

## 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
NOVEMBER	NOVEMBER  NATIONAL ENVIRONMENTAL AWARENESS MONTH	Lung Cancer Awareness Month	November is LUNG CANCER Awareness Month	1.  10:00am- Coffee/Tea 11:00am-Looming and Crafting Activities NOON – LUNCH 1:00 pm -2:00pm- Brain Teasers/Trivia Pursuit	C D P D AWARENESS MONTH
4. 10:00am- Coffee/Tea 11:00am-Weigh-In, Healthy Menu, Meal Prep Ideas, Journaling Discussions – WEIGHT LOSS REVEAL DAYI 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 Caribean 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	November is COPD AWARENESS MONTH
Thank You VETERANS HONORING ALL WHO SERVED  * * *	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	Giving Thanks for GERD Awareness  It's GERD Awareness Week Gastroesophageal Reflux Disease (aRD) is a condition subject to the muscle at the base of the esophagus (lower esophageal sphincter, a.k. a. LES) relaxes between swallows, allowing stomach contents to wash back up into the esophagus.

18. 10:00am- Coffee/Tea 11:00am-Weigh-In, Healthy Menu, Meal Prep Ideas, Journaling Discussions WEIGHT LOSS REVEAL DAYI NOON – LUNCH 1:00pm-2:00pm- Board Games/Memory Games	19. 10:00am- Coffee/Tea 11:00am- Paint and Sip NOON – LUNCH 1:00pm -2:00pm- Music and Rhythm Chair Exercises  EXCURSION: African American History Museum 1400 Constitution Ave NW 10am-2pm	20. 10:00am- Coffee/Tea 11:00am-BINGO WITH PRIZES NOON - LUNCH 1:00pm - 2:00pm- Creative Arts and Crafts Activities	21. 10:00am~ Coffee/Tea 11:00am~ Creative Jewelry/Clay Molds NOON – LUNCH 1pm~2pm~ Board Games/Memory Games  Excursion: Amish Market 9701 Fort Meade Rd, Laurel 20707 10am~2pm	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	November is National Alzheimer's Awareness Month
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	26.  10:00am- Coffee/Tea 11:00am-12pm In Person Chair Workouts w/ Spirit Club NOON – LUNCH 1:00pm -2:00pm- Paint and Sip	27. 10:00am- Coffee/Tea 11:00am- CARD AND GAME CHALLENGE WITH PRIZES NOON – LUNCH 1:00pm-2:00pm Board Games/Memory Games	Happy Thanksgiving	29 10:00am- Coffee/Tea 11:00am- Creative Jewelery/Clay Molds NOON – LUNCH 1:00pm - 2:00pm- Board Games/Memory Games	30.

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