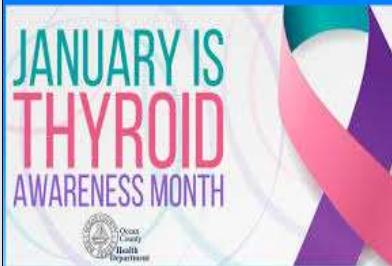


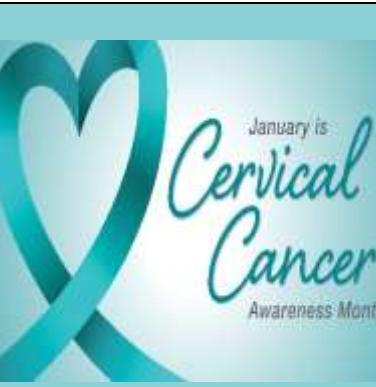


EOTR Harvard Towers FRIENDSHIP CAFÉ
1845 Harvard St, NW DC
Zairra Baughan-Owens, Outreach/Partnership Rec.
Coordinator
202-845-3378
Edith Hambleton, Nutrition Aide
Tiffany Jackson, Recreation Coordinator

January 2026



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>To live is to change, and to be perfect is to have changed often.” – <i>John Henry Newman</i></p>	<p>“Cheers to a new year and another chance for us to get it right.” – Oprah Winfrey</p> 	<p>1. SITE CLOSED</p>  <p><i>New Year's Day</i></p>	<p>2. 10am-10:30am Coffee Time 10:30am-11am Virtual Exercise 11am-12pm Table Games 12pm-1pm LUNCH 1pm-2pm Chat Hour</p>	
<p>5. 10am-10:30am Coffee Time 10:30am-11:00am Virtual Spirit Exercise 11:00am-12pm Canvas and Cocoa Paint and Sip 12pm-1pm LUNCH 1pm-2pm painting Continued</p>	<p>6. 10am-10:30am Coffee Time 10:30am-12pm MENTAL HEALTH W. DR. CRAWFORD: combating the Winter Blues 12pm-1pm LUNCH 1pm-2pm Chat Hour</p>	<p>7. 10am-10:30am Coffee Time 10:30am-11am Virtual Exercise 11am-12pm Brain Games 12pm-1pm LUNCH 1pm-2pm Word Puzzles</p>	<p>8. 10am-10:30am Coffee Time 10:30am-11:00am Virtual Spirit Exercise 11:00am-12:00pm Brain Games 12pm-1pm LUNCH 1pm-2pm Chat Hour EXCURSION: Amish Market & Dollar Store Visit w. Nutritionist Renee Afryka 9701 Fort Meade Rd, Laurel, MD 20707 10am-2pm</p>	<p>9. 10am-10:30am Coffee Time 10:30am-11am Virtual Exercise 11am-12pm Informational Visit w. MEDIPATROL: all about Medicare 2026 12pm-1pm LUNCH 1pm-2pm Table Games</p>	

<p>12. 10am-10:30am Coffee Time 10:30am-11am Virtual Exercise 11am-12pm Brain Games 12pm-1pm LUNCH 1pm-2pm Word Puzzles</p>	<p>13. 10am-11am LETS TALK ABOUT HEALTH W. Irwin Royster 11am-12pm Soap Making 12pm-1pm LUNCH 1pm-2pm Soap Making Continued</p>	<p>14. 10am-10:30am Coffee Time 10:30am-11:00am Virtual Spirit Exercise 11am-12pm Paint, Sip, and Resource w. Ms. Zee 12pm-1pm LUNCH 1pm-2pm Chat Hour</p>	<p>15. 10am-10:30am Coffee Time 10:30am-11:00am Virtual Spirit Exercise 11:00am-12pm Canvas and Cocoa Paint and Sip 12pm-1pm LUNCH 1pm-2pm painting Continued</p>	<p>16. 10am-10:30am Coffee Time 10:30am-11am Virtual Exercise 11am-12pm- Brain Games w. Ms Edith 12pm-1pm LUNCH 1pm-2pm Excursion: Bowling AMF Marlow Heights 4717 St. Barnabas rd 10am-2pm</p>	
<p>19. 10am-10:30am Coffee Time 10:30am-11:00am Virtual Spirit Exercise 11:00am-12pm TRIVIA 12pm-1pm LUNCH 1pm-2pm Chat Hour</p>	<p>20. 10am-11am LETS TALK ABOUT HEALTH W. Irwin Royster 11am-12pm Groovy Tye-Dye 12pm-1pm LUNCH 1pm-2pm Tye-Dye continued</p>	<p>21. 10am-10:30am Coffee Time 10:30am-11:00am Virtual Spirit Exercise 11:00am-12pm Table Games 12pm-1pm LUNCH 1pm-2pm Chat Hour</p>	<p>22. 10am-10:30am Coffee Time 10:30am-11am Virtual Exercise 11am-12pm Brain Games 12pm-1pm LUNCH 1pm-2pm Word Puzzles</p>	<p>23. 10am-10:30am Coffee Time 10:30am-11:00am Hangman 11:00am-12pm IN PERSON SPIRIT CLUB 12pm-1pm LUNCH 1pm-2pm Chat Hour</p>	
<p>26. 10am-10:30am Coffee Time 10:30am-11:00am Virtual Spirit Exercise 11:00am-12pm Minute to Win It 12pm-1pm LUNCH 1pm-2pm Word Puzzles</p>	<p>27. 10am-11am LETS TALK ABOUT HEALTH W. Irwin Royster 11:00am-12pm UNO 12pm-1pm LUNCH 1pm-2pm Chat Hour</p>	<p>28. 10am-10:30am Coffee Time 10:30am-11am Virtual Exercise 11am-12pm Perfume Making 12pm-1pm LUNCH 1pm-2pm Perfume Making Continued</p>	<p>29. 10am-10:30am Coffee Time 10:30am-11:00am Virtual Spirit Exercise 11:00am-12pm Table Games 12pm-1pm LUNCH 1pm-2pm Chat Hour</p>	<p>30. 10am-10:30am Coffee Time 10:30am-11:00am Virtual Spirit Exercise 11:00am-12pm Table Games/ Word Puzzles 12pm-1pm LUNCH 1pm-2pm Big Bingo</p>	<p>January is... Cervical Health Awareness Month, Glaucoma Awareness Month, International Quality of Life Month, National Birth Defects Awareness/Prevention Month, National Blood Donor Month, National Radon Action Month, National Winter Sports Traumatic Brain Injury Awareness Month, Thyroid Awareness Month</p>

