



EOTR Harvard Towers FRIENDSHIP CAFÉ
 1845 Harvard St, NW DC
 Zaira Baughan-Owens, Outreach/Partnership Rec.
 Coordinator
 202-845-3378
 Edith Hampton, Nutrition Aide
 Tiffany Jackson, Recreation Coordinator

**April
 2026**



| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
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| | | <p>1. 10am-10:30am Coffee Time 10:30am-11:00am Virtual Spirit Exercise 11:00am-12pm Easter Egg Painting 12pm-1pm LUNCH 1pm-2pm Word Puzzles</p> | <p>2. 10am-10:30am Coffee Time 10:30am-11:00am Virtual Spirit Exercise 11:00am-12:00pm In Person Cooking Demo w. Chef Herb on Harvest of the Month 12pm-1pm LUNCH 1pm-2pm painting Continued</p> | <p>3. 10am-10:30am Coffee Time 10:30am-11:00am Virtual Spirit Exercise 11:00am-12pm Table Games 12pm-1pm LUNCH 1pm-2pm Chat Hour Excursion: Teppanyaki Grill 14150 Baltimore Ave, Laurel, MD 20707 11 :00am-2:00pm</p> | |
| <p>6. 10am-10:30am Coffee Time 10:30am-11:00am Virtual Spirit Exercise 11:00am-12pm Scrapbooking 12pm-1pm LUNCH 1pm-2pm Scrapbooking Continued</p> | <p>7. 10am-10:30am Coffee Time 10:30am-11:00am Virtual Spirit Exercise 11:00am-12:00pm In Person Chef Demo & Nutrition Ed w. Food Jonezi: Boosting Immunity with Seasonal Antioxidants! 12pm-1pm LUNCH 1pm-2p Herb Growing</p> | <p>8. 10am-10:30am Coffee Time 10:30am-12:00pm Mental Health Counseling w. Maryanne H. 12pm-1pm LUNCH 1pm-2pm Word Puzzles</p> | <p>9. 10am-10:30am Coffee Time 10:30am-11am Virtual Exercise 11am-12pm Spring Resin 12pm-1pm LUNCH 1pm-2pm Strategy Games</p> | <p>10. 10am-10:30am Coffee Time 10:30am-11:00am Virtual Spirit Exercise 11:00am-12pm Table Games 12pm-1pm LUNCH 1pm-2pm Karaoke Friday EXCURSION: AMF Marlow Heights 4717 St. Barnabas rd. Temple Hills MD 20748 10:00am-2:00pm</p> | |

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| <p>13. 10am-10:30am Coffee Time 10:30am-11:00am Virtual Spirit Exercise 11:00am-12pm Paint and Sip 12pm-1pm LUNCH 1pm-2pm painting Continued</p> | <p>14. 10am-10:30am Coffee Time 10:30am-11:00am Virtual Spirit Exercise 11:00am-12pm Heath Promotion w/ Irwin Royster 12pm-1pm LUNCH 1pm-2pm Chat Hour</p> | <p>15. 10am-10:30am Coffee Time 10:30am-11am Virtual Exercise 11am-12pm Brain Games 12pm-1pm LUNCH 1pm-2pm Strategy Games</p> | <p>16. Site is Closed</p>  | <p>17. 10am-10:30am Coffee Time 10:30am-11:00am “In It To Win It” Games & Prizes 11am-12:00pm In Person Spirit Club 12pm-1pm LUNCH 1pm-2pm Karaoke Friday</p> |  |
| <p>20. 10am-10:30am Coffee Time 10:30am-11am Virtual Exercise 11am-12pm Brain Games 12pm-1pm LUNCH 1pm-2pm Strategy Games</p> | <p>21. 10am-10:30am Coffee Time 10:30am-11:00am Virtual Spirit Exercise 11:00am-12:00pm Medicare Bingo 12pm-1pm LUNCH 1pm-2pm Word Puzzles</p> | <p>22. 10am-10:30am Coffee Time 10:30am-11:00am Virtual Spirit Exercise 11:00am-12pm DIY Spring Cups! 12pm-1pm LUNCH 1pm-2pm Continue Our Spring Cups</p> | <p>23. 10am-10:30am Coffee Time 10:30am-11:00am Virtual Spirit Exercise 11:00am-12pm Table Games/ Word Puzzles 12pm-1pm LUNCH 1pm-2pm Walking Club!</p> | <p>24. 10am-10:30am Coffee Time 10:30am-11:00am Virtual Spirit Exercise 11:00am-12pm Table Games 12pm-1pm LUNCH 1pm-2pm Karaoke Friday</p> |  |
| <p>27. 10am-10:30am Coffee Time 10:30am-11:00am Virtual Spirit Exercise 11am-12pm Guided EYL Art Classes: Pottery 12pm-1pm LUNCH 1pm-2pm Pottery Continued</p> | <p>28. 10am-10:30am Coffee Time 10:30am-12:00pm Mental Health Counseling w. Dr Crawford 12pm-1pm LUNCH 1pm-2pm Chat Hour</p> | <p>29. 10am-10:30am Coffee Time 10:30am-11:00am Virtual Spirit Exercise 11:00am-12pm Table Games/ Word Puzzles 12pm-1pm LUNCH 1pm-2pm Walking Club!</p> | <p>30. 10am-10:30am Coffee Time 10:30am-11:00am Virtual Spirit Exercise 11:00am-12pm Table Games/ Word Puzzles 12pm-1pm LUNCH 1pm-2pm MONTHLY BINGO</p> |   | <p>April is National Minority Health Month, Autism Acceptance Month, Stress Awareness Month, Alcohol Awareness Month, Sexual Assault Awareness Month, Parkinson’s Awareness Month, Oral Cancer Awareness Month, and Child Abuse Prevention Month, and it also includes World Health Day (April 7) and Earth Day (April 22).</p> |

