

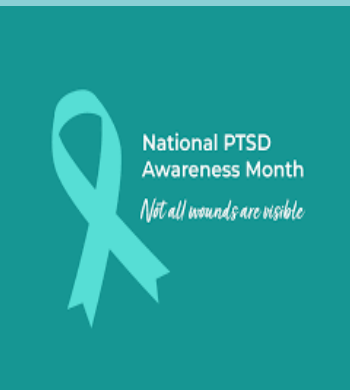


EOTR Harvard Towers FRIENDSHIP CAFÉ
1845 Harvard St, NW DC
Ziairra Baughan-Owens, Outreach/Partnership Rec.
Coordinator
202-845-3384
Regina Ford, Nutrition Aide
Tiffany Jackson, Recreation Coordinator

**June
2026**



<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
1. 10am-10:30am Coffee Time 10:30am-11:00am Virtual Exercise 11:00am-12pm Paint and Sip 12pm-1pm LUNCH 1pm-2pm Painting Continued	2. 10am-10:30am Coffee Time 10:30am-12:00pm Mental Health w. Crawford 12pm-1pm LUNCH 1pm-2pm Strategy Games	3. 10am-10:30am Coffee Time 10:30am-12:00pm Mental Health w. Maryanne 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Neighborhood Walk	4. 10am-10:30am Coffee Time 10:30am-11am Virtual Exercise 11am-12pm Brain Games 12pm-1pm LUNCH 1pm-2pm Chat Hour	5. 10am-10:30am Coffee Time 10:30am-11am Virtual Exercise 11am-12pm Word Puzzles 12pm-1pm LUNCH 1pm-2pm Karaoke Fridays Excursion: BK Millers Farm 10140 Piscataway Rd, Clinton, MD 20735 10:00am-2:00pm	
8. 10am-10:30am Coffee Time 10:30am-11am Virtual Exercise 11am-12pm Brain Games 12pm-1pm LUNCH 1pm-2pm UNO	9. 10am-10:30am Coffee Time 10:30am-11:00am Virtual Spirit Exercise 11:00am-12pm Health Promotion w/Irwin Royster 12pm-1pm LUNCH 1pm-2pm Chat Hour	10. 10am-10:30am Coffee Time 10:30am-11am Virtual Exercise 11am-12pm Fathers Day Art 12pm-1pm LUNCH 1pm-2pm Fathers Day Art Continued Excursion: AMF Bowling 4717 St Barnabas RD, Temple Hills MD 10:00am-2:00pm	11. 10am-10:30am Coffee Time 10:30am-11:00am Virtual Exercise 11:00am-12pm Paint and Sip 12pm-1pm LUNCH 1pm-2pm Painting Continued	12. 10am-11am Coffee Time 11:00am-12:00pm In-Person SPIRIT CLUB 12pm-1pm LUNCH 1pm-2pm Karaoke Fridays	

15. 10am-10:30am Coffee Time 10:30am-11am Virtual Exercise 11am-12pm Brain Games 12pm-1pm LUNCH 1pm-2pm Chat Hour	16. 10am-10:30am Coffee Time 10:30am-11am Virtual Exercise 11am-12pm Brain Games 12pm-1pm LUNCH 1pm-2pm Strategy Games	17. 10am-10:30am Coffee Time 10:30am-11:00am Virtual Exercise 11:00am-12pm Paint and Sip 12pm-1pm LUNCH 1pm-2pm Painting Continued	18. 10am-10:30am Coffee Time 10:30am-11am Virtual Exercise 11am-12pm DACL APS & Dementia Informational 12pm-1pm LUNCH 1pm-2pm Neighborhood Walk	19. Site Closed 	
22. 10am-10:30am Coffee Time 10:30am-11:00am Virtual Exercise (Persons Choice) 11:00am-12:00pm 12:00pm-1:00pm LUNCH 1:00pm-2:00pm	23. 10am-10:30am Coffee Time 10:30am-11:00am Virtual Spirit Exercise 11am-12pm Brain Games 12pm-1pm LUNCH 1pm-2pm Chat Hour	24. 10am-10:30am Coffee Time 10:30am-11am Virtual Exercise 11am-12pm Live Chef Demo w. Chef Herb; Harvest of The Month 12pm-1pm LUNCH 1pm-2pm Strategy Games	25. 10am-10:30am Coffee Time 10:30am-11:00am Virtual Exercise 11:00am-12pm Paint and Sip 12pm-1pm LUNCH 1pm-2pm MONTHLY BINGO	26. 10am-10:30am Coffee Time 10:30am-11am Virtual Exercise 11am-12pm Word Puzzles 12pm-1pm LUNCH 1pm-2pm Karaoke Fridays	
29. 10am-10:30am Coffee Time 10:30am-11am Virtual Exercise 11am-12pm Brain Games 12pm-1pm LUNCH 1pm-2pm Strategy Games	30. 10am-10:30am Coffee Time 10:30am-12:00pm Mental Health w. Crawford 12pm-1pm LUNCH 1pm-2pm Chat Hour				June is Pride Month, Men's Health Month, PTSD Awareness Month, Alzheimer's & Brain Awareness Month, Migraine & Headache Awareness Month, Cataract Awareness Month, and Gun Violence Awareness Month, and it also includes Juneteenth National Independence Day (June 19), Flag Day (June 14), and Father's Day (June 21).

Network – Supported by the Department of Aging and Community Living

