









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



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

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

<p>22.</p> <p>10:00am-10:30am- Coffee/Tea</p> <p>10:30am-11am- Spirit Club Virtual Fitness</p> <p>11:00am-12:00pm-Arts/Paint & Sip</p> <p>12:00pm-1:00pm- LUNCH</p> <p>1:00pm-2:00pm- Journal-Weigh-In Discussions</p>	<p>23.</p> <p>Excursion:Walmart 8745 Branch Ave Clinton,MD 10:00AM-12:00PM</p> <p>12:00pm-1:00pm- LUNCH</p> <p>11:00pm-12:00pm-Journal Reading Discussion</p> <p>1:00pm-2:00pm- Spirit Fitness In-Person</p>	<p>24</p> <p>10:00am-10:30am- Tea Time</p> <p>11:00am-12:00pm- Spirit Fitness virtual</p> <p>12:00pm-1:00pm- LUNCH</p> <p>1:00pm-2:00pm-Movies</p>	<p>25</p> <p>10:00am-11:00m- Coffee Time</p> <p>10:30am-11am-Spirit Club Virtual Fitness</p> <p>11:00am-12:00pm-Black Trivia</p> <p>12pm- Chef Demonstrations & Food Tasting (Food Jonezi)</p> <p>12:00pm-1:00pm- LUNCH</p> <p>1:00pm-2:00pm-Jenga/ Board Games</p>	<p>26.</p> <p>African American Museum of History and Culture 10:00 am-12:30 pm</p> <p>1:30 pm-2:00 pm- Journal-Weigh-In discussions</p>	<p>27.</p> 
<p>29.</p> <p>10:00am-10:30am- Coffee</p> <p>10:30-12:00pm Conversations and Resource Fair hosted by DACL/ DC Department of Aging and Community Living</p> <p>10:30am-11am- Spirit Club Virtual Fitness</p> <p>11:00am-12:00pm-Ring Toss</p> <p>12:00pm-1:00pm- LUNCH</p> <p>1:00pm-2:00pm-Talk About Goals</p>	<p>30.</p> <p>10:00 am-11:00m- Coffee Time</p> <p>10:30am-11am-Spirit Club Virtual Fitness</p> <p>11:00am-12:00pm-Black Trivia/ Coin Toss</p> <p>12:00pm-1:00pm- LUNCH</p> <p>1:00pm-2:00pm- Spirit club personal fitness in person</p>				

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**