
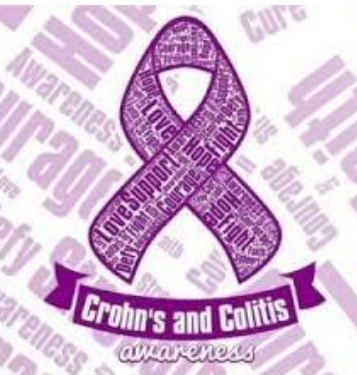




**EOTR HARVARD TOWERS FRIENDSHIP CAFÉ**  
**1845 HARVARD STREET, NW**  
**Ziairra Baughan-Owens, Outreach/Partnership Rec.**  
**Coordinator**  
**202-845-3378**  
**Edith Hampleton, Nutrition Aide**  
**Delores Ford, Recreation Coordinator**

**December**  
**2024**



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>2.</b> 10:00 am – Coffee/Tea <b>11:00 am – Looming, Crochet, Knitting of Hats, Scarfs....</b> NOON – LUNCH <b>1:00 pm – 2:00 pm Creative Activities</b>	<b>3.</b> 10:00 am – Coffee/Tea <b>11:00 am – Make and Paint Christmas Ornaments</b> NOON – LUNCH <b>1:00 – 2:00 MUSIC AND RHYTHM CHAIR EXERCISES</b>	<b>4.</b> 10:00 am Coffee/Tea <b>11:00 am Discussion: Share Healthy Eating Tips for the Holidays!</b> NOON: LUNCH <b>1:00-2:00 MUSIC Singing Christmas Carols</b>	<b>5</b> 10:00 am – Coffee/Tea <b>11: 00 am – CARD GAME TOURNAMENT WITH PRIZES</b> NOON – LUNCH <b>1:00 – 2:00 MUSIC AND DANCING</b> <b>EXCURSION: Amish Market</b> <b>10am-2pm</b> <b>5030 Brown Station Rd, Upper Marlboro, MD 20772</b>	10:00am Coffee/Tea Hour <b>11:00am BINGO</b> 12:00pm Lunch <b>1:00pm-2:00pm Cognitive Memory Games (Electric Simon Says)</b>	<b>7.</b>  3 December <b>International Day of People with Disability</b>
<b>9</b> 10:00 am – Coffee/Tea <b>11:00 am FREE ROBOTIC PET PRESENTATION W/ MS. ZEE</b> NOON – LUNCH <b>1:00 pm – 2:00 pm Creative Activities.</b>	<b>10</b> 10:00 am – Coffee/Tea <b>11:00 am – Make and Paint Christmas Ornaments</b> NOON – LUNCH <b>1:00 – 2:00 MUSIC AND RHYTHM CHAIR EXERCISES</b>	<b>11</b> 10:00am- Coffee/Tea Hour <b>11:00am- Looming Scarfs &amp; Hats</b> 12:00pm- Lunch <b>1:00pm -crafts</b>  <b>Excursion: Mayors 26<sup>th</sup> Annual Senior Holiday Celebration</b> <b>10am-2pm</b> <b>DC ARMORY 2001 E Capitol St. SE</b>	<b>12.</b> 10:00am Coffee/Tea Hour <b>11:00am DIY Holiday Candy Jars</b> 12:00pm Lunch <b>1:00pm-2:00pm BINGO</b>	<b>13.</b> 10:00 am – Coffee/Tea <b>11: 00 am – CARD GAME TOURNAMENT WITH PRIZES</b> NOON – LUNCH <b>1:00 – 2:00 MUSIC AND DANCING</b>	<b>14.</b> 
<b>16.</b> 10:00 am – Coffee/Tea <b>10:30am – Mental Health w/ Dr.Crawford</b> NOON – LUNCH	<b>10:00am Coffee/Tea Hour</b> <b>11:00am EPD WAIVER PROGRAM PRESENTATION</b> <b>12:00pm Lunch</b>	<b>18.</b> 10:00am Coffee/Tea Hour <b>11:00am Holiday Bouquets</b> 12:00pm Lunch	<b>19.</b> 10:00am- Coffee/Tea Hour <b>11:00am- PARTY TIME!</b> 12:00pm- Lunch	<b>20.</b> 10:00 am – Coffee/Tea <b>11: 00 am – Spirit Club w/ Chair Exercise</b>	

1:00 pm – 2:00 pm <b>Creative Activities</b>	<b>1:00pm-2:00pm Group Discussion</b>	<b>1:00pm-2:00pm Table Games</b>	<b>1:00pm- PARTY TIME DINING SITE HOLIDAY PARTY</b>	<b>12pm-1pm Chef Demonstration W. Jonezi</b> <b>1:00 – 2:00 MUSIC AND DANCING</b>	
<b>23.</b> 10:00 am – Coffee/Tea <b>11:00 am – Looming, Crochet, Knitting of Hats, Scarfs....</b> NOON – LUNCH <b>1:00 pm – 2:00 pm Creative Activities</b>	<b>24.</b> 10:00am Coffee/Tea Hour <b>11:00am Cookie Baking</b> 12:00pm Lunch <b>1:00pm-2:00pm Cookie Decorating</b>	<b>25.</b> <b>Happy Holidays!!!</b>  <b>Happy Holidays!!!</b> <b>Happy Holidays!!</b> <b>Happy Holidays!</b>	<b>26.</b> 10:00 am – Coffee/Tea <b>11:00 am – Paint &amp; Sip with Hot Chocolate&amp;WhipCream</b> NOON – LUNCH <b>1:00 – 2:00 Expressive Art and Creative Activities</b>	<b>27.</b> 10:00 am – Coffee/Tea <b>11: 00 am – CARD GAME TORNAMENT WITH PRIZES</b> NOON – LUNCH <b>1:00 – 2:00 MUSIC AND DANCING</b>	<b>28.</b> 
<b>30.</b> 10:00 am – Coffee/Tea <b>11:00 am – Looming, Crochet, Knitting of Hats, Scarfs....</b> NOON – LUNCH <b>1:00 pm – 2:00 pm Creative Activities</b>	<b>31.</b> 10:00am Coffee/Tea Hour <b>11:00am BINGO</b> 12:00pm Lunch <b>1:00pm-2:00pm Cognitive Memory Games (Electric Simon Says)</b>			<b>December 3: International Day of Persons with Disabilities</b> <b>December 2-8: National Handwashing Awareness Week</b> <b>December 4-8: National Influenza Vaccination Week</b>	<b>December 1~31 National Impaired Driving Prevention Month</b> <b>December 1~31: National Safe Toys and Gifts Month</b> <b>December 1: World AIDS Day</b> <b>December 1~7: Crohn's and Colitis Awareness Week</b>

*Network – Supported by the Department of Aging and Community Living*