





EOTR Friendship Café/Kenilworth
4321 Ord ST NE, Washington, DC 20019
Recreation Coordinator Rickya Dodson 301- 909-2834

February Activity Calendar 2026



	Monday	Tuesday	Wednesday	Thursday	Friday
 	2. 10am- Tea/Coffee Hour 11am- YouTube Exercises 12pm- Lunch 1pm- Ring Toss	3. Marthas Table 2375 Elvans Rd SE 10:30am-11:30am 10am- Tea/Coffee Hour 11am- Fitness chair aerobics 12pm- Lunch Time 1pm- Table Games	4. 10am- Tea/Coffee Hour 11am- YouTube Exercises 12pm- Lunch 1pm- Beanbag	5. 10am- Tea/Coffee Hour 11:30am- Fitness w/Rodney 12pm- Lunch 1pm- Board Games	6. 10am- Tea/Coffee Hour 11am- YouTube Exercises 12pm- Lunch 1pm- Bingo
	9. Art and Crafts 10am- Tea/Coffee Hour 11am- Chair Exercises 12pm- Lunch Nutrition ED w/Ms. Minor 1pm- Table Games	10. Rose Discount Store 7706 Marlboro Pike Forestville MD20747 10am-11:45pm 10am- Tea/Coffee Hour 11am- YouTube Exercises 12pm- Lunch 1pm- Brain Games	11. Red, White, You Valentines Party Our Lady of Perpetual Help 600 Morris St SE 11am to 2pm	12. 10am- Tea/Coffee Hour 11:30am- Fitness w/Rodney 12pm- Lunch 1pm- Board Games	13. Wear Reds and Pinks for Valentines Day Sweats and Treats 10am- Tea/Coffee Hour 11am- YouTube Exercises 12pm- Lunch 1pm- Brain Games

	<p>16. PRESIDENT'S DAY DINING SITE CLOSED</p> 	<p>17. 10am- Tea/Coffee Hour 11am- Fitness chair aerobics 12pm- Lunch 1pm- Fun Life Hacks</p>	<p>18. 10am- Tea/Coffee Hour 11am- YouTube Exercises 12pm- Lunch 1pm- Brain Games</p>	<p>19. 10am- Tea/Coffee Hour 11:30am- Fitness w/Rodney 12pm-Lunch 1pm- Board Games</p>	<p>20. 10am- Tea/Coffee Hour 11am- Table Games 12pm-Lunch 1pm- Music/ Line Dancing</p>
	<p>23. 10am- Tea/Coffee Hour 11am- Chair exercises 12pm- Lunch 1pm- Bean Toss</p>	<p>24. 10am- Tea/Coffee Hour 11am- Walking Club 12pm- Lunch 1pm- Brain Games</p>	<p>25. 10am- Tea/Coffee Hour 11am- Chair Aerobics 12pm- Lunch 1pm- Bingo</p>	<p>26. 10am-Tea/Coffee Hour 11:30am- Fitness w/Rodney 12pm- Lunch 1pm- Table Games</p>	<p>27. 10am- Tea/Coffee Hour 11 am- Walking Club 12pm- Lunch 1pm- March Calendar Discussions</p>

Part of the Senior Services Network – Supported by the Department of Aging and Community Living.