



HARVARD TOWERS EOTR FRIENDSHIP CAFÉ  
 1845 HARVARD STREET, NW  
 Ziairra Baughan-Owens, Outreach/Partnership Rec.  
 Coordinator  
 202-845-3378  
 Ms. Edith, Nutrition Aide  
 Ms. Ford, Recreation Coordinator

July 2025



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1. 10am-10:30am <b>Coffee/Tea</b> 10:30am-11am <b>Chair Exercise</b> 11:00am-12:00pm <b>TIE DYING SOCKS</b> 12:00pm-1:00pm <b>LUNCH</b> 1:00pm-2:00pm <b>PUZZLES While Listening to Music</b>	2. 10am-10:30am <b>Coffee/Tea</b> 10:30am-11am <b>Chair Exercises</b> 11:00am-12:00pm <b>Bird House Construction with Hot Glue Guns</b> 12:00pm-1:00pm <b>LUNCH</b> 1:00pm-2:00pm <b>BOARD GAME ACTIVITIES</b>	3. 10am-10:30am <b>Coffee/Tea</b> 10:30am-11am <b>Chair Exercises</b> 11:00am-12:00pm <b>Candle Making with Fragrances</b> 12:00pm-1:00pm <b>LUNCH</b> 1:00pm-2:00pm <b>ARTS &amp; CRAFTS; Drawing with Markers Crayons, Construction Paper</b>	4. Sites Closed 	 
7. 10am-10:30am <b>Coffee/Tea</b> 10:30am-11am <b>Chair Exercise</b> 11:00am-12:00pm <b>JUMBO TIK TAC TOE</b> 12:00pm-1:00pm <b>LUNCH</b> 1:00pm-2:00pm <b>BOARD GAME ACTIVITIES</b>	8. 10am-10:30am <b>Coffee/Tea</b> 10:30am-11am <b>Chair Exercise</b> 11:00am-12:00pm <b>Paint Sip</b> 12:00pm-1:00pm <b>LUNCH</b> 1:00pm-2:00pm <b>ARTS &amp; CRAFTS; Drawing with Markers Crayons, Construction Paper</b>	9. 10am-10:30am <b>Coffee/Tea</b> 10:30am-11am <b>Chair Exercise</b> 11:00am-12:00pm <b>Board Games</b> 12:00pm-1:00pm <b>LUNCH</b> 1:00pm-2:00pm <b>Memory Games: Trivial Pursuit</b> <b>EXCURSION: THE CHATEAU DAY PARTY</b> <b>3439 BENNING RD NE</b> <b>DC 20019</b>	10. 10am-10:30am <b>Coffee/Tea</b> 10:30am-11am <b>Chair Exercise</b> 11:00am-12:00pm <b>411 UNITED HEALTHCARE W. Agent Donna Tabor</b> 12:00pm-1:00pm <b>LUNCH</b> 1:00pm-2:00pm <b>Memory Games: Trivial Pursuit and PUN Intended</b>	11. 10am-10:30am <b>Coffee/Tea</b> 10:30am-11am <b>Lets Chat about resources w. Ms. Zee</b> 11:00am-12:00pm <b>Jewelry Making</b> 12:00pm-1:00pm <b>LUNCH</b> 1:00pm-2:00pm <b>Music and Dancing</b>	

<p>14. 10am-10:30am <b>Coffee/Tea</b> 10:30am-11am <b>Chair Exercise</b> 11:00am-12:00pm <b>Weigh-In, Healthy Meal Discussions</b> 12:00pm-1:00pm <b>LUNCH</b> 1:00pm-2:00pm <b>Magnetic Dart Game</b></p>	<p>15. 10am-10:30am <b>Coffee/Tea</b> 10:30am-11am <b>Chair Exercise</b> 11:00am-12:00pm <b>Creative Art Expressions: Paint, Draw Canvas, Construction Paper &amp; Hot Glue Gun</b> 12:00pm-1:00pm <b>LUNCH</b> 1:00pm-2:00pm <b>Hoola Hoop Challenge</b></p>	<p>16. 10am-10:30am <b>Coffee/Tea</b> 10:30am-11am <b>Chair Exercise</b> 11:00am-12:00pm <b>Water Cups, Ping Pong Game with PRIZES</b> 12:00pm-1:00pm <b>LUNCH</b> 1:00pm-2:00pm <b>WildTech</b></p>	<p>17. 10am-10:30am <b>Coffee/Tea</b> 10:30am-11am <b>Chair Exercise</b> 11:00am-12:00pm <b>00pm Pajama Party &amp; Storyteller</b> 12:00pm-1:00pm <b>LUNCH</b> 1:00pm-2:00pm <b>Gardening Tips &amp; Discussions</b></p>	<p>18. 10am-10:30am <b>Coffee/Tea</b> 10:30am-11am <b>Chair Exercise</b> 11:00am-12:00pm <b>Juneteenth Key Designs</b> 12:00pm-1:00pm <b>LUNCH</b> 1:00pm-2:00pm <b>Ring Toss, Tic-Tac-Toe Bag Toss Challenge</b></p>	
<p>21. 10am-10:30am <b>Coffee/Tea</b> 10:30am-11am <b>Chair Exercise</b> 11:00am-12:00pm <b>Weigh-In, Healthy Meal Discussions</b> 12:00pm-1:00pm <b>LUNCH</b> 1:00pm-2:00pm <b>Music and Dancing</b></p>	<p>22. 10am-10:30am <b>Coffee/Tea</b> 10:30am-11am <b>Chair Exercise</b> 11:00am-12:00pm <b>Manipulative Art Creations: Canvas, Paint, Beads, and Hot Glue Guns</b> 12:00pm-1:00pm <b>LUNCH</b> 1:00pm-2:00pm <b>Creative Art Expressions</b></p>	<p>23. 10am-10:30am <b>Coffee/Tea</b> 10:30am-11am <b>Chair Exercise</b> 11:00am-12:00pm <b>Controlling Your Blood Pressure" w. Nutritionist Renee Afryka</b> 12:00pm-1:00pm <b>LUNCH</b> 1:00pm-2:00pm <b>Memory Game: PUN Intended</b></p>	<p>24. 10am-10:30am <b>Coffee/Tea</b> 10:30am-11am <b>Chair Exercise</b> 11:00am-12:00pm <b>Water Cups, Ping Pong Game with PRIZES</b> 12:00pm-1:00pm <b>LUNCH</b> 1:00pm-2:00pm <b>Wild Tech Virtual</b> <b>*BOXED LUNCHES WILL BE PROVIDED FOR 7/25 SITE CLOSURE*</b></p>	<p>25. Site Closure for Staff Training/ Discretionary Day</p> 	 
<p>28. 10am-10:30am <b>Coffee/Tea</b> 10:30am-11am <b>Chair Exercise</b> 11:00am-12:00pm <b>Weigh-In, Healthy Meal Discussions</b> 12:00pm-1:00pm <b>LUNCH</b> 1:00pm-2:00pm <b>Music and Dancing</b></p>	<p>29. 10am-10:30am <b>Coffee/Tea</b> 10:30am-11am <b>Chair Exercise</b> 11:00am-12:00pm <b>Financial Literacy &amp; Wellness Workshops: SAVVY Seniors/Frauds &amp; Scams</b> 12:00pm-1:00pm <b>LUNCH</b> 1:00pm-2:00pm <b>Memory Game: PUN Intended</b></p>	<p>30. 10am-10:30am <b>Coffee/Tea</b> 10:30am-11am <b>Chair Exercise</b> 11:00am-12:00pm <b>“Monthly BINGO WITH PRIZES”</b> 12:00pm-1:00pm <b>LUNCH</b> 1:00pm-2:00pm <b>Memory Games: Trivial Pursuit</b></p>	<p>31. 10am-10:30am <b>Coffee/Tea</b> 10:30am-11am <b>Chair Exercise</b> 11:00am-12:00pm <b>Board Game Challenge; Connect4, UNO, Dominos, Tic-Tac-Toe/Biggest Winner Gets the “PRIZE”</b> 12:00pm-1:00pm <b>LUNCH</b> 1:00pm-2:00pm <b>Music, Dance and Groove.</b></p>	<p>“Success is to be measured not so much by the position that one has reached in life as by the obstacles which he has overcome while trying to succeed.” —<i>Booker T. Washington</i></p>	<p><b>July is...</b> Cord Blood Awareness Month, Healthy Vision Month, International Group B Strep Awareness Month, Juvenile Arthritis Awareness Month, National Cleft &amp; Craniofacial Awareness and Prevention Month, National Hemochromatosis Awareness Month, National Minority Mental Health Awareness Month, Sarcoma Awareness Month, UV Safety Month, World Population Day, World Brain Day, World Sjogren’s Day, World Hepatitis Day</p>

