



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

November 25<sup>th</sup>



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<p><i>“When you stand and share your story in an empowering way...”</i></p>	<p><i>...your story will heal you and your story will heal somebody else.”</i></p>	<p><i>- Iyanla Vanzant</i></p>	 
<p>3.            10a.m.-10:30a.m. <b>WAKE-UP TO “HOT” Coffee &amp; Special Tea Time With Mr. Lewis</b>            10:30a.m.-11:00a.m. <b>Virtual Spirit Exercise</b>            11:00a.m.-12p.m. <b>Weight In for Weight Loss Challenge, Healthy Menu Exchanges, Discussions &amp; Journaling</b>            12p.m.-1p.m. <b>LUNCH</b>            1p.m.-2p.m. <b>Hoola Hoop, Music and Dance</b></p>	<p>4.            10a.m.-10:30a.m. <b>COFFEE &amp; Exercise w. Virtual Exercise</b>            10:30 a.m.-12p.m. <b>Group Mental Health Counseling Dr. Crawford</b>            12p.m.-1p.m. <b>LUNCH</b>            1p.m.-2p.m. <b>Diabetes Awareness w. Irwin Royster</b></p>	<p>5.            10a.m.-10:30a.m. <b>WAKE-UP TO “HOT” Coffee &amp; Special Tea Time With Mr. Lewis</b>            10:30a.m.-11:00a.m. <b>Virtual Spirit Exercise</b>            11:00a.m.-12p.m. <b>Custom, Creative Jewelry Making</b>            12p.m.-1p.m. <b>LUNCH</b>            1p.m.-2p.m. <b>Punt Intended</b></p>	<p>6.            10a.m.-10:30a.m. <b>WAKE-UP TO “HOT” Coffee &amp; Special Tea Time With Mr. Lewis</b>            10:30a.m.-11:00a.m. <b>Virtual Spirit Exercise</b>            11:00a.m.-12p.m. <b>Make Scented Candles and gifts</b>            12p.m.-1p.m. <b>LUNCH</b>            1p.m.-2p.m. <b>Jewelry making, Arts &amp; Crafts</b></p>	<p>7.            10a.m.-10:30a.m. <b>WAKE-UP TO “HOT” Coffee &amp; Special Tea Time With Mr. Lewis</b>            10:30a.m.-11:00a.m. <b>Virtual Spirit Exercise</b>            11:00a.m.-12p.m. <b>IN PERSON SPIRIT CLUB W. MS PAT</b>            12p.m.-1p.m. <b>LUNCH</b>            1p.m.-2p.m. <b>Creative Art Expressions: paints, clay and more.</b></p>	

<p>10. 10a.m.-10:30a.m. <b>WAKE-UP TO “HOT” Coffee &amp; Special Tea Time With Mr. Lewis</b> 10:30a.m.-11:00a.m. <b>Virtual Spirit Exercise</b> 11:00a.m.-12p.m. <b>Weigh-In For Weight Loss Challenge, Healthy Menu Exchanges, Discussions &amp; Journaling</b> 12p.m.-1p.m. <b>LUNCH</b> 1p.m.-2p.m. <b>Hoola Hoop, Music and Dance Moves</b></p>	<p>11.</p>  <p><b>Site Closed</b></p>	<p>12. 10a.m.-10:30a.m. <b>WAKE-UP TO “HOT” Coffee &amp; Special Tea Time With Mr. Lewis</b> 10:30a.m.-11:00a.m. <b>Virtual Spirit Exercise</b> 11:00a.m.-12p.m. <b>PAINT, SIP, AND RESOURCE W. MS.ZEE</b> 12p.m.-1p.m. <b>LUNCH</b> 1p.m.-2p.m. <b>Board games: Monopoly, checkers,</b></p>	<p>13. 10a.m.-10:30a. m <b>Coffee &amp; Exercise with Virtual Fitness</b> 10:30a.m.-12p.m. <b>In person Counseling with Maryanne</b> 12p.m.-1p.m. <b>LUNCH</b> 1p.m.-2p.m. <b>Wild Tech</b></p>	<p>14. 10a.m.-10:30a.m. <b>WAKE-UP TO “HOT” Coffee &amp; Special Tea Time With Mr. Lewis</b> 10:30a.m.-12:00p.m. <b>Sibley Memorial: Club Memory</b> 12p.m.-1p.m. <b>LUNCH</b> 1p.m.-2p.m. <b>Arts &amp; Crafts, Markers, Colored Pencils, Paper</b></p>	
<p>17. 10a.m.-10:30a.m. <b>WAKE-UP TO “HOT” Coffee &amp; Special Tea Time With Mr. Lewis</b> 10:30a.m.-11:00a.m. <b>Virtual Spirit Exercise</b> 11:00a.m.-12p.m. <b>Weigh-In For Weight Loss Challenge, Healthy Menu Exchanges, Discussions &amp; Journaling</b> 12p.m.-1p.m. <b>LUNCH</b> 1p.m.-2p.m. <b>Hoola Hoop, Music and Dance Moves</b></p>	<p>18. 10a.m.-10:30a.m. <b>WAKE-UP TO “HOT” Coffee &amp; Special Tea Time With Mr. Lewis</b> 10:30a.m.-11:00a.m. <b>Virtual Spirit Exercise</b> 11:00a.m.-12p.m. <b>Creative Paper Mache’ Objects</b> 12p.m.-1p.m. <b>LUNCH</b> 1p.m.-2p.m. <b>Arts and Crafts Creating Center Pieces – Paper Mache’ for Holiday Celebration, Music and Movement-</b></p>	<p>19. 10a.m.-10:30a.m. <b>WAKE-UP TO “HOT” Coffee &amp; Special Tea Time With Mr. Lewis</b> 10:30a.m.-11:00a.m. <b>Virtual Spirit Exercise</b> 11:00a.m.-12p.m. <b>Nutrition w. Ms. Renee Afryka</b> 12p.m.-1p.m. <b>LUNCH</b> 1p.m.-2p.m. <b>Arts and Crafts for Interior Designs Select Theme Ideas for Thanksgiving Season, Music and Movement.</b></p>	<p>20. 10a.m.-10:30a.m. <b>WAKE-UP TO “HOT” Coffee &amp; Special Tea Time With Mr. Lewis</b> 10:30a.m.-11:00a.m. <b>Virtual Spirit Exercise</b> 11:00a.m.-12p.m. <b>Looming, Crochet, Knitting, and clay molding</b> 12p.m.-1p.m. <b>LUNCH</b> 1p.m.-2p.m. <b>Arts: Design, Create Wall ornaments, Paper Mache’ capture, embrace the Holiday Theme</b></p>	<p>21. 10a.m.-10:30a.m. <b>WAKE-UP TO “HOT” Coffee &amp; Special Tea Time With Mr. Lewis</b> 10:30a.m.-11:00a.m. <b>Virtual Spirit Exercise</b> 11:00a.m.-12p.m. <b>PAINT &amp; SIP</b> 12p.m.-1p.m. <b>LUNCH</b> 1p.m.-2p.m. <b>Arts &amp; Crafts</b> <b>Excursion: Pumpkin Patch</b> <b>4003 Jennings Chapel Rd, Brookeville MD 20833</b> <b>10am-2pm</b></p>	
<p>24. 10a.m.-10:30a.m. <b>WAKE-UP TO “HOT” Coffee &amp; Special Tea Time With Mr. Lewis</b> 10:30a.m.-11:00a.m. <b>Virtual Spirit Exercise</b> 11:00a.m.-12p.m. <b>Weigh-In For Weight Loss Challenge, Healthy Menu Exchanges, Discussions &amp; Journaling</b> 12p.m.-1p.m. <b>LUNCH</b> 1p.m.-2p.m. <b>Decorating Team for Thanksgiving Day Celebration and Music</b></p>	<p>25. 10a.m.-10:30a.m. <b>Holiday Luncheon</b> 12p.m.-1p.m <b>LUNCH</b> 1p.m.-2p.m. <b>Holiday Celebration Continues</b></p>	<p>26. 10a.m.-10:30a.m. <b>WAKE-UP TO “HOT” Coffee &amp; Special Tea Time With Mr. Lewis</b> 10:30a.m.-11:00a.m. <b>Virtual Spirit Exercise</b> 11:00a.m.-12p.m. <b>Monthly BIG BINGO</b> 12p.m.-1p.m. <b>LUNCH</b> 1p.m.-2p.m. <b>Board Games, Puzzles, and</b></p>	<p>27.</p> 	<p>28. 10a.m.-10:30a.m. <b>WAKE-UP TO “HOT” Coffee &amp; Special Tea Time With Mr. Lewis</b> 10:30a.m.-11:00a.m. <b>Virtual Spirit Exercise</b> 11:00a.m.-12p.m. <b>Looming, Crochet, Knitting, and clay molding</b> 12p.m.-1p.m. <b>LUNCH</b> 1p.m.-2p.m. <b>Holiday Recap</b></p>	<p><b>November</b> is A.m.erician Diabetes Month, Bladder Health Month, <b>COPD</b> Awareness Month, Diabetic Eye Disease Month, Stomach Cancer Awareness Month,<b>Lung Cancer</b> Awareness, National Alzheimer’s Disease Awareness Month, <b>National Diabetes Month</b>, National Epilepsy Awareness Month, National Fa.m.ily Caregivers Month, National Healthy Skin Month, National Hospice and Palliative Care Month, National Marrow</p>

					Awareness Month, Pancreatic Cancer Awareness Month, Prematurity Awareness Month
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*Part of the Senior Services Network – Supported by the Department of Aging and Community Living*

**PLEASE NOTE:**

- 1. At the end of the month REWARDS and PRIZES to the person with “The Most Weight Loss Each Month”!**