



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

**February**  
**2026**



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2. 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	3. 10am-10:30am Coffee Time 10:30am-12:00pm Mental Health Counseling w. Dr. Crawford 12pm-1pm LUNCH 1pm-2pm fuzzy Posters Continued	4. 10am-10:30am Coffee Time 10:30am-11am Virtual Exercise 11am-12pm-BE MY VALENTINE HOUR: Valentines Day Door Reef Making 12pm-1pm LUNCH 1pm-2pm UNO	5. 10am-10:30am Coffee Time 10:30am-11:00am Virtual Spirit Exercise 11am-12pm-Nutrition w. Nutritionist Renee Afryka 12pm-1pm LUNCH 1pm-2pm Chat Hour	6. 10am-10:30am Coffee Time 10:30am-11am Virtual Exercise 11am-12pm Brain Games 12pm-1pm LUNCH 1pm-2pm Karaoke Fridays <b>EXCURSION:</b> <b>Amish Market/Thrift Store</b> <b>Laurel MD</b> <b>10am-2pm</b>	
9. 10am-10:30am Coffee Time 10:30am-11:00am Virtual Spirit Exercise 11:00am-12pm Valentines Wood Art 12pm-1pm LUNCH 1pm-2pm Wood Art Continued	10. 10am-10:30am Coffee Time 10:30am-11am Virtual Exercise 11am-12pm Diabetes Education w. Irwin Royster 12pm-1pm LUNCH 1pm-2pm UNO	11. 10am-10:30am Coffee Time 10:30am-11:00am Virtual Exercise 11:00am-12:00pm Puzzles 12pm-1pm LUNCH 1pm-2pm Black History T-shirt making continued <b>Excursion:</b> <b>Red, White, &amp; You Holiday Party</b> <b>600 Morris St, SE</b> <b>Panorama Room</b> <b>11am-2:00pm</b>	12. 10am-10:30am Coffee Time 10:30am-11am Virtual Exercise 11am-12pm-BE MY VALENTINE HOUR: Holiday Pot making 12pm-1pm LUNCH 1pm-2pm Table Games	13. 10am-10:30am Coffee Time 10:30am-11am Virtual Exercise 11am-12pm BE MY VALENTINE HOUR: DIY BODY SCRUB 12pm-1pm LUNCH 1pm-2pm Karaoke Fridays	

16.

WE WILL BE CLOSED ON  
**PRESIDENTS DAY**



www.fair-weather-eggs.com

17.

10am-10:30am Coffee Time  
10:30am-11am Virtual Exercise  
11am-12pm Black History T-shirt making  
12pm-1pm LUNCH  
1pm-2pm Black History T-shirt making continued

**EXCURSION:  
Regal Theater  
Gallery Place  
10:45am-2pm**

18.

10am-10:30am Coffee Time  
**10:30am-12:00pm Mental Health Counseling w. Maryanne**  
12pm-1pm LUNCH  
1pm-2pm Word Puzzles

19.

10am-10:30am Coffee Time  
10:30am-11am Virtual Exercise  
**11am-12pm-DIY BODY BUTTER MAKING**  
12pm-1pm LUNCH  
1pm-2pm Paint and Sip

20.

10am-10:30am Coffee Time  
10:30am-11am April Planning Session  
**11am-12pm-Spirit Club IN PERSON**  
12pm-1pm LUNCH  
1pm-2pm Karaoke Fridays



FEBRUARY IS  
amd/low vision  
awareness month

23.

10am-10:30am Coffee Time  
10:30am-11am Virtual Exercise  
11am-12pm Brain Games  
12pm-1pm LUNCH  
1pm-2pm Word Puzzles

24.

10am-10:30am Coffee Time  
10:30am-11am Virtual Exercise  
**11am-12pm Diabetes Education w. Irwin Royster**  
12pm-1pm LUNCH  
1pm-2pm Paint and Sip

25.

10am-10:30am Coffee Time  
10:30am-11:00am Virtual Spirit Exercise  
11:00am-12pm Minute to Win It  
12pm-1pm LUNCH  
1pm-2pm UNO

26.

10am-10:30am Coffee Time  
10:30am-11:00am Virtual Spirit Exercise  
**11am-12pm in Person LIVE! Chef Démonstration w. UDC Chef Herb**  
12pm-1pm LUNCH  
1pm-2pm **BINGO**

27.

10am-10:30am Coffee Time  
10:30am-11am Virtual Exercise  
11am-12pm Chat Hour  
12pm-1pm LUNCH  
1pm-2pm Karaoke Fridays

**February is.....**American Heart Month, Cholangiocarcinoma Awareness Month, Gallbladder and Bile Duct Cancer Awareness Month, International Prenatal Infection Prevention Month, Low Vision Awareness Month, Marfan Syndrome Awareness Month, National Cancer Prevention Month,



February is International  
Prenatal Infection  
Prevention Month

*"Love is not only something you feel, it is something you do"~ David Wilkerson.*



*"Love cures people—both the ones who give it and the ones who receive it" ~ Karl A. Menninger.*

GIVE YOURSELF SOME OF  
**THAT SELF LOVE**

IN HONOR OF NATIONAL  
SELF-CHECK MONTH

THE MARFAN FOUNDATION

FEBRUARY IS  
**MARFAN AWARENESS MONTH**

#MarfanAwareness  
Marfan.org



