



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

**January
2025**



<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
		<p>1.</p> <p>NEW YEAR'S DAY</p> <p>HARVARD TOWERS' CAFÉ CLOSED</p> <p>REOPENS THURSDAY, JANUARY 2nd 10:00 a.m. to 2:00 p.m.</p>	<p>2.</p> <p>10:00am Coffee/Tea 11:00am Group Discussion and Self Reflections NOON: LUNCH 1:00 pm – 2:00 pm Music/Line Dance, Bop, and Movement</p>	<p>3.</p> <p>10:00am Coffee/Tea 11:00 am Looming, and Knitting, Crochet NOON: LUNCH 1:00 pm -2:00 pm MUSIC and DANCE</p>	<p>January is....</p> <ul style="list-style-type: none"> -Cervical Health Awareness Month -Glaucoma Awareness Month -International Quality of Life Month -National Birth Defects Awareness/Prevention -National Blood Donor Month -Traumatic Brain Injury Awareness Month -Thyroid Awareness Month <p>January 4: World Braille Day January 28: World Leprosy Day</p>
<p>6.</p> <p>10:00 a.m. Coffee/Tea 11:00 a.m. Healthy Diet and Weight Loss Discussions NOON: LUNCH 1:00 p.m.-2:00 pm RingToss/Bean Bag Toss</p>	<p>7.</p> <p>10:00 a.m. Coffee/Tea 11:00 a.m. Creative Art Expressions: Painting, Clay Molding, etc... NOON: LUNCH 1:00 pm -2:00 pm Board Games</p>	<p>8.</p> <p>10:00 a.m. Coffee/Tea 11:00 a.m. Costume Jewelry Designs NOON: LUNCH 1:00 p.m.-2:00 p.m. Discussions on World Traveling – Pros and Cons</p>	<p>9.</p> <p>10:00 a.m. Coffee/Tea 11:00 a.m. Healthy Diet and Weight Loss Discussions NOON: LUNCH 1:00 p.m.-2:00 pm RingToss/Bean Bag Toss Excursion: Capital Area Food Bank COOKING CLASS 4900 Puerto Rico Ave NE, DC 11am-2pm</p>	<p>10.</p> <p>10:00am Coffee/Tea 11:00am Looming, and Knitting, Crochet NOON: LUNCH 1:00 pm -2:00pm MUSIC and DANCE</p>	<p>DON'T BE BLINDSIDED BY GLAUCOMA.</p> <p>January is Glaucoma Awareness Month Wiles Eye Center</p>

<p>13. 10:00 a.m. Coffee/Tea 11:00 a.m. Healthy Diet and Weight Loss Discussions NOON: LUNCH 1:00 p.m.-2:00pm Ring Toss/Bean Bag Toss</p>	<p>14. 10:00a.m. Coffee/Tea 11:00 a.m. Creative Art Expressions: Painting, Clay Molding, etc... NOON: LUNCH 1:00 pm -2:00 pm Board Games</p>	<p>15. 10:00 a.m. Coffee/Tea 11:00 a.m. Costume Jewelry Designs NOON: LUNCH 1:00 p.m.-2:00 p.m Interactive Exercise for Seniors/Chair and Wall Movements</p>	<p>16. 10:00 a.m. Coffee/Tea 11:00 a.m. Creative Art Expressions: Painting, Clay Molding, etc... NOON: LUNCH 1:00 pm -2:00 pm Board Games</p>	<p>17. 10:00 Coffee/Tea 10:30am-12pm DR CRAWFORD Mental Health Counseling NOON: LUNCH 1:00 pm -2:00 pm MUSIC and DANCE</p>	
<p>20. 10:00 a.m. Coffee/Tea 11:00 a.m. Healthy Diet and Weight Loss Discussions NOON: LUNCH 1:00 p.m.-2:00 Ring Toss/Bean Bag Toss</p>	<p>21. 10:00 a.m. Coffee/Tea 11:00 a.m. Creative Art Expressions: Painting, Clay Molding, etc... NOON: LUNCH 1:00 pm -2:00 pm Board Games</p>	<p>22. 10:00 a.m. Coffee/Tea 11:00 a.m. Costume Jewelry Designs NOON: LUNCH 1:00 p.m.-2:00 p.m Interactive Exercise for Seniors/Chair and Wall Movements</p>	<p>23. 10:00 a.m. Coffee/Tea 11:00 a.m. Creative Art Expressions: Painting, Clay Molding, etc.... NOON: LUNCH 1:00-2:00 Board Games EXCURSION: AMISH MARKET 9701 FORT MEADE RD LAUREL, MD 10am-2pm</p>	<p>24. 10:00 Coffee/Tea 11:00 Spirit Club in Person Workout NOON: LUNCH 1:00 pm -2:00 pm MUSIC and DANCE</p>	
<p>27. 10:00 a.m. Coffee/Tea 11:00 a.m. Healthy Diet and Weight Loss Discussions NOON: LUNCH 1:00 p.m.-2:00 pm RingToss/Bean Bag Toss</p>	<p>28. 10:00 a.m. Coffee/Tea 11:00 a.m. Creative Art Expressions: Painting, Clay Molding, etc... NOON: LUNCH 1:00pm -2:00pm Board Games</p>	<p>29. 10:00 a.m. Coffee/Tea 11:00 a.m. Costume Jewelry Designs NOON: LUNCH 1:00 p.m.-2:00 p.m. Interactive Exercise for Seniors/Chair and Wall Movements</p>	<p>30. 10:00am Coffee/Tea 11:00am Group Discussion and Self Reflections NOON: Chef Demonstration W/ FOOD JONEZI 1:00 pm – 2:00 pm Music/Line Dance, Bop, and Movement</p>	<p>31. 10:00am Coffee/Tea 11:00am Looming, and Knitting, Crochet NOON: LUNCH 1:00 pm -2:00 pm MUSIC and DANCE</p>	

Network – Supported by the Department of Aging and Community Living