



EOTR Harvard Towers FRIENDSHIP CAFÉ  
 1845 Harvard St, NW DC  
 Ziairra Baughan-Owens, Outreach/Partnership Rec.  
 Coordinator  
 202-845-3378  
 Edith Hampleton, 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>New Year's Day</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 &amp; 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 <b>10:30am-11am Virtual Exercise</b> 11am-12pm Brain Games 12pm-1pm LUNCH 1pm-2pm Word Puzzles</p>	<p>13. <b>10am-11am LETS TALK ABOUT HEALTH W. Irwin Royster</b> 11am-12pm Soap Making 12pm-1pm LUNCH 1pm-2pm Soap Making Continued</p>	<p>14. 10am-10:30am Coffee Time <b>10:30am-11:00am Virtual Spirit Exercise</b> <b>11am-12pm Paint, Sip, and Resource w. Ms. Zee</b> 12pm-1pm LUNCH 1pm-2pm Chat Hour</p>	<p>15. 10am-10:30am Coffee Time <b>10:30am-11:00am Virtual Spirit Exercise</b> 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 <b>Excursion: Bowling AMF Marlow Heights 4717 St. Barnabas rd 10am-2pm</b></p>	
<p>19. 10am-10:30am Coffee Time <b>10:30am-11:00am Virtual Spirit Exercise</b> 11:00am-12pm TRIVIA 12pm-1pm LUNCH 1pm-2pm Chat Hour</p>	<p>20. <b>10am-11am LETS TALK ABOUT HEALTH W. Irwin Royster</b> 11am-12pm Groovy Tye-Dye 12pm-1pm LUNCH 1pm-2pm Tye-Dye continued</p>	<p>21. 10am-10:30am Coffee Time <b>10:30am-11:00am Virtual Spirit Exercise</b> 11:00am-12pm Table Games 12pm-1pm LUNCH 1pm-2pm Chat Hour</p>	<p>22. 10am-10:30am Coffee Time <b>10:30am-11am Virtual Exercise</b> 11am-12pm Brain Games 12pm-1pm LUNCH 1pm-2pm Word Puzzles</p>	<p>23. 10am-10:30am Coffee Time <b>10:30am-11:00am Hangman</b> <b>11:00am-12pm IN PERSON SPIRIT CLUB</b> 12pm-1pm LUNCH 1pm-2pm Chat Hour</p>	
<p>26. 10am-10:30am Coffee Time <b>10:30am-11:00am Virtual Spirit Exercise</b> 11:00am-12pm Minute to Win It 12pm-1pm LUNCH 1pm-2pm Word Puzzles</p>	<p>27. <b>10am-11am LETS TALK ABOUT HEALTH W. Irwin Royster</b> 11:00am-12pm UNO 12pm-1pm LUNCH 1pm-2pm Chat Hour</p>	<p>28. 10am-10:30am Coffee Time <b>10:30am-11am Virtual Exercise</b> 11am-12pm Perfume Making 12pm-1pm LUNCH 1pm-2pm Perfume Making Continued</p>	<p>29. 10am-10:30am Coffee Time <b>10:30am-11:00am Virtual Spirit Exercise</b> 11:00am-12pm Table Games 12pm-1pm LUNCH 1pm-2pm Chat Hour</p>	<p>30. 10am-10:30am Coffee Time <b>10:30am-11:00am Virtual Spirit Exercise</b> 11:00am-12pm Table Games/ Word Puzzles 12pm-1pm LUNCH <b>1pm-2pm Big Bingo</b></p>	<p>January is...<a href="#">Cervical Health</a> Awareness Month, <a href="#">Glaucoma</a> Awareness Month, International Quality of Life Month, National <a href="#">Birth Defects Awareness/Prevention</a> Month, National <a href="#">Blood Donor</a> Month, National Radon Action Month, National Winter Sports <a href="#">Traumatic Brain Injury</a> Awareness Month, <a href="#">Thyroid</a> Awareness Month</p>

