



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

October
2025



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	  www.IABHP.com Bringing Wellness to the Workplace	1. 10am-10:30am Coffee and Tea 10:30am-11am Virtual Exercise 11:00am-12:00pm Art & Fall Decorations 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Table Games	2. 10am-10:30am Coffee and Tea 10:30am-11am Virtual Exercise 11:00am-12:00pm Word Find 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Movie Time	3. 10am-10:30am Coffee and Tea 10:30am-11am Virtual Exercise 11:00am-12:00pm Music Trivia 12:00pm-1:00pm LUNCH 1:00pm-2:00pm PUZZLES	
6. 10:00am-10:30am Coffee and Tea 10:30am-11:00am Virtual Dance Exercise 11:00am-12:00pm Painting 12:00pm-1:00PM Lunch 1:00pm-2:00pm Jewelry Making	7. 10am-10:30am Coffee and Tea 10:30am-11:00am Virtual Spiritual Dance 11:00am-12:00pm JENGA/TABLE GAMES 12:00pm-1:00pm Lunch 1:00pm-2:00pm Open Enrollment w/ Medicare & United Healthcare	8. 10am-10:30am Coffee and Tea 10:30am-11am Virtual Exercise 11:00am-12:00pm Candle Making 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Table Games	9. 10am-10:30am Coffee and Tea 10:30am-11am Virtual Exercise 11:00am-12:00pm Word Find 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Movie Time	10. 10am-10:30am Coffee and Tea 10:30am-11am Virtual Exercise 11:00am-12:00pm Crossword Puzzle 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Wild Tech	 October 2025

13. 10am-10:30am Coffee and Tea 10:30am-11am Virtual Exercise 11:00am-12:00pm T-Shirt making/ Painting 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Resin Molds	14. 10am-10:30am Cofee and Tea 10:30am-11:00am Virtual Spiritual Dance 11:00am-12:00pm JENGA/TABLE GAMES 12:00pm-1:00pm Lunch 1:00pm-2:00pm Music/Movie	15. 10am-10:30am Coffee and Tea 10:30am-11am Virtual Exercise 11:00am-12:00pm Nutrition w. Nutritionist Renee Afryka 12:00pm-1:00 LUNCH 1:00pm-2:00pm Looms	16. 10am-10:30am Coffee & Tea 10:30am-11:00am Virtual Dance Exercise 11:00am-12:00pm Indoor Planting 12:00pm-1:00PM Lunch 1:00pm-2:00pm Group discussion	17. 10:00am-10:30am Coffee/Tea 10:30am-11:00am Virtual Spirit Club Chair Exercise 11:00am-12:00am Music/Movie 12:00pm Lunch 1:00pm-2:00pm MONTHLY BIG BINGO	
20. 10am-10:30am Coffee and Tea 10:30am-11:00am Virtual Spiritual Dance 11:00am-12:00pm JENGA/TABLE GAMES 12:00pm-1:00pm Lunch 1:00pm-2:00pm Music/Movie	21. 10am-10:30am Coffee and Tea 10:30am-11am Virtual Exercise 11:00am-12:00pm Art & Fall Decorations 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Table Games	22. 10am-10:30am Coffee and Tea 10:30am-11am Virtual Exercise 11:00am-12:00pm Looming and Knitting 12:00pm-1:00 LUNCH 1:00pm-2:00pm Finish your Looms	23. 10am-10:30am Coffee/Teatime 10:30am-11:00am Virtual Dance Exercise 11:00am-12:00pm Indoor Planting 12:00pm-1:00PM Lunch 1:00pm-2:00pm Group discussion	24. 10am-10:30am Coffee and Tea 10:30am-11am Virtual Exercise 11:00am-12:00pm Crosswords! 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Jenga	
27. 10am-10:30am Coffee and Tea 10:30am-11am Virtual Exercise 11:00am-12:00pm T-Shirt making/ Painting 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Resin Molds	28. 10:00am-10:30am Coffee/Tea 10:30am-11:00am Virtual Spirit Club Chair Exercise 11:00am-12:00pm Bracelet/Jewelry Making 12:00pm Lunch 1:00pm-2:00pm Group Discussion	29. 10am-10:30am Coffee and Tea 10:30am-11am Virtual Exercise 11:00am-12:00pm Candle Making 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Table Games	30. 10:00am-10:30am Coffee/Tea 10:30am-11:00am Virtual Spirit Club Chair Exercise 11:00am-12:00am Music/Movie 12:00pm Lunch 1:00pm-2:00pm Virtual Reality Games (Oculus)	31. 10am-10:30am Coffee and Tea 10:30am-11am Virtual Exercise 11:00am-12:00pm Looming and Knitting 12:00pm-1:00 LUNCH 1:00pm-2:00pm Finish your Looms	October: October 1-31: Breast Cancer Awareness Month October 1-31: Charcot-Marie-Tooth Disease (CMT) Awareness Month October 1-31: Contact Lens Safety Month October 1-31: Domestic Violence Awareness Month October 1-31: Down Syndrome Awareness Month October 1-31: Eye Injury Prevention Month

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