







EOTR Harvard Towers FRIENDSHIP CAFÉ
1845 Harvard St, NW DC
Ziairra Baughan-Owens, Outreach/Partnership Rec.
Coordinator
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Edith Hampleton, Nutrition Aide
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September 2025



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1.</p> <p>MINDFUL MONDAY</p> <p>10am-10:30am Coffee/Tea</p> <p>10:30am-11am Chair Exercise</p> <p>11:00am-12:00pm Weigh-In, Healthy Meal Discussion</p> <p>12:00pm-1:00pm LUNCH</p> <p>1:00pm-2:00pm Motivational: Mindful of the Moment Discussion; weekend experiences (Use Journals)</p>	<p>2.</p> <p>GRATITUDE TUESDAY</p> <p>10am-10:30am Coffee/Tea</p> <p>10:30am-11am Chair Exercise</p> <p>11:00am-12:00pm JOURNAL: Name Three People You are Grateful for and why.</p> <p>12:00pm-1:00pm LUNCH</p> <p>1:00pm-2:00pm Tic-Tac-Toe Bean Bag Game</p>	<p>3.</p> <p>WISDOM WEDNESDAY</p> <p>10am-10:30am Coffee/Tea</p> <p>10:30am-12pm Mental Health w. Ms. Maryanne</p> <p>12:00pm-1:00pm LUNCH & “SHIP” State Insurance Assistance OPEN ENROLLMENT</p> <p>1:00pm-2:00pm Virtual Spirit Club</p>	<p>4.</p> <p>THROW-BACK THURSDAY</p> <p>10am-10:30am Coffee/Tea</p> <p>10:30am-11am Chair Exercise</p> <p>11:00am-12:00pm-IN-PERSON SPIRIT EXCERCISE</p> <p>12:00pm-1:00pm LUNCH</p> <p>1:00pm-2:00pm Musical Squeeze Ball Catch</p>	<p>5.</p> <p>FUN FRIDAY</p> <p>10am-10:30am Coffee/Tea</p> <p>10:30am-11am Chair Exercise</p> <p>11:00am-12:00pm PAJAMA PARTY- TELL A STORY OF “Then and NOW”</p> <p>12:00pm-1:00pm LUNCH</p> <p>1:00pm-2:00pm CORN BAG TOSS GAME</p>	 
<p>8.</p> <p>10am-10:30am Coffee/Tea</p> <p>10:30am-11am Chair Exercise</p> <p>11:00am-12:00pm Weigh-In, Healthy Meal Discussion</p> <p>12:00pm-1:00pm LUNCH</p> <p>1:00pm-2:00pm Motivational: Mindful of the Moment Discussion; weekend experiences (Use Journals)</p>	<p>9.</p> <p>10am-10:30am Coffee/Tea</p> <p>10:30am-11am Chair Exercise</p> <p>11:00am-12:00pm JOURNAL: Name Three People You are Grateful for and Why.</p> <p>12:00pm-1:00pm LUNCH</p> <p>1:00pm-2:00pm Ring Toss Game</p>	<p>10.</p> <p>10am-10:30am Coffee/Tea</p> <p>10:30am-11am Chair Exercise</p> <p>11:00am-12:00pm-“Controlling Your Cholesterol” w/ Nutritionist Renee Afryka</p> <p>12:00pm-1:00pm LUNCH</p> <p>1:00pm-2:00pm Classical Music/Bring and Play Your Favorite Instrument</p>	<p>11.</p> <p>10am-10:30am Coffee/Tea</p> <p>10:30am-11am Chair Exercise</p> <p>11:00am-12:00pm Bird House Building/Painting</p> <p>12:00pm-1:00pm LUNCH</p> <p>1:00pm-2:00pm Memory Games</p>	<p>12.</p> <p>10am-10:30am Coffee/Tea</p> <p>10:30am-11am Chair Exercise</p> <p>11:00am-12:00pm-DACL APS & Dementia Awareness</p> <p>12:00pm-1:00pm LUNCH</p> <p>1:00pm-2:00pm Jewelry Making</p>	 

<p>15. 10am-10:30am Coffee/Tea 10:30am-11am Chair Exercise 11:00am-12:00pm Weigh-In, Healthy Meal Discussion 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Motivational: Mindful of the Moment Discussion; weekend experiences (Use Journals)</p>	<p>16. 10am-10:30am Coffee/Tea 10:30am-11am Chair Exercise 11:00am-12:00pm JOURNAL: Name Three People You are Grateful for and Why. 12:00pm-1:00pm LUNCH 1:00pm-2:00pm</p>	<p>17. 10am-10:30am Coffee/Tea 10:30am-11am Chair Exercise 11:00am-12:00pm PAJAMA PARTY-TELL A STORY OF “Then and NOW” 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Music Line Dancing Excursion: Ward 1 Senior Art Gala 2001 15th st, nw 11am-1pm</p>	<p>18. 10am-10:30am Coffee/Tea 10:30am-11am Chair Exercise 11:00am-12:00pm BINGO W/PRIZES 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Puzzles, and Crafty Activities</p>	<p>19. 10am-10:30am Coffee/Tea 10:30am-11am Chair Exercise 11:00am-12:00pm- IN-PERSON SPIRIT EXCERCISE 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Music and Dance to the Sounds the Latest Hits of the 70’s</p>	<p>Pulmonary Fibrosis Awareness Month SEPT 2025</p>
<p>22. 10am-10:30am Coffee/Tea 10:30am-11am Chair Exercise 11:00am-12:00pm Weigh-In, Healthy Meal Discussion 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Motivational: Mindful of the Moment Discussion; weekend experiences (Use Journals)</p>	<p>23. 10am-10:30am Coffee/Tea 10:30am-11am Chair Exercise 11:00am-12:00pm JOURNAL: Name One Person You Would Give a Lifetime Achievement Award and Why. 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Music and Dancing</p>	<p>24. 10am-10:30am Coffee/Tea 10:30am-12pm Mental Health w. Ms. Maryanne 12:00pm-1:00pm LUNCH 1:00pm-2:00pm IN-PERSON SPIRIT EXCERCISE</p>	<p>25. 10am-10:30am Coffee/Tea 10:30am-11am Chair Exercise 11:00am-12:00pm- IN-PERSON SPIRIT EXCERCISE 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Walk Around the Block and Identify different flowers, birds, and insects</p>	<p>26. 10am-10:30am Coffee/Tea 10:30am-11am Chair Exercise 11:00am-12:00pm BEAN BAG TOSS CHALLENGE 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Music and Dance Moves of the 80’s (Best Dancer/PRIZE)</p>	<p>SEPTEMBER IS NATIONAL Ovarian Cancer AWARENESS MONTH</p>
<p>29. 10am-10:30am Coffee/Tea 10:30am-11am Chair Exercise 11:00am-12:00pm Weigh-In, Healthy Meal Discussion 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Motivational: Mindful of the Moment Discussion; weekend experiences (Use Journals)</p>	<p>30. 10am-10:30am Coffee/Tea 10:30am-11am Chair Exercise 11:00am-12:00pm JOURNAL: Identify Two Reasons You Believe You Gifted in a Particular Area 12:00pm-1:00pm LUNCH 1:00pm-2:00pm “DISCOVER SOUND” WORKSHOP</p>		<p>“Happiness is not something readymade; it comes from your own actions.”</p> <p>Dalai Lama</p>	<p>World Sinus Health Awareness Month September 2025</p> 	<p>September is... Sept 1-30: National Fruits and Veggies Month September 1-30: National Pediculosis Prevention Month/Head Lice Prevention Month September 1-30: National Recovery Month September 1-30: National Sickle Cell Awareness Month September 1-30: National Vascular Disease Awareness Month September 1-30: National Yoga Month September 1-30: Newborn Screening Awareness Month September 1-30: Ovarian Cancer Awareness Month</p>