



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	
	March is... <u>Malignant Hyperthermia</u> Awareness Month, <u>Multiple Sclerosis</u> Awareness Month, <u>Myeloma Action</u> Month, National <u>Bleeding Disorders</u> Awareness Month,	March is also.... National <u>Developmental 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			
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 accessible) 12:00pm-1:00pm Lunch 1:00 p.m. – 2:00 p.m. Creative Activities	4. 10:00a.m.–10:30am 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.m.–12:00pm 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.m.–12:00pm 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	

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