







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

**OCTOBER
2024**



<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
<p><i>"October Fest"</i></p> <p><i>Its Time to Reap the Harvest</i></p>	<p>1. 10:00 am- Coffee/Tea 10:30 am- Indoor Gardening Harvest, Show & Tell , Discussions NOON – LUNCH 1:00pm- 2:00pm Spirited Chair Workout</p>	<p>2. 10:00 am- Coffee/Tea 10:30 am- Creative Designs: Clay, Jewelry, Crafty Molds NOON – LUNCH 1:00pm-2:00pm Spirited Chair Exercises/Board Games/Trivia Pursuit</p>	<p>3. 10:00 am- Coffee/Tea 10:30 am- Paint and Sip NOON – LUNCH 1:00pm-2:00pm Spirited Chair Exercises/Board Games/Trivia Pursuit</p>	<p>4. 9:30 am- EXCURSION TO Crystal City Shops 1750 Crystal City Dr, Arlington VA 22202 10am-2pm</p>	<p>5.</p> 
<p>7. 10:00am- Coffee/Tea 10:30am- Weigh-in, Healthy Menu, Meal Prep Ideas, Videos and Discussions NOON – LUNCH 1:00pm-2:00pm Board Games/Trivia Pursuit</p>	<p>8. 10:00 am- Coffee/Tea 10:30 am- Indoor Gardening -Share, Swap & Discuss Secrets NOON – LUNCH 1:00pm-2:00pm AARP OPEN ENROLLMENT PRESENTER</p>	<p>9. Lederer Gardens 4801 Nannie Helen Burroughs Ave, NE 10am-12pm</p>	<p>10. 10:00am- Coffee/Tea 10:30am- ~ Paint and Sip NOON – LUNCH 1:00pm-2:00pm Spirited Chair Exercises/Board Games/Trivia Pursuit</p>	<p>11. 9:30 am- EXCURSION TO Amish Market 9701 Fort Meade Rd, Laurel MD 20707 2:00 pm Return to Harvard Towers</p>	<p>12.</p> 
<p>14. <i>Indigenous Peoples's Day</i> Harvard Towers Café Reopens 10/15 at 10:00 a.m.</p>	<p>15. 10:00am- Coffee/Tea 10:30am- Indoor Gardening: Harvest, Swaps, Share Garding Tips NOON – LUNCH 1:00pm-2:00pm ~ Spirited Chair Workout/Board Games</p>	<p>16. 10:00am- Coffee/Tea 10:30am- Creative Designs: Clay and Jewelry, Crafty Molds NOON – LUNCH 1:00pm- 2:00pm - Spirited Chair Exercises/Triva Pursuit</p>	<p>17. 10:00am- Coffee/Tea 10:30am- Paint and Sip NOON – LUNCH 1:00pm-2:00pm Spirited Chair Exercises/Board Games/Trivia Pursuit</p>	<p>18. 10:00am- Coffee/Tea 10:30am- Indoor Gardening Swaps and Discussions NOON – LUNCH 1:00pm-2:00 Spirited Chair Workout/Board Games/Triva Pursuit</p>	<p>19.</p> 
<p>21. 10:00am Coffee/Tea 10:30am- Weigh-in, Healthy Menu, Meal Prep Ideas, Videos and Discussions NOON – LUNCH</p>	<p>22. 10:00am- Coffee/Tea 10:30am- Indoor Gardening Swaps and Discussions NOON – LUNCH</p>	<p>23. 10:00am- Coffee/Tea 10:30am- Creative Designs: Clay and Jewelry, Crafty Molds NOON – LUNCH</p>	<p>24. 10:00am- Coffee/Tea 10:30 am – Sip, Paint, & Resources with Mrs. Zee NOON – LUNCH</p>	<p>25. 9:30 am – EXCURSION National Gallery Art WEST BUILDING 201 6TH ST, NW</p>	<p>26.</p>

1:00pm-2:00pm Board Games/Triva Pursuit	1:00pm-2:00 Spirited Chair Workout/Board Games/Triva Pursuit	1:00pm-2:00pm ~ Spirited Chair Exercises/Triva Pursuit	1:00pm-2:00pm Spirited Chair Exercises/Board Games/Trivia Pursuit	10am~2pm	
28. 10:00am- Coffee/Tea 10:30am- Weigh-in, Healthy Menu, Meal Prep Ideas, Videos and Discussions 12:00pm – LUNCH 1:00pm- 2:00 pm Board Games/Tria Pursuit	29. 10:00am-10:30am- Indoor Gardening Swaps and Discussions 11am-12pm- <u>GROCERY PLUS PRESENTATION & SIGN UP</u> NOON – LUNCH 1:00pm-2:00 Spirited Chair Workout/Board Games/Triva Pursuit	30. Whitman Max Walker Robinson (off site presentation) 120 Sycamore Drive SE 10:00am~1:00 LUNCH-INFOMATIVE WORKSHOPS-GIVEAWAYS	31. 10:00am- Coffee/Tea 10:30am- Creative Designs: Clay and Jewelry, Crafty Molds NOON – LUNCH 1:00pm-2:00pm ~ Spirited Chair Exercises/Triva Pursuit		 <div> ADHD Awareness Month October </div>

Part of the Senior Services Network – Supported by the Department of Aging and Community Living