









EOTR HARVARD TOWERS FRIENDSHIP CAFÉ  
 1845 Harvard Street NW  
 Nureyev Mitchell, Outreach Rec. Coordinator 202-845-3378  
 Edith Hampleton, Nutrition Aide  
 VACANT, Recreation Coordinator

# NOVEMBER 2023 Calendar



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>November is National.....</b>  <b>Lung Cancer Awareness Month</b>  <b>National Diabetes Awareness Month</b>  <b>National Epilepsy Awareness</b>  <b>National Native American Heritage Month</b></p>	<p><b>November is National.....</b>  <b>Pancreatic Cancer Awareness Month</b>  <b>National Family Caregivers Appreciation Month</b></p>	<p><b>1.</b>            10:00am- Tea Time            11:00am- Arts/Crafts            12:00pm – LUNCH            1:00pm-Music Hour</p>	<p><b>2.</b>            10:00am- Coffee Hour            11:00am- Bingo Day            12:00pm – LUNCH            1:00pm-Line Dancing</p>	<p><b>3.</b>            10:00am- Coffee Hour            11:00am-Journaling Workshop            12:00pm – LUNCH            1:00pm-Music Hour</p>	<p><b>4.</b></p> 
<p><b>6.</b>            10:00am- Coffee Hour            11:00am-Financial Literacy 1            12:00pm – LUNCH            1:00pm-Chair Yoga</p>	<p><b>7.</b>            10:00am- Coffee Hour            11:00am-Arts/Crafts            12:00pm – LUNCH            1:00pm-Card Games</p>	<p><b>8.</b>            10:00am- Tea Time            11:00am-Tech Ed 1            12:00pm – LUNCH            1:00pm-Music Hour</p>	<p><b>9.</b>            10:00am- Chat &amp; Chew            11:00am-Card Games            12:00pm – LUNCH            1:00pm-Puzzles</p>	<p><b>10. SITE CLOSED</b></p> 	<p><b>11.</b></p> 
<p><b>13.</b>            10:00am- Coffee Hour            11:00am-Nutrition Education W/ Ms.Minor            12:00pm – LUNCH            1:00pm-Music Hour</p>	<p><b>14.</b>            10:00am- Chat &amp; Chew            11:00am- Life Story/Reflection            12:00pm – LUNCH            1:00pm-Jerporidy</p>	<p><b>15.</b>            10:00am- Tea Time            11:00am-Paper Crafts            12:00pm – LUNCH            1:00pm-Trivia</p>	<p><b>16.</b>            10:00am- Coffee Hour            11:00am-Bingo Day            12:00pm – LUNCH            1:00pm-Movie</p>	<p><b>17.</b>            10:00am- Coffee Hour            11:00am-Youtube Fitness            12:00pm – LUNCH            1:00pm-Card Games</p>	<p><b>18.</b></p>
<p><b>20.</b>            Thanksgiving Luncheon            10:00am – 2:00pm</p> 	<p><b>21. Bus Trip: Arundel Mills</b>  <b>10am-2pm</b>  <b>7000 Arundel Mills Cir</b>            10:00am- Coffee Hour             12:00pm – LUNCH</p>	<p><b>22.</b>            10:00am- Tea Time            11:00am-Tech ED 2            12:00pm – LUNCH            1:00pm-Music Hour</p>	<p><b>23. SITE CLOSED</b></p> 	<p><b>24.</b>            10:00am- Coffee Hour            11:00am-Bean Bag Toss            12:00pm – LUNCH            1:00pm-Walk &amp; Talk</p>	<p><b>25.</b></p> 
<p><b>27.</b>            10:00am- Coffee Hour            11:00am-Goal Day            12:00pm – LUNCH            1:00pm-Chair Yoga</p>	<p><b>28.</b>            10:00am- Coffee Hour            11:00am- Life Story/Reflection            12:00pm – LUNCH            1:00pm-Financial Literacy 2</p>	<p><b>29.</b>            10:00am- Coffee Hour            11:00am-Book Club            12:00pm – LUNCH            1:00pm-Card Games</p>	<p><b>30. Bus Trip: Laurel Dutch Village</b>  <b>9701 Fort Meade RD</b>  <b>10am-2pm</b>            10:00-Coffee Hour            12:00-Lunch</p>	