



EOTR Harvard Towers FRIENDSHIP CAFÉ
 1845 Harvard St, NW DC
 Ziairra Baughan-Owens, Outreach/Partnership Rec.
 Coordinator
 202-845-3378
 Edith Hampleton, Nutrition Aide
 Tiffany Jackson, Recreation Coordinator

**March
 2026**



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>2. 10am-10:30am Coffee Time 10:30am-11:00am Virtual Spirit Exercise 11:00am-12pm Paint and Sip 12pm-1pm LUNCH 1pm-2pm Painting Continued</p>	<p>3. 10am-10:30am Coffee Time 10:30am-11:00am Virtual Spirit Exercise 11:00am-12pm Mental Health Counseling w/Dr. Crawford 12pm-1pm LUNCH 1pm-2pm Chat Hour</p>	<p>4. 10am-10:30am Coffee Time 10:30am-11:00am Virtual Spirit Exercise 11:00am-12:00pm Power of Nutrition Packet & Play 12pm-1pm LUNCH 1pm-2pm Word Puzzles</p>	<p>5. 10am-10:30am Coffee Time 10:30am-11:00am Virtual Spirit Exercise 11:00am-12pm Table Games 12pm-1pm LUNCH 1pm-2pm Chat Hour Excursion: Amish Market/DD's Discount Laurel, MD 10:00am-2:00pm</p>	<p>6. 10am-10:30am Coffee Time 10:30am-11am Virtual Exercise 11am-12pm Word Puzzles 12pm-1pm LUNCH 1pm-2pm Karaoke Fridays</p>	
<p>9. 10am-10:30am Coffee Time 10:30am-11am Virtual Exercise 11am-12pm Brain Games 12pm-1pm LUNCH 1pm-2pm Strategy Games</p>	<p>10. 10am-10:30am Coffee Time 10:30am-11:00am Virtual Spirit Exercise 11:00am-12pm Health Promotion w/Irwin Royster 12pm-1pm LUNCH 1pm-2pm Word Puzzles</p>	<p>11. 10am-10:30am Coffee Time 10:30am-11am Virtual Exercise 11am-12pm Crosswords & Go 12pm-1pm LUNCH 1pm-2pm Brain Games Excursion: Bowling AMF Marlow Heights 4717 St. Barnabas rd. Temple Hills MD 20748 10:00am-2:00pm</p>	<p>12. 10am-10:30am Coffee Time 10:30am-11:00am Virtual Spirit Exercise 11:00am-12:00pm Canvas, Cocoa Paint and Sip 12:00pm-1:00pm LUNCH 1:00pm-2:00pm painting Continued</p>	<p>13. 10am-10:30am Coffee Time 10:30am-11am Virtual Exercise 11am-12pm Brain Games 12pm-1pm LUNCH 1pm-2pm Karaoke Fridays</p>	

<p>16. 10am-10:30am Coffee Time 10:30am-11am Virtual Exercise 11am-12pm UNO 12pm-1pm LUNCH 1pm-2pm Table Games</p>	<p>17. 10am-10:30am Coffee Time 10:30am-11:00am Virtual Spirit Exercise 11:00am-12:00pm Intro to Spring Canvas Painting & Resource w. Ms Zee 12pm-1pm LUNCH 1pm-2pm painting Continued</p>	<p>18. 10am-10:30am Coffee Time 10:30am-11:00am Virtual Spirit Exercise 11:00am-12pm Diamond Art 12pm-1pm LUNCH 1pm-2pm Diamond Art Continued</p>	<p>19. 10am-10:30am Coffee Time 10:30am-11am Virtual Exercise 11:00am-12pm Paint and Sip 12pm-1pm LUNCH 1pm-2pm Strategy Games</p>	<p>20. 10am-11am Coffee Time 11:00am-12:00pm In-Person SPIRIT CLUB 12pm-1pm LUNCH 1pm-2pm Karaoke Fridays</p>	
<p>23. 10am-10:30am Coffee Time 10:30am-11:00am Virtual Spirit Exercise 11am-12pm EYL Art Classes 12pm-1pm LUNCH 1pm-2pm Pottery Continued</p>	<p>24. 10am-10:30am Coffee Time 10:30am-11am Virtual Exercise 11:00am-12:00pm Health Promotion w/ Irwin Royster 12pm-1pm LUNCH 1pm-2pm Strategy Games</p>	<p>25. 10am-10:30am Coffee Time 10:30am-12:00pm Mental Health with Maryanne 12pm-1pm LUNCH 1pm-2pm Fuzzy Posters Continued</p>	<p>26. 10am-10:30am Coffee Time 10:30am-11:00am Virtual Spirit Exercise 11:00am-12pm Fuzzy Posters 12pm-1pm LUNCH 1pm-2pm Fuzzy Posters Continued</p>	<p>27. 10am-10:30am Coffee Time 10:30am-11am Virtual Exercise 11:00am-12:00pm Live Chef Demo w/ Chef Herb 12pm-1pm LUNCH 1pm-2pm Karaoke Fridays</p>	
<p>30. 10am-10:30am Coffee Time 10:30am-11:00am Virtual Spirit Exercise 11:00am-12pm Legal Council of Elderly x BINGO 12pm-1pm LUNCH 1pm-2pm painting Continued</p>	<p>31. 10am-10:30am Coffee Time 10:30am-11:00am Virtual Spirit Exercise 11:00am-12pm Table Games/ Word Puzzles 12pm-1pm LUNCH 1pm-2:00pm DIAMOND ART</p>				<p>March is National Nutrition Month, National Kidney Month, Colorectal Cancer Awareness Month, Brain Injury Awareness Month, Developmental Disabilities Awareness Month, Endometriosis Awareness Month, Multiple Sclerosis (MS) Awareness Month, Bleeding Disorders Awareness Month, and Workplace Eye Wellness (Save Your Vision) Month.</p>

