

April 2024 Calendar

EOTR Harvard Towers FRIENDSHIP CAFÉ Nureyev Mitchell, Outreach/Partnership Rec. Coordinator 202-845-3378

> Edith Hampleton Nutrition Aide Delores Ford Recreation Coordinator



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1.	2.	3.	4.	5	6.
10:00am-10:30am-Chat & Chew	10:00am-11:00am- Coffee Hour 12:00pm-1:00pm- LUNCH	10:00am-10:30am- Tea Time 10:30am-11am -Spirit Club Virtual	10:00am-11am- Chat & Chew 10:30am-11am- Spirit Club	10:00am-10:30am- Tea Time	April
10:30am-11am-Spirit Club		Fitness	Virtual Fitness	10:30am-11am- Spirit Club	Showers
Virtual Fitness	1:00am-2pm- Spirit Club In- Person.	11:00am-12:00pm -Bingo	11am-11:30am- Choose	Virtual Fitness	4114M&1.3
11:00am-12:00pm-Paint		12:00pm-1:00pm - LUNCH	Game/Ring Toss	11:00am-11:30pm-Bean	
&Sip/Hot Chocolate	1:00pm-2:00pm -Art	1:00pm-2:00pm- Talk Next Month	11:30am-12:00pm- Indoor urban	Bag Toss	
12:00pm-1:00pm- LUNCH	Presentations	Trips	gardening activity	11:30am-12pm-	
1:00pm-2:00pm-Music Dance			Choose Game/Ring Toss	Checkers/Board Games	
			12:00pm-1:00pm- LUNCH	12:00pm-1:00pm- LUNCH	
			1:00pm-2:00pm -Journal Reading	1:00pm-2:00pm- Journal Read	

8. 10:00am-10:30am- Tea Time 10:30am-11am- Spirit Club Virtual Fitness 11:00am-12:00pm-Music Dancing/Board Games 12:00pm-1:00pm- LUNCH 1:00pm-2:00pm-Journal Read Discussions	9. 10:00am-10:30am- Tea Time 12:00pm-1:00pm-LUNCH 1:00am-2:00pm- Spirit Club In Person 1:00pm-2:00pm-Coin Toss Challenge	10. 10:00am-10:30am- Coffee Time 10:30am-11am- Spirit Club Virtual Fitness 11:00am- 12:00pm-Arts-Looming 12:00pm-1:00pm- LUNCH 1:00pm-2:00pm-Journal Read-Share Weight Loss Experiences	11. 10:00am-10:30am- Tea Time 10:30am-11am- Spirit Club Virtual Fitness 11:00am-12:00pm-Arts/Paint & Sip 12:00pm-1:00pm- LUNCH 1:00pm-2:00pm-Journal- Weigh-in	10:00am-11:00am- Coffee Time 10:30am-11am- Spirit Club Virtual Fitness 11:00am-12:00pm-Hula Hoop Contest/Art and Crats 12:00pm-1:00pm- LUNCH 1:00pm-2:00pm-Music Hour	13.
15. 10:00am-10:30am- Coffee Hour 10:30am-11am- Spirit Club Virtual Fitness 11:00am-12:00pm-Paint & Sip 12:00pm-1:00pm- LUNCH 1:00pm-2:00pm-Journal- Weigh-In Dicussions	16 HAPPY EMANCIPATION DAY	17. 10:00am-10:30am- Chat & Chew 10:30am-11am- Arts & Crafts 11:00am-12:00pm- spirit club vitural fitness 12:00pm-1:00pm-LUNCH 1:00pm-2:00pm- Journal-Weigh In/Share	18. Excursion:Cherry Blossom Parade 1100 Ohio Dr,SW 10:00AM-12PM 12:00pm-1:00pm- LUNCH 1:00pm-2:00pm- Music Hour	19. 10:00am-10:30am- Coffee Hour 10:30am-11am- Spirit Club Virtual Fitness 11:00am-12:00pm-Connect Four/Arts & Crafts 12:00pm-1:00pm- LUNCH 1:00pm-2:00pm-Journal-Weigh-In Dicussions Diet Secrets	20.

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22.	23.	24	25	26.	27.
				African American	
10:00am-10:30am-	Excursion:Walmart	10:00am-10:30am- Tea Time	10:00am-11:00m- Coffee Time	Musem of History and	
Coffee/Tea	8745 Branch Ave Clinton, MD			Culture	
	10:00AM-12:00PM	11:00am-12:00pm- Spirit Fitness	10:30am-11am-Spirit Club	10:00 am-12:30 pm	
		vitural	Virtual Fitness	10.00 dill-12.00 pill	
10:30am-11am- Spirit Club	12:00pm-1:00pm- LUNCH		Tillaar Filinoos	4.00 0.00 1	
Virtual Fitness		12:00pm-1:00pm- LUNCH		1:30 pm-2:00 pm- Journal-	
	11:00pm-12:00pm- Journal		11:00am-12:00pm-Black Trivia	Weigh-In discussions	
11:00am-12:00pm-Arts/Paint	Reading Discussion	1:00pm-2:00pm-Movies	Thouam 12.00pm Black Tittla		
& Sip			12pm- Chef Demonstrations &		
	1:00pm-2:00pm- Spirit Fitness				A PACK
12:00pm-1:00pm- LUNCH	In-Person		Food Tasting (Food Jonezi)		
12.00р. 1.00р. 2011011			40.00 4.00 1.1110		
1:00pm-2:00pm- Journal-			12:00pm-1:00pm- LUNCH		
Weigh-In Dicussions					
Weigh-III Dicussions			1:00pm-2:00pm-Jenga/ Board		
			Games		
29.	30.				
		A SAME OF A SAME			
10:00am-10:30am- Coffee	10:00 am-11:00m- Coffee Time				
12.22.12.22		Showers			
<mark>10:30-12:00pm</mark>	10:30am-11am-Spirit Club				
Conversations and	Virtual Fitness	Bring May			
Resource Fair hosted		Flowers			
by DACL/ DC					
Department of Aging	11:00am-12:00pm-Black Trivia/				
and Community Living	Coin Toss				
and commandy in the					
10:30am-11am- Spirit Club	12:00pm-1:00pm- LUNCH				
Virtual Fitness					
viituai i itiiess	1:00pm-2:00pm- Spirt club				
11:00am-12:00pm-Ring Toss	personal fitness in person				
11.00am-12.00pm-King 10ss					
12:00pm 1:00pm LUNCH					
12:00pm-1:00pm- LUNCH					
4.00mm 0.00mm Talls Alexa					
1:00pm-2:00pm-Talk About					
Goals					

April Awareness:

- Irritable Bowel Syndrome Awareness Month
 - National Autism Awareness Month
 - National Child Abuse Prevention Month
 - National Donate Life Month

- National Minority Health Month
- National Parkinson's Awareness Month
- National Public Health Week (April 1- 7)
- National Youth HIV/AIDS Awareness Day (April 10)
- Congenital Diaphragmatic Hernia Awareness Month