

## 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 March 2025



Monday	Tuesday	Wednesday	Thursday	Friday	
Si belle i	March is  Malignant Hyperthermia Awareness Month, Multiple Sclerosis Awareness Month, Myeloma Action Month, National Bleeding Disorders Awareness Month,	March is also National <u>Developmental</u> <u>Disabilities</u> Awareness Month, National <u>Endometriosis</u> Awareness Month, National <u>Kidney</u> Month, National <u>Nutrition</u> Month, Save Your Vision Month, <u>Trisomy</u> Awareness Month		March 26 AMERICAN DIABETES Alert Day	BRAIN INJURY 'AWARENESSIMONTH
3. 10:00 a.m-10:30am Coffee/Tea 10:30am-11am Virtual Spirit Club Exercise! 11:00 a.m-12:00pm Healthy Eating Tips and Discussions/Use Step Counters (If accessbile) 12:00pm-1:00pm Lunch 1:00 p.m 2:00 p.m. Creative Activities	4. 10:00a.m10:30am Coffee/Tea 10:30am-11am Virtual Spirit Club Exercise! 11:00 a.m-12:00pm TUTORIALS LESSONS: Looming Crochet, Knitting of: Hats, Scarfs, Socks 12:00pm-1:00pm Lunch 1:00 p.m 2:00 p.m. Creative Activities	5. 10:00a.m-10:30am Coffee/Tea 10:30am-11am Virtual Spirit Club Exercise! 11:00 a.m12:00pm Music Movement and Dance Contest 12:00pm-1:00pm Lunch 1:00 p.m. – 2:00 p.m. Board Games, Puzzles	6. 10:00 a.m-10:30am Coffee/Tea 10:30am-11am Virtual Spirit Club Exercise! 11:00 a.m12:00pm Paint & Sip (Hot Chocolate) 12:00-1:00pm LUNCH 1:00pm - 2:00pm Creative Arts: Crayons and Construction Paper	7. 10:00am-10:30am Coffee/Tea 10:30am-11am Virtual Spirit Club Exercise! 11:00am-12:00pm Looming, and Knitting, Crochet 12:00pm-1:00pm LUNCH 1:00-2:00 MUSIC and DANCE	MARCH IS MULTIPLE SCLEROSIS AWARENESS MONTH

10. 10:00a.m-10:30am Coffee/Tea 10:30am-11am Virtual Spirit Club Exercise! 11:00 am -12:00pm Healthy Eating Tips and Discussions/Use Step Counters (if accessible) 12:00pm-1:00pm Lunch 1:00 p.m 2:00 p.m. Creative Activities	11. 10:00a.m10:30am Coffee/Tea 10:30am-11am Virtual Spirit Club Exercise! 11:00 a.m-12:00pm TUTORIALS LESSONS: Looming Crochet, Knitting of: Hats, Scarfs, Socks 12:00pm-1:00pm Lunch 1:00 p.m 2:00 p.m. Creative Activities	12. 10:00a.m-10:30am Coffee/Tea 10:30am-11am Virtual Spirit Club Exercise! 11:00 a.m12:00pm Music Movement and Dance Contest 12:00pm-1:00pm Lunch 1:00 p.m 2:00 p.m. Board Games, Puzzles	13. 10:00 a.m-10:30am Coffee/Tea 10:30am-11am Virtual Spirit Club Exercise! 11:00 a.m12:00pm Paint & Sip (Hot Chocolate) 12:00pm-1:00pm Lunch 1:00pm - 2:00pm Creative Arts: Crayons and Construction Paper Excursion: AMISH MARKET 9701 Fort Meade Rd, Laurel, MD 10am-2pm 20. 10:00 a.m-10:30am	14. 10:00am-10:30am Coffee/Tea 10:30am-11am Virtual Spirit Club Exercise! 11:00am-12:00pm Medicaid Visit-LOWER PRESCRIPTION COST & PREVENT FRAUD 12:00pm-1:00pm Lunch 1:00-2:00 MUSIC and DANCE  21. 10:00am-10:30am	DEVELOPMENTAL DISABILITIES AWARENESS MONTH  222.
Coffee/Tea 10:30am-11am Virtual Spirit Club Exercise! 11:00 a.m-12:00pm St. Patrick's Day - Dress in Green Outfits Contest with Prizes 12:00pm-1:00pm Lunch 1:00 p.m.— 2:00 p.m.	Coffee/Tea 10:30am-12:00pm Mental Health Counsiling w/ Dr. Crawford 12:00pm-1:00pm Lunch 1:00p.m2:00pm Virtual low intensity Zumbo Excercise	Coffee/Tea 10:30am-11am Virtual Spirit Club Exercise! 11:00 a.m.–12:00pm Music Movement and Dance Contest 12:00pm-1:00pm – LUNCH & FOOD JONEZI CHEF DEMONSTRATION 1:00 p.m. – 2:00 p.m. Board Games, Puzzles	Coffee/Tea 10:30am-11am Virtual Spirit Club Exercise! 11:00 a.m12:00pm Paint & Sip (Hot Chocolate) 12:00pm-1:00pm Lunch 1:00pm - 2:00pm Creative Arts: Crayons and Construction Paper EXCURSION: RELAX and RECHARGE WARD 1 St. PATRICK'S SR WELLNESS AND SPA DAY  10AM-2PM  1480 GIRARD ST, NW DC	Coffee/Tea 10:30am-11am Virtual Spirit Club Exercise! 11:00am-12:00pm Looming, and Knitting, Crochet 12:00pm-1:00pm Lunch 1:00pm-2:00pm MUSIC and DANCE	INTERNATIONAL HPV AWARENESS MONTH

24.	25.	26.	27.	28.	Monday 31st.
10:00a.m10:30am	10:00a.m10:30am	10:00a.m10:30am	10:00a.m10:30am	10:00am-10:30am	
Coffee/Tea	Coffee/Tea	Coffee/Tea	Coffee/Tea	Coffee/Tea	10:00 a.m.–10:30am
10:30am-11am Virtual	10:30am-11am Virtual	10:30am-11am Virtual	10:30am-11am Virtual	10:30am-11am Looming,	Coffee/Tea 10:30am-11:00am-Virtual Spirit Club Fitness 11:00am-12:00pm Healthy Eating Tips and
Spirit Club Exercise!	Spirit Club Exercise!	Spirit Club Exercise!	Spirit Club Exercise!	and Knitting, Crochet	
11:00 a.m–12:00pm	11:00 a.m.–12:00pm	11:00 a.m.–12:00pm Bean	11:00 a.m12:00pm Paint &	11:00am-12:00pm IN	
<b>Healthy Eating Tips and</b>	TUTORIALS LESSONS:	Bag Toss Tournament	Sip (Hot Chocolate)	PERSON SPIRIT CLUB	
Discussions/Use Step	Looming Crochet,	12:00pm-1:00pm –	12:00pm-1:00pm – LUNCH	CHAIR EXCERCISE	Discussions
Counter (If accessible)	Knitting of: Hats, Scarfs,	LUNCH	1:00pm - 2:00pm	12:00pm-1:00pm	12:00pm-1:00pm Lunch
12:00pm-1:00pm Lunch	Socks	1:00 p.m. – 2:00 p.m.	Creative Arts: Crayons and	LUNCH	1:00 p.m. – 2:00 p.m.
1:00 p.m. – 2:00 p.m.	12:00pm-1:00pm LUNCH	<b>Cognitive Exercises with</b>	<b>Construction Paper</b>	1:00pm-2:00pm MUSIC	Creative Activities
<b>Creative Activities</b>	1:00 p.m. – 2:00 p.m.	<b>BOP-IT, and Simon Says</b>		and DANCE	
	Creative Activities				

Network – Supported by the Department of Aging and Community Living