




# June 2024 Calendar





EOTR Harvard Towers FRIENDSHIP CAFÉ  
 Leniqua'dominique Jenkins, Program Manager Ward 1  
 202-845-3384  
 Edith Hampton, Nutrition Aide  
 Delores Ford, Recreation Coordinator



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<p>1.</p>
<p>3.</p> <p>10:00am-10:30am Coffee/Tea</p> <p>10:30am-11:00am-Spirit Club Virtual Fitness</p> <p>11:00am-12:00pm-Healthy Lifestyle Journal-Share Healthy Menus</p> <p>12:00pm-1:00pm- LUNCH</p> <p>1:00pm-2:00pm-Board Games/ Trivial Pursuit</p>	<p>4.</p> <p>10:00am-10:30am-Coffee/Tea</p> <p>10:30am-11:00am-Spirit Club Virtual Fitness</p> <p>11:00am-12:00pm-Arts/Crafts</p> <p>12:00pm-1:00pm- LUNCH</p> <p>1:00pm-2:00pm-Jewelery Making</p>	<p>5.</p> <p>10:00am-10:30am- Coffee/Tea Time</p> <p>10:30am-11:00am- Spirit Club Virtual Fitness</p> <p>11:00am-12:00pm-Crochet/Knitting</p> <p>12:00pm-1:00pm-LUNCH</p> <p>1:00pm-2:00pm- Memory Lane Photos</p>	<p>6.</p> <p>10:00am-10:30am- Coffee/Tea Time</p> <p><b>10:30 am-12pm-Speaker: Patrick Crawford/ Group counseling session on Mental Health</b></p> <p>12:00pm-1:00pm- LUNCH</p> <p>1:00pm-2:00pm- Bean Bag Toss</p>	<p>7.</p> <p>10:00am-10:30am- Coffee/Tea Time</p> <p>10:30am-11:00am- Spirit Club Virtual Fitness</p> <p>11:00am-12:00pm-Music/Dance-Ring Toss</p> <p>12:00pm-1:00pm- LUNCH</p> <p>1:00pm-2:00pm-Trivial Pursuit</p>	<p>8..</p>

<p>10.</p> <p>10:00am-10:30am- Coffee/Tea</p> <p>10:30am-11:00am-Spirit Club Virtual Fitness</p> <p>11:00am-12:00pm-Healthy Lifestyle Journal-Share Healthy Menus</p> <p>12:00pm-1:00pm- LUNCH</p> <p>1:00pm-2:00pm-Board Games/ Trivial Pursuit</p>	<p>11.</p> <p>10:00am-10:30am-Coffee/Tea</p> <p>10:30am-11:00am-Spirit Club Virtual Fitness</p> <p>11:00am-12:00pm-Arts/Crafts- Jewellery Making</p> <p>12:00pm – Chef Demonstration / Food Tasting</p> <p>12:00pm-1:00pm- LUNCH</p> <p>1:00pm-2:00pm- Board Games/ Trivial Pursuit</p>	<p>12.</p> <p>10:00am-10:30am- Coffee/Tea Time</p> <p>10:30am-11:00am- Spirit Club Virtual Fitness</p> <p>11:00am-12:00pm-Paint &amp; Sip/Art &amp; Crafts</p> <p>12:00pm-1:00pm-LUNCH</p> <p>1:00pm-2:00pm- Memory Lane Photos</p>	<p>13.</p> <p>10:00am-10:30am- Coffee/Tea Time</p> <p>10:30am-11:00am- Spirit Club Virtual Fitness</p> <p>11:00am-12:00pm- Speaker:Preventing Medicare Fraud Hosted by AARP</p> <p>12:00pm-1:00pm- LUNCH</p> <p>1:00pm-2:00pm- Father Day Tribute</p>	<p>14.</p> <p><b>Excursion: AMISH MARKET</b>  <b>9701 Fort Meade Road</b>  <b>10:00 am-2:00pm</b></p> <p>10:00am-11:00am- Coffee/Tea Time</p> <p>12:00pm-1:00pm-Lunch</p>	<p>15.</p> <p><b>Ms. Senior DC Pageant</b>  <b>DACL &amp; DC Mayor Muriel Bowser</b>  <b>1:00pm – 3:00pm</b>  <b>Tickets : \$20</b>  <b>UDC Auditorium</b>  <b>(Building 46)</b>  <b>4200 Connecticut Avenue NE</b></p>
<p>17.</p> <p>10:00am-10:30am- Coffee/Tea</p> <p>10:30am-11:00am-Spirit Club Virtual Fitness</p> <p>11:00am-12:00pm-Healthy Lifestyle Weight Check-in</p> <p>12:00pm-1:00pm- LUNCH</p> <p>1:00pm-2:00pm-History of Juneteenth</p>	<p>18.</p> <p>10:00am-10:30am-Coffee/Tea</p> <p>10:30am-11:00am-Spirit Club Virtual Fitness</p> <p>11:00am-12:00pm-Arts/Crafts- Jewellery Making</p> <p>12:00pm-1:00pm- LUNCH</p> <p>1:00pm-2:00pm- Board Games/ Trivial Pursuit</p>	<p>19.</p> 	<p>20.</p> <p><b>Excursion</b>  <b>Silver Pride: Joy In Justice</b>  <b>Date: June 20<sup>th</sup></b>  <b>Time: 4:00 pm – 7: 30 pm</b>  <b>Location: Pepco Edison Place</b>  <b>702 8<sup>th</sup> Street NW</b></p> <p>10:00am-10:30am- Coffee/Tea Time</p> <p>10:30am-11am- Spirit Club Virtual Fitness</p> <p>11:00am-12:00pm-Ring Toss/Bean Toss</p> <p>12:00pm-1:00pm- LUNCH</p> <p>1:00pm-2:00pm-Music/Dance Hour</p>	<p>21</p> <p><b>Excursion</b>  <b>Westfield Wheaton Mall</b>  <b>11160 Veir Mill Road</b>  <b>10:00am-2:00pm</b></p> <p>10:00am-11:00am- Coffee/Tea Time</p> <p>12:00pm-1:00pm-Lunch</p>	<p>22</p>  

<p><b>24</b></p> <p>10:00am-10:30am- Coffee/Tea</p> <p>10:30am-11:00am-Spirit Club Virtual Fitness</p> <p>11:00am-12:00pm-Healthy Lifestyle Journal-Share Healthy Menus-Weight Check in</p> <p>12:00pm-1:00pm- LUNCH</p> <p>1:00pm-2:00pm-Board Games/ Trivial Pursuit</p>	<p><b>25</b></p> <p><b>Mayor Bowser's 13<sup>th</sup> Annual Senior Symposium Senior Symposium Ballou High School 10am – 1:00pm 3401 4<sup>th</sup> Street SE</b></p>	<p><b>26</b></p> <p>10:00am-10:30am-Coffee/Tea</p> <p>10:30am-11:00am-Spirit Club Virtual Fitness</p> <p>11:00am-12:00pm- <b>Professionally guided Sip &amp; Pain Hosted By Rain Young (Theme: Juneteenth)</b></p> <p>12:00pm-1:00pm- LUNCH</p> <p>1:00pm-2:00pm- Board Games/ Trivial Pursuit</p>	<p><b>27</b></p> <p>10:00am-10:30am- Coffee/Tea Time</p> <p>10:30am-11:00am- Spirit Club Virtual Fitness</p> <p><b>11:00am-12:00pm-Black Music Month Activity</b></p> <p>12:00pm-1:00pm- LUNCH</p> <p>1:00pm-2:00pm- Board Games/ Trivial Pursuit</p> 	<p><b>28</b></p> <p><b>Excursion Downtown Silver Spring 916 Ellsworth Dr 10:00am-2:00pm</b></p> <p>10:00am-11:00am- Coffee/Tea Time</p> <p>12:00pm-1:00pm-Lunch</p>	<p><b>29</b></p> 
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