



EOTR HARVARD TOWERS FRIENDSHIP CAFÉ
 1845 Harvard Street, NW
 Ziairra Baughan
 202-845-3378
 Edith Hampleton, Nutrition Aide
 Delores Ford, Recreation Coordinator

November 2024



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1. 10:00am- Coffee/Tea 11:00am-Looming and Crafting Activities NOON – LUNCH 1:00 pm -2:00pm- Brain Teasers/Trivia Pursuit	
4. 10:00am- Coffee/Tea 11:00am-Weigh-In, Healthy Menu, Meal Prep Ideas, Journaling Discussions – WEIGHT LOSS REVEAL DAY! NOON – LUNCH 1:00pm-2:00pm- Board Games/	5. 10:00am- Coffee/Tea 11:00am- Paint and Sip NOON – LUNCH 1:00pm-2:00pm Music and Rhythm Chair Exercises	6. 10:00am- Coffee/Tea 11:00am- BINGO WITH PRIZES NOON - LUNCH 1:00pm - 2:00pm- Creative Arts and Crafts Activities	7. 10:00am- Coffee/Tea 11:00am-12pm United Health Care MEDICAID BOOK WALK THROUGH, OPEN ENROLLMENT NOON – LUNCH 1:00pm - 2:00pm- Excursion After Hours: EOTR Senior Caribbean Themed Fall Ball 1600 Morris RD, SE 3pm-7pm Bus Boards 1:30pm	8. 10:00am- Coffee/Tea 11:00am-Looming and Crafting Activities NOON – LUNCH - Chef Demonstration w/ Chef Jonezi 1:00 pm -2:00pm- Brain Teasers/Trivia Pursuit	
	12. 10:00am- Coffee/Tea 11:00am- Paint and Sip NOON – LUNCH 1:00pm -2:00pm- Music and Rhythm Chair Exercises	13. 10:00am- Coffee/Tea 11:00am- CARD AND GAME CHALLENGE W/ PRIZES 12:00pm- LUNCH 1:00pm-2pm Creative Arts & Crafts Activities EXCURSION: LEDERER GARDEN 4801 Nannie Helen Burroughs Ave, NE 10am-12pm	14. 10:00am- Coffee/Tea 11:00am- Creative Jewelery/Clay Molds NOON – LUNCH 1:00pm - 2:00pm- Board Games/Memory Games	15. 10:00am- Coffee/Tea 11:00am-Looming and Crafting Activities NOON – LUNCH 1:00 pm -2:00pm- Brain Teasers/Trivia Pursuit Excursion: Computer Class w/ Ms. Zee 901 G st, NW 10am-2pm	

<p>18. 10:00am- Coffee/Tea 11:00am-Weigh-In, Healthy Menu, Meal Prep Ideas, Journaling Discussions WEIGHT LOSS REVEAL DAY! NOON – LUNCH 1:00pm-2:00pm- Board Games/Memory Games</p>	<p>19. 10:00am- Coffee/Tea 11:00am- Paint and Sip NOON – LUNCH 1:00pm -2:00pm- Music and Rhythm Chair Exercises</p> <p>EXCURSION: African American History Museum 1400 Constitution Ave NW 10am-2pm</p>	<p>20. 10:00am- Coffee/Tea 11:00am-BINGO WITH PRIZES NOON - LUNCH 1:00pm - 2:00pm- Creative Arts and Crafts Activities</p>	<p>21. 10:00am- Coffee/Tea 11:00am- Creative Jewelry/Clay Molds NOON – LUNCH 1pm-2pm- Board Games/Memory Games</p> <p>Excursion: Amish Market 9701 Fort Meade Rd, Laurel 20707 10am-2pm</p>	<p>22. 10:00am- Coffee/Tea 10:30am-12pm Mental Health Counseling w/ Dr. Crawford NOON – LUNCH 1:00 pm -2:00pm- Brain Teasers/Trivia Pursuit</p>	
<p>25. 10:00am- Coffee/Tea 11:00am-Weigh-In, Healthy Menu, Meal Prep Ideas, Journaling Discussions WEIGHT LOSS REVEAL DAY! NOON – LUNCH 1:00pm-2:00pm- Board Games/Memory Games</p>	<p>26. 10:00am- Coffee/Tea 11:00am-12pm In Person Chair Workouts w/ Spirit Club NOON – LUNCH 1:00pm -2:00pm- Paint and Sip</p>	<p>27. 10:00am- Coffee/Tea 11:00am- CARD AND GAME CHALLENGE WITH PRIZES NOON – LUNCH 1:00pm-2:00pm Board Games/Memory Games</p>	<p>28.</p> 	<p>29 10:00am- Coffee/Tea 11:00am- Creative Jewelery/Clay Molds NOON – LUNCH 1:00pm - 2:00pm- Board Games/Memory Games</p>	<p>30.</p> 

Part of the Senior Services Network – Supported by the Department of Aging and Community Living