



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

June 2025



<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
2. 10am-10:30am Coffee/Tea Time 10:30am-11:00am Virtual Spirit Club Exercise! 11:00pm-12:00pm Weigh-in, Healthy Meal Discussions 12:00pm-1:00pm Lunch & Fall Recovery and Prevention Education 1:00pm-2:00pm Hoo La Hoop Fun Play (and other playful activities)	3. 10am-10:30am Coffee/Tea Time 10:30am-11:00am Virtual Spirited Club Exercise! 11:00am-12:00pm Scented Candle Making 12:00pm-1:00pm Lunch 1:00pm-2:00pm Calendar Discussion/ plan next month	4. 10am-10:30am Coffee/Tea Team 10:30am-11:00am Virtual Spirited Club Exercise! 11:00am-12:00pm Arts and Crafts 12:00pm-1:00pm Lunch 1:00pm-2:00pm Musical Resident Doo Wop Singers	5. 10am-10:30am Coffee/Teatime 10:30am-11:00am Virtual Spirited Club Exercise! 11am-12pm: "Keeping Your Brain Sharp" w/ Nutritionist Renee Afryka 12:00pm-1:00pm Lunch 1:00pm-2:00pm Puzzles-WildTech	6. 10am-10:30am Coffee/Teatime 10:30am-11:00am Virtual Spirited Club Exercise! 11:00am-12:00pm Paint & Sip 12:00pm-1:00pm Lunch 1:00pm-2:00pm Music & Dance	
9. 10am-10:30am Coffee/Tea Time 10:30am-11:00am Virtual Spirit Club Exercise! 11:00am-12:00pm Weigh-in, Healthy Meal Discussions 12:00pm-1:00pm Lunch 1:00pm-2:00pm Hoo La Hoop Fun Play	10. 10am-10:30am Coffee/Tea Time 10:30am-11:00am “LET’S TALKABOUT IT”, A Woman’s Group Discussion (bring in news article) 11:00am-12:00pm Virtual Spirited Club Exercise! 12:00pm-1:00pm Lunch 1:00pm-2:00pm Wild Tech Online Excursion: Westfield Montgomery Mall 7101 Democracy Blvd, Bethesda, MD 20817 10am-2pm	11. 10am-10:30am Coffee/Tea Team 10:30am-11:00am Virtual Spirited Club Exercise! 11:00am-12:00pm Clay Molding Craft 12:00pm-1:00pm Lunch 1:00pm-2:00pm Music/Dance 60’s, 70’s, 80’s Gendre	12. 10am-10:30am Coffee/Tea Time 10:30am-11:00am Virtual Spirited Club Exercise! 11:00am-12:00pm Visit from DC HOMELAND SECURITY 12:00pm-1:00pm Lunch 1:00pm-2:00pm Puzzles - WildTech	13. 10am-10:30am Coffee/Tea Time 10:30am-11:00am Virtual Spirited Club Exercise! 11:00am-12:00pm Jewelry Making, Creative Arts and Crafts 12:00pm-1:00pm Lunch 1:00pm-2:00pm Music and Dance	

<p>16. 10am-10:30am Coffee/Tea Time 10:30am-11:00am Virtual Spirit Club Exercise! 11:00am-12:00pm Weigh-in, Healthy Meal Discussions 12:00pm-1:00pm Lunch 1:00pm-2:00pm Hoo La Hoop Fun / physical Play Activities</p>	<p>17. 10am-10:30am Coffee/Tea Time 10:30am-11:00am Virtual Spirited Club Exercise! 11:00am-12:00pm Scented Candle Making 12:00pm-1:00pm Lunch 1:00pm-2:00pm Community Walking/Step Counting w/Counter</p>	<p>18. 10am-10:30am Coffee/Tea Time 10:30am-11:00am Virtual Spirited Club Exercise! 11:00am-12:00pm Water Cup and Ping Pong Games w/Prizes 12:00pm-1:00pm Lunch 1:00pm-2:00pm Puzzle Board/WildTech</p>	<p>19.</p>  <p>Sites Closed in Observation of:</p>	<p>20. 10am-10:30am Coffee/Teatime 10:30am-11:00am Virtual Spirited Club Exercise! 11:00am-12:00pm Visit from Medicare Patrol x LCE 12:00pm-1:00pm Lunch 1:00pm-2:00pm Music and Dance/ learn a new dance</p>	
<p>23. 10am-10:30am Coffee/Tea Time 10:30am-11:00am Virtual Spirit Club Exercise! 11:00am-12:00pm Weigh-in, Healthy Meal Discussions 12:00pm-1:00pm Lunch 1:00pm-2:00pm Hoo La Hoop Fun Play</p>	<p>24. 10am-10:30am Coffee/Tea Time 10:30am-11:00am Virtual Spirited Club Exercise! 11:00am-12:00pm Bat and Ball Paddle Game 12:00pm-1:00pm Lunch 1:00pm-2:00pm Community Walking/Step Counting w/Counter</p>	<p>25. 10am-10:30am Coffee/Tea Time 10:30am-11:00am Virtual Spirited Club Exercise! 11:00am-12:00pm Juneteenth inspired key chain 12:00pm-1:00pm Lunch 1:00pm-2:00pm Board Games/WildTech</p>	<p>26. 10am-10:30am Coffee/Tea Time 10:30am-11:00am Virtual Spirited Club Exercise! 11:00am-12:00pm Jewelry Making, Creative Arts & Crafts 12:00pm-1:00pm Lunch 1:00pm-2:00pm Bat and Ball Paddle Game (and other engaging games)</p>	<p>27. 10am-10:30am Coffee/Tea Time 10:30am-11:00am Bat and Ball Paddle and Board Games 11:00am-12:00pm In person Spirit Club 12:00pm-1:00pm Lunch 1:00pm-2:00pm Corn and Ring Toss Games</p>	 

<p>30.</p> <p>10am-10:30pm Coffee/Tea Time</p> <p>10:30am-11:00am Virtual Spirited Club Exercise!</p> <p>11:00am-12:00pm Most Weight Loss Result/Discussion</p> <p>12:00pm-1:00pm Lunch</p> <p>1:00pm-2:00pm Musical Paint and Sip</p>	<p>June is... Alzheimer's and Brain Awareness Month, Aphasia Awareness Month, Cataract Awareness Month, Men's Health Month, Myasthenia Gravis Awareness Month, National Cytomegalovirus Awareness Month, National Migraine & Headache Awareness Month, National Safety Month, National Scoliosis Awareness Month, Pride Month, Professional Awareness Month, PTSD Awareness Month, and Scleroderma Awareness Month</p>		<p><i>“June is the season of endless adventure, beckoning us to explore and embrace new experiences.”</i></p> <p><i>– Frances Mayes, Under the Tuscan Sun (1996)</i></p>		
---	--	--	--	--	--