



EOTR Harvard Towers FRIENDSHIP CAFÉ
 1845 Harvard St, NW DC
 Ziairra Baughan-Owens, Outreach/Partnership Rec.
 Coordinator
 202-845-3378
 Edith Hampleton, Nutrition Aide
 VACANT , Recreation Coordinator

November 25'



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<p><i>“When you stand and share your story in an empowering way...”</i></p>	<p><i>...your story will heal you and your story will heal somebody else.”</i></p>	<p><i>- Iyanla Vanzant</i></p>	
<p>3. 10am-10:30am Coffee Time 10:30am-11:00am Virtual Spirit Exercise 11:00am-12pm-Chat Hour 12pm-1pm LUNCH 1pm-2pm- Table Games</p>	<p>4. 10am-10:30am Coffee Time 10:30am-11:00am Virtual Spirit Exercise 11:00am-12pm-Diabetes Awareness w. Irwin Royster 12pm-1pm LUNCH 1pm-2pm CROSSWORD PUZZLES</p>	<p>5. 10am-10:30am Coffee Time 10:30am-11:00am Virtual Spirit Exercise 11:00am-12pm-Decorating for Holiday 12pm-1pm LUNCH 1pm-2pm-UNO</p>	<p>6. 10am-10:30am Coffee Time 10:30am-11:00am Virtual Spirit Exercise 11:00am-12pm-WORD FIND PUZZLES 12pm-1pm LUNCH 1pm-2pm-Wild Tech</p>	<p>7. 10am-10:30am Coffee Time 10:30am-11:00am Virtual Spirit Exercise 11:00am-12pm-BOARD GAMES 12pm-1pm LUNCH 1pm-2pm-MUSIC HOUR</p> <p>Excursion: Laurel Amish Market 9701 Fort Meade Rd, Laurel, MD 20707 10am-2pm</p>	

<p>10. 10am-10:30am Coffee Time 10:30am-11:00am Virtual Spirit Exercise 11:00am-12pm-Monday Morning Chat 12pm-1pm LUNCH 1pm-2pm-MUSIC HOUR</p>	<p>11. Site Closed</p> 	<p>12. 10am-10:30am Coffee Time 10:30am-11:00am Virtual Spirit Exercise 11:00am-12pm-Nutrition w. Ms. Renee Afryka 1pm-2pm-WALK AROUND THE BLOCK</p>	<p>13. 10am-10:30am Coffee Time 10:30am-11:00am Virtual Spirit Exercise 11:00am-12pm-GUESS WHAT 12pm-1pm LUNCH 1pm-2pm-CROSSWORD PUZZLES</p>	<p>14. 10am-10:30am Coffee Time 10:30am-11:00am Virtual Spirit Exercise 11:00am-12pm-UNO 12pm-1pm LUNCH 1pm-2pm-Monthly BINGO</p>	
<p>17. 10am-10:30am Coffee Time 10:30am-11:00am Virtual Spirit Exercise 11:00am-12pm-MONDAY CHAT 12pm-1pm LUNCH 1pm-2pm Color by Numbers</p>	<p>18. 10am-10:30am Coffee & Virtual Exercise 10:30am-12pm-Mental Health w. Dr. Crawford 12pm-1pm LUNCH 1pm-2pm-MUSIC HOUR</p>	<p>19. 10am-10:30am Coffee Time 10:30am-11:00am Virtual Spirit Exercise 11:00am-12pm- Loom 12pm-1pm LUNCH 1pm-2pm-FINISH your looms</p>	<p>20. 10am-10:30am Coffee Time 10:30am-11:00am Virtual Spirit Exercise 11:00am-12pm-LET’S PAINT 12pm-1pm LUNCH 1pm-2pm-FINISH PAINT/CLEAN-UP</p>	<p>21. 10am-10:30am Coffee Time 10:30am-12pm-Counseling w. Ms. Maryanne 12pm-1pm LUNCH 1pm-2pm-JENGA</p>	
<p>24. 10am-10:30am Coffee Time 10:30am-11:00am Virtual Spirit Exercise 11:00am-12pm-MONDAY CHAT 12pm-1pm LUNCH 1pm-2pm- Table Games</p>	<p>25. 10am-10:30am Coffee Time 10:30am-11:00am Table Games 11:00am-12pm-Holiday Luncheon 12pm-1pm LUNCH 1pm-2pm-Spirit Club w. Ms. Pat</p>	<p>26. 10am-10:30am Coffee Time 10:30am-11:00am Virtual Spirit Exercise 11:00am-12pm-MUSIC HOUR 12pm-1pm LUNCH 1pm-2pm-LET’S CHAT</p>	<p>27. Happy Thanksgiving!</p> 	<p>28. 10am-10:30am Coffee Time 10:30am-11:00am Virtual Spirit Exercise 11:00am-12pm-LET’S PAINT 12pm-1pm LUNCH 1pm-2pm- Holiday Recap!</p>	<p>November is American Diabetes Month, Bladder Health Month, COPD Awareness Month, Diabetic Eye Disease Month, Stomach Cancer Awareness Month,Lung Cancer Awareness, National Alzheimer’s Disease Awareness Month, National Diabetes Month, National Epilepsy Awareness Month, National Family Caregivers Month, National Healthy Skin Month, National Hospice and Palliative Care Month, National Marrow Awareness Month, Pancreatic Cancer Awareness Month, Prematurity Awareness Month</p>

--	--	--	--	--	--

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