



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

# February 2026



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

<p><b>16.</b></p> <p><b>WE WILL BE CLOSED ON PRESIDENTS DAY</b></p> <p>*****</p> <p></p>	<p><b>17.</b></p> <p>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</p> <p><b>EXCURSION:</b> <b>Regal Theater</b> <b>Gallery Place</b> <b>10:45am-2pm</b></p>	<p><b>18.</b></p> <p>10am-10:30am Coffee Time <b>10:30am-12:00pm</b> <b>Mental Health Counseling w. Maryanne</b> 12pm-1pm LUNCH 1pm-2pm Word Puzzles</p>	<p><b>19.</b></p> <p>10am-10:30am Coffee Time 10:30am-11am Virtual Exercise <b>11am-12pm-DIY BODY BUTTER MAKING</b> 12pm-1pm LUNCH 1pm-2pm Paint and Sip</p>	<p><b>20.</b></p> <p>10am-10:30am Coffee Time 10:30am-11am April Planning Session <b>11am-12pm-Spirit Club IN PERSON</b> 12pm-1pm LUNCH 1pm-2pm Karaoke Fridays</p>	 <p>FEBRUARY IS <b>amd/low vision awareness month</b></p>
<p><b>23.</b></p> <p>10am-10:30am Coffee Time 10:30am-11am Virtual Exercise 11am-12pm Brain Games 12pm-1pm LUNCH 1pm-2pm Word Puzzles</p>	<p><b>24.</b></p> <p>10am-10:30am Coffee Time 10:30am-11am Virtual Exercise <b>11am-12pm Diabetes Education w. Irwin Royster</b> 12pm-1pm LUNCH 1pm-2pm Paint and Sip</p>	<p><b>25.</b></p> <p>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</p>	<p><b>26.</b></p> <p>10am-10:30am Coffee Time 10:30am-11:00am Virtual Spirit Exercise <b>11am-12pm in Person LIVE! Chef Demonstration w. UDC Chef Herb</b> 12pm-1pm LUNCH 1pm-2pm <b>BINGO</b></p>	<p><b>27.</b></p> <p>10am-10:30am Coffee Time 10:30am-11am Virtual Exercise <b>11am-12pm Chat Hour</b> 12pm-1pm LUNCH 1pm-2pm Karaoke Fridays</p>	<p><b>February is.....</b></p> <p><b>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,</b></p>
 <p>February is International Prenatal Infection Prevention Month</p>	<p><i>"Love is not only something you feel, it is something you do" - David Wilkerson.</i></p>		<p><i>"Love cures people—both the ones who give it and the ones who receive it"</i> ~ Karl A. Menninger.</p>	 <p>GIVE YOURSELF SOME <b>THAT SELF OF LOVE</b> IN HONOR OF NATIONAL SELF-CHECK MONTH</p>	 <p>THE MARFAN FOUNDATION FEBRUARY IS <b>MARFAN AWARENESS MONTH!</b> #MarfanAwareness Marfan.org</p>

