



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

**February Activity Calendar 2026**



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

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