King Jr Ave SE, Washington, DC 20032 9:00am-2:00pm</p>	<p>21 10am-10:30am Coffee & Devotional 10:30am-11:00am Virtual Exercise (Persons Choice) 11:00am-12:00pm BIG BINGO 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Music and Dance Movement</p>	<p>22. Site is Closed STAFF TRAINING</p>	

<p>25.</p>  <p>MEMORIAL DAY <i>Holiday</i></p> <p>Site Closure Honor & Remember</p>	<p>26.</p> <p>10am-10:30am Coffee & Devotional</p> <p>10:30am-11:00am Virtual Exercise (Persons Choice)</p> <p>11:00am-12:00pm Paint & Sip</p> <p>12:00pm-1:00pm LUNCH</p> <p>1:00pm-2:00pm Irwin Royster Health Promotion</p>	<p>27.</p> <p>10am-10:30am Coffee & Devotional</p> <p>10:30am-11:00am Virtual Exercise (Persons Choice)</p> <p>11:00am-12:00pm Creat Glow Bulbs</p> <p>12:00pm-1:00pm LUNCH</p> <p>1:00pm-2:00pm Movie & Snacks</p> <p>Excursion: Older American Month: A Wellness Expo 1480 Girard St, NW DC 10am-2:00pm</p>	<p>28.</p> <p>10am-10:30am Coffee & Devotional</p> <p>10:30am-11:00am Virtual Exercise (Persons Choice)</p> <p>11:00am-12:00pm Colone/Perfume Making</p> <p>12:00pm-1:00pm LUNCH</p> <p>1:00pm-2:00pm Board Games</p>	<p>29.</p> <p>10am-10:30am Coffee & Devotional</p> <p>10:00am-11:00am In Person Spirit Club</p> <p>11:00am-12:00pm Seven</p> <p>12:00pm-1:00pm Lunch</p> <p>1:00pm-2:00pm Jenga</p>	<p>May is Mental Health Awareness Month, Stroke Awareness Month, Lupus Awareness Month, Asthma & Allergy Awareness Month, Women’s Health Month, Arthritis Awareness Month, Hepatitis Awareness Month, and Brain Cancer Awareness Month, and it also includes Cinco de Mayo (May 5), Mother’s Day (second Sunday of May), National Nurses Day (May 6), and Memorial Day</p>
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Network – Supported by the Department of Aging and Community Living