
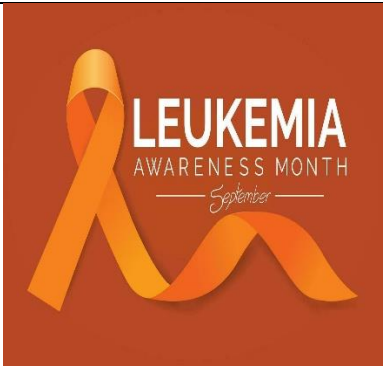




EOTR Harvard Towers FRIENDSHIP CAFÉ
 1845 Harvard Street, NW
 Ziairra Baughan
 (202) 845-3378
 Edith Hampleton, Nutrition Aide
 Delores Ford, Recreation Coordinator



<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
2. <u>Labor Day Holiday</u> 	3. 10:00am- Coffee/Tea 11:00 am - Paint and Sip Noon – LUNCH 1:00pm-2:00pm Spirited Chair Exercises/Board Games/Trivia Pursuit	4. 10:00 am- Coffee/Tea 11:00 am- Creative Designs with Clay and Jewelry Noon – LUNCH 1:00pm-2:00pm Spirit club Chair Exercises/Board Games/Trivia Pursuit	5. 10:00 am- Coffee/Tea 11:00 am- Paint and Sip Noon – LUNCH 1:00pm-2:00pm Spirit club Chair Exercises/Board Games/Trivia Pursuit	6. <u>Tanger Outlet</u> <u>6800 Oxon Hill Rd/ National Harbor, MD</u> <u>10:00am-2:00pm</u>	7. 
9. 10:00am- Coffee/Tea 11:00am- Weigh-in, Healthy Menu, Meal Prep Ideas and Discussions 12:00pm – LUNCH 1:00pm-2:00pm Board Games/Trivia Pursuit	10. 10:00 am- Coffee/Tea 11:00 am- - Indoor Gardening Swaps and Discussions Noon – LUNCH 1:00pm-2:00pm Spirited Chair Workout	11. 10:00am- Coffee/Tea 11:00am- Creative Designs with Clay and Jewelry 12:00pm – LUNCH 1:00pm- 2:00pm Spirit club Chair Exercises/Triva Pursuit	12. 10:00am- Coffee/Tea 11:00am- ~ Paint and Sip Noon – LUNCH 1:00pm-2:00pm Spirited Chair Exercises/Board Games/Trivia Pursuit	13. 10:00am- Coffee/Tea 11:00am- Weigh-in, Healthy Menu, Meal Prep Ideas and Discussions 12:00pm – LUNCH 1:00pm-2:00pm Board Games/Trivia Pursuit	14. 
16. 10:00am- Coffee/Tea 11:00am- Weigh-in, Healthy Menu, Meal Prep Ideas and Discussions 12:00pm – LUNCH 1:00pm-2:00pm Board Games/Triva Pursuit	17. 10:00am- Coffee/Tea 11:00am- Indoor Gardening Swaps and Discussions 12:00pm – LUNCH 1:00pm-2:00pm ~ Spirited Chair Workout/Board Games	18. 10:00am- Coffee/Tea 11:00am- Creative Designs with Clay and Jewelry 12:00pm – LUNCH 1:00pm- 2:00pm – Spirit club Chair Exercises/Triva Pursuit	19. 10:00am- Coffee/Tea 11:00am- Paint and Sip 12:00pm – LUNCH 1:00pm-2:00pm Spirited Chair Exercises/Board Games/Trivia Pursuit	20. <u>Ellsworth Place</u> <u>8661 Colesville Rd, Sliver Spring</u> <u>10:00am-2:00Pm</u>	21. 
23. 	24. 10:00am- Coffee/Tea 11:00am- Indoor Gardening Swaps and Discussions 12:00pm – LUNCH 1:00pm-2:00 Spirited Chair Workout/Board Games/Triva Pursuit	25. <u>Mayor Bowser presents The 7th Annual Brain Games</u> <u>At: Martin Luther King Library</u> <u>10:00am-2:00pm</u>	26. 10:00am- Coffee/Tea 11:00 am - Paint and Sip Noon – LUNCH 1:00pm-2:00pm Spirited Chair Exercises/Board Games/Trivia Pursuit	27. <u>Bowl America Shirley</u> <u>6450 Edsall Rd. Alexandria VA</u> <u>10:00am-2:00pm</u>	28.

30. 10:00am-10:30am- Coffee/Tea 10:30am~12:00~ Group Mental Health Counseling Session with Dr. Crawford 12:00pm – LUNCH 1:00pm- 2:00 pm Spirited Chair Exercises/Board Games/Tria Pursuit					
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Part of the Senior Services Network – Supported by the Department of Aging and Community Living