



EOTR Harvard FRIENDSHIP CAFÉ
 1845 Harvard St, NW DC
 Ziairra Baughan-Owens, Program Manager Ward 1 & 7
 202-845-3384
 Regina Ford, Nutrition Aide
 Tiffany Jackson, Recreation Coordinator

**May
 2026**



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>4. 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>5. 10am-10:30am Coffee Time 10:30am-12:00pm Dr. Crawford Mental Health 12pm-1pm LUNCH 1pm-2pm Painting Continued</p>	<p>6. 10am-10:30am Coffee Time 10:30am – 12:00pm Mental Health Counseling w. Maryanne 12pm-1pm LUNCH 1pm-2pm Strategy Games</p>	<p>7. 10am-10:30am Coffee Time 10:30am-11am Virtual Exercise 11:00AM-12:00pm Chef Demonstration UDC Herb: Feeding Your Brain & Body 12pm-1pm LUNCH 1pm-2pm Strategy Games</p>	<p>8. 10am-10:30am Coffee Time 10:30am-11:00am Virtual Spirit Exercise 11:00am-12pm Table Games 12pm-1pm LUNCH 1pm-2pm Karaoke Friday Excursion: BK FARMS 10140 Piscataway Rd, Clinton MD 10:00am-2:00pm</p>	

<p>11. 10am-10:30am Coffee Time 10:30am-11:00am Virtual Spirit Exercise 11:00am-12pm Walk Around the Block 12pm-1pm LUNCH 1pm-2pm Chat Hour</p>	<p>12. 10am-10:30am Coffee Time 10:30am-11:00am Virtual Spirit Exercise 11:00am-12pm Health Promotion w/ Irwin Royster 12pm-1pm LUNCH 1pm-2pm Chat Hour</p>	<p>13. 10am-10:30am Coffee Time 10:30am-11:00am Virtual Spirit Exercise 11:00am-12:00pm- Nutrition Counseling w. Food Jonezi 12pm-1pm LUNCH 1pm-2:00pm Mother's Day DIY</p>	<p>14. 10am-10:30am Coffee Time 10:30am-11am Virtual Exercise 11am-12pm Plaster Painting 12pm-1pm LUNCH 1pm-2pm Plaster Painting</p>	<p>15. 10am-11:00am Coffee Time 11am-12:00pm In Person Spirit Club Exercise 11:00am-12pm Table Games 12pm-1pm LUNCH 1pm-2pm Karaoke Friday</p>	
<p>18 10am-10:30am Coffee Time 10:30am-11:00am Virtual Spirit Exercise 11:00am-12pm Paint and Sip 12pm-1pm LUNCH 1pm-2pm Painting Continued</p>	<p>19 10am-10:30am Coffee Time 10:30am-11am Virtual Exercise 11am-12pm DIY Coasters 12pm-1pm LUNCH 1pm-2pm DIY Coasters</p>	<p>20 10am-10:30am Coffee Time 10:30am-11:00am Virtual Spirit Exercise 11:00am-12pm Walk Around the Block 12pm-1pm LUNCH 1pm-2pm Chat Hour Excursion: Senior Fest 2700 Martin Luther King Jr Ave SE, Washington, DC 20032 9:00am-2:00pm</p>	<p>21 10am-10:30am Coffee Time 10:30am-11:00am Virtual Spirit Exercise 11:00am-12pm Minute to Win It 12pm-1pm LUNCH 1pm- 2pm Monthly BINGO</p>	<p>22. Site is Closed STAFF TRAINING</p>	
<p>25.  Site Closure Honor & Remember</p>	<p>26. 10am-10:30am Coffee Time 10:30am-11:00am Virtual Spirit Exercise 11:00am-12pm Health Promotion w/ Irwin Royster 12pm-1pm LUNCH 1pm-2pm Chat Hour</p>	<p>27. 10am-10:30am Coffee Time 10:30am-11am Virtual Exercise 11am-12pm Brain Games 12pm-1pm LUNCH 1pm-2pm Corn Hole Excursion: Older American Month: A Wellness Expo 1480 Girard St, NW DC 10am-2:00pm</p>	<p>28. 10am-10:30am Coffee Time 10:30am-11am Virtual Exercise 11am-12pm DIY Picture Frames 12pm-1pm LUNCH 1pm-2pm DIY Picture Frames 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 Brain Games</p>	<p>May is Mental Health Awareness Month, Stroke Awareness Month, Lupus Awareness Month, Asthma & Allergy Awareness Month, Women's Health Month, Arthritis Awareness Month, Hepatitis Awareness Month, and Brain Cancer Awareness Month, and it also includes Cinco de Mayo (May 5), Mother's Day (second Sunday of May), National Nurses Day</p>

