


May 2024



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
		<p>1.</p> <p>10:00am – 10:30am-Coffee/Tea</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-Board Game/Trivial Pursuit</p>	<p>2.</p> <p>10:00am - 11:00am-Coffee Hour</p> <p>10:30am - 11:00am-Spirit Club Virtual Fitness</p> <p>11:00am - 12:00pm- Paint & Sip/Art & Craft</p> <p>12:00pm - 1:00pm- LUNCH</p> <p>1:00pm - 2:00pm- Board Game/Trivial Pursuit</p>	<p>3.</p> <p>Bus Trip: Tanger Outlet 6800 Oxon Hill road 10:00am-2pm</p> <p>10:00am-11am-Coffee Hour</p> <p>12:00pm-1pm- Lunch</p>	<p>4</p> 
<p>6.</p> <p>10:00am – 10:30am-Coffee Time</p> <p>10:30am - 11:00am- Spirit Club Virtual Fitness</p> <p>11:00am - 12:00pm- Journaling-Sharing Healthy/ Menus</p> <p>12:00pm - 1:00pm- LUNCH</p>	<p>7.</p> <p>10:00am – 10:30am-Coffee Time</p> <p>10:30am - 11:00am- Arts & Crafts</p> <p>11:00am - 12:00pm- Jewelry Making</p> <p>12:00pm - 1:00pm- LUNCH</p> <p>1:00pm - 2:00pm- BINGO (with prizes)</p>	<p>8.</p> <p>10:00am – 10:30am-Coffee 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-Board Games</p>	<p>9.</p> <p>Bus Trip: Amish Market 10am-1:30pm 9701 Fort Meade RD</p> <p>10:00am-11:00am-Coffee Hour</p> <p>12:00pm-1pm-Lunch</p>	<p>10.</p> <p>10:00am – 10:30am-Coffee Time</p> <p>10:30am - 11:00am- Spirit Club Virtual Fitness</p> <p>11:00am - 12:00pm- Ring Toss/ Bean Bag Toss</p> <p>12:00pm - 1:00pm- LUNCH</p>	<p>11.</p> 

<p>1:00pm - 2:00pm-Board Games</p>				<p>1:00pm - 2:00pm- Board Game/ Trivial Pursuit</p>	
<p>13.</p> <p>10:00am – 10:30am-Coffee Hour</p> <p>10:30am - 11:00am- Spirit Club Virtual Fitness</p> <p>11:00am - 12:00pm-Healthy Life Style Living/Experiences</p> <p>12:00pm - 1:00pm- LUNCH</p> <p>1:00pm - 2:00pm-Board Games</p>	<p>14.</p> <p>10:00am – 10:30am-Tea Time</p> <p>10:30am - 11:00- Arts/Crafts</p> <p>11:00am - 12:00pm-Jewelery Making</p> <p>12:00pm - 1:00pm- LUNCH</p> <p>1:00pm - 2:00pm-Table top gardening</p>	<p>15.</p> <p>Older Americans Month Event 2024 “Powered by Connection 10am-2pm Busboys and Poets 2021 14th St NW</p>	<p>16.</p> <p>10:00am – 10:30am-Coffee Hour</p> <p>10:30am - 11:00am- Spirit Club Virtual Fitness</p> <p>11:00am - 12:00pm-Paint & Sip/ Arts & Crafts</p> <p>12:00pm Chef Demonstration Food Jonezi</p> <p>12:00pm - 1:00pm- LUNCH</p> <p>1:00pm - 2:00pm-Board Games</p>	<p>17.</p> <p>10:00am – 10:30am-Coffee Time</p> <p>10:30am - 11:00am-Spirit Club Virtual Fitness</p> <p>11:00am – MusicDance/Ring Toss</p> <p>12:00pm - 1:00pm- LUNCH</p> <p>1:00pm - 2:00pm-Bean Bag Toss</p>	<p>18.</p> 
<p>20.</p> <p>10:00am – 10:30am-Tea Time</p> <p>10:30am - 11:00am- Spirit Club Virtual Fitness</p> <p>11:00am - 12:00pm- Journaling/ Healthy Experiences</p> <p>12:00pm - 1:00pm- LUNCH</p> <p>1:00pm - 2:00pm-Music Hour</p>	<p>21.</p> <p>10:00am – 10:30am-Tea Time</p> <p>10:30am - 11:00am- Spirit Club Virtual Fitness</p> <p>11:00am - 12:00pm-Jewelry Making/Art & Craft</p> <p>12:00pm - 1:00pm- LUNCH</p> <p>1:00pm - 2:00pm- Brain game (with prizes)</p>	<p>22</p> <p>10:00am – 10:30am-Coffee/Tea</p> <p>10:30am - 11:00am-Spirit Club Virtual Fitness</p> <p>11:00am - 12:00pm-Crochet/ Knitting/Looming</p> <p>12:00pm - 1:00pm- LUNCH</p> <p>1:00pm - 2:00pm-Board Game/Trivial Pursuit</p>	<p>23</p> <p>10:00am – 10:30am-Tea Time</p> <p>10:30am - 11:00am- Spirit Club Virtual Fitness</p> <p>11:00am - 12:00pm-BIngo</p> <p>12:00pm - 1:00pm- LUNCH</p> <p>1:00pm - 2:00pm-Next month Conversation</p>	<p>24.</p> <p>10:00am – 10:30am- Coffee Time</p> <p>10:30am - 11:00am- 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- Board Games</p>	<p>25</p>

27.



28.

10:00am – 10:30am-Coffee Time
 10:30am - 11:00am- Music Time
 11:00am - 12:00pm-Journaling-
 Sharing Healthy/ Menus
 12:00pm - 1:00pm- LUNCH
 1:00pm - 2:00pm-Table craft

29.

**DC Mayor Bower's
 Senior Fest
 At The University of the
 District of Columbia 4200
 Connecticut Ave
 10am-3pm**

30.

10:00am – 10:30am-Tea Time
 10:30am - 11:00am- Spirit Club
 Virtual Fitness
 11:00am - 12:00pm-Paint & Sip/
 Arts & Crafts
 12:00pm - 1:00pm- LUNCH
 1:00pm - 2:00pm- Board
 Games/Trivial Pursuit

31.

**Bus Trip: Walmart
 10am-1:30pm
 8745 Branch Ave
 Clinton, MD**

**10:00am – 11:00-Coffee
 Hour**

12:00pm - 1:00pm- LUNCH