






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

April
 2025



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1. 10am-10:30am Coffee/Teatime 10:30am-11:00am Virtual Spirit Club Exercise! 11:00am-12:00pm SCENTED CANDLE MAKING 12:00pm-1:00pm Lunch 1:00pm-2:00pm Calendar Discussion	2. THEME WEDNESDAY 10am-10:30am Coffee/Teatime 10:30am-11:00am Virtual Spirit Club Exercise! 11:00am-12:00pm WIG DAY-Dress like 60's,70's Singers & Groups 12:00pm-1:00pm Lunch 1:00pm-2:00pm Music & Dance	3. 10am-10:30am Coffee/Teatime 10:30am-11:00am Virtual Spirit Club Exercise! 11:00am-12:00pm Paint & Sip 12:00pm-1:00pm Lunch 1:00pm-2:00pm Music, Dance, Board Games	4. 10am-10:30am Coffee/Teatime 10:30am-11:00am Virtual Spirit Club Exercise! 11:00am-12:00pm GARDENING Ideas, Planning & Discussions 12:00pm-1:00pm Lunch 1:00pm-2:00pm Bean Bag and Ring Toss Games	
7. 10am-10:30am Coffee/Teatime 10:30am-11:00am Virtual Spirit Club Exercise! 11:00am-12:00pm String Beads and Creative Art 12:00pm-1:00 pm Lunch 1:00pm-2:00pm Weigh-in, Discussions; Healthy Meals, Recipes and more	8. 10am-10:30am Coffee/Teatime 10:30am-11:00am Virtual Spirit Club Exercise! 11:00am-12:00pm Dart Throwing! 12:00pm-1:00pm Lunch 1:00pm-2:00pm Virtual Spirit Club Exercise!	9. THEME WEDNESDAY 10am-10:30am Coffee/Teatime 10:30am-11:00am Virtual Spirit Club Exercise! 11:00am-12:00pm PAJAMA DAY & Best Bedtime Story 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Bean Bag Toss	10. 10am-10:30am Coffee/Teatime 10:30am-11:00am Virtual Spirit Club Exercise! 11:00am-12:00pm Candle Making 12:00pm-1:00pm Lunch 1:00pm-2:00pm Puzzles and Board Games	11. 10am-10:30am Coffee/Teatime 10:30am-11:00am Virtual Spirit Club Exercise! 11:00am-12:00pm GARDENING Ideas, Planning & Discussions 12:00pm-1:00pm Lunch 1:00pm-2:00pm Bean Bag and Ring Toss Games	

<p>14. 10am-10:30am Coffee/Teatime 10:30am-11:00am Virtual Spirit Club Exercise! 11:00pm-12:00pm DIY TYE DYE SOCKS! 12:00pm-1:00pm Lunch 1:00pm-2:00pm Weigh-in, Discussions; Healthy Meals, Recipes and more.</p>	<p>15. 10am-10:30am Coffee/Teatime 10:30am-11:00am Virtual Spirit Club Exercise! 11:00am-12:00pm Dart Throwing! 12:00pmp-1:00pm Lunch 1:00pm-2:00pm Bean Bag Toss</p>	<p>16</p> 	<p>17. 10am-10:30am Coffee/Teatime 10:30am-11:00am Virtual Spirit Club Exercise! 11:00am-12:00pm Chief Demonstration with Food Jonezi 12:00pm-1:00pm Lunch 1:00pm-2:00pm Easter Basket Making</p>	<p>18. 10am-10:30am Coffee/Teatime 10:30am-11:00am Virtual Spirit Club Exercise! 11:00am-12:00pm GARDENING Ideas, Planning & Discussions 12:00pm-1:00pm Lunch 1:00pm-2:00pm Bean Bag and Ring Toss Games Excursion: SMITHONIAN MUSEUM OF AFRICAN ART 950 Independence Ave, SW Washington, DC 10am-2pm</p>	 <p>April is IBS Awareness Month</p>
<p>21. 10am-10:30am Coffee/Teatime 10:30am-11:00am Virtual Spirit Club Exercise! 11:00am-12:00pm Puzzles, Jewelry Making 12:00pm-1:00pm Lunch 1:00pm-2:00pmWeigh-in, Discussions; Healthy Meals, Recipes and more.</p>	<p>22. 10am-10:30am Coffee/Teatime 10:30am-11:00am Virtual Spirit Club Exercise! 11:00am-12:00pm Creative Art Expressions: Paints, Markers, Clay Molding 12:00pm-1:00pm Lunch 1:00pm-2:00pm Music & Dance</p>	<p>23. THEME WEDNESDAY 10am-10:30am Coffee/Teatime 10:30am-11:00am Virtual Spirit Club Exercise! 11:00-12:00 WIG DAY- Dress like 60's,70's Singers & Groups 12:00pm-1:00pm Lunch 1:00pm-2:00pm Music & Buggy Wuggy</p>	<p>24. 10am-10:30am Coffee/Teatime 10:30am-11:00am Virtual Spirit Club Exercise! 11:00am-12:00pm AARP x LCE: Part B vs Part D Drugs and Fraud Topic: Pharmacy fraud 12:00pm-1:00pm Lunch 1:00pm-2:00pm Board Games and Ring Toss</p>	<p>25. 10am-11am Coffee/Teatime 11am-12:00pm IN-Person Spirit Club 12:00pm-1:00pm Lunch 1:00pm-2:00pm Bean Bag and Ring Toss</p>	 <p>Parkinson Awareness Month</p>
<p>28. 10am-10:30am Coffee/Teatime 10:30am-11:00am Virtual Spirit Club Exercise! 11:00am-12:00pm Board and Card Games 12:00pm-1:00pm Lunch 1:00pm-2:00pm Weigh-in, Discussions; Healthy Meals, Recipes and more</p>	<p>29. 10am-10:30am Coffee/Teatime 10:30am-11:00am Virtual Spirit Club Exercise! 11:00am-12:00pm SCENTED CANDLE MAKING 12:00pm-1:00pm Lunch 1:00pm-2:00pm Bean Bag Toss</p>	<p>30. THEME WEDNESDAY 10am-10:30am Coffee/Teatime 10:30am-11:00am Virtual Spirit Club Exercise! 11:00am-12:00pm WIG DAY- Dress like 60's,70's Singers & Groups 12:00pm-1:00pm Lunch 1:00-2:00 Music & Dance</p>	<p>April is....Alcohol Awareness Month, Distracted Driving Awareness Month, Global Child Nutrition Month, Irritable Bowel Syndrome Awareness Month, Medicaid Awareness Month, National Autism Acceptance Month, National Cancer Control Month</p>	<p>April is also.....National Child Abuse Prevention Month, National Donate Life Month, National Facial Protection Month, National Foot Health Awareness Month, National Minority Health, National Primary Immunodeficiency Awareness Month</p>	<p><i>“April showers bring May Flowers”</i></p> 

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