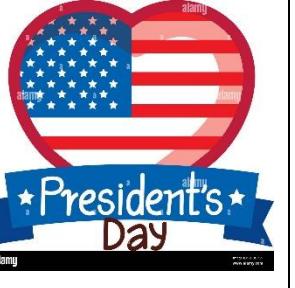
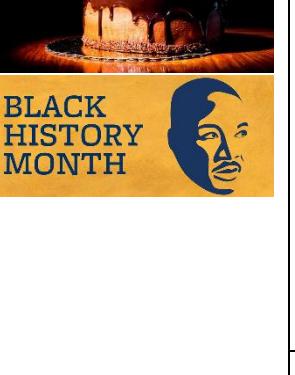




**EOTR Friendship Café/Arthur Capper**   **February Activity Calendar 2026**  
**1000 5<sup>th</sup> ST SE Washington, DC 20020**  
**Recreation Coordinator Vivian Abdullah 301-580-0271**



	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
 	<p>2.  10am-Greet &amp; Meet/Health Wellness  11am-Black History Discussion  12pm-Lunch  1pm-Word Search</p>	<p>3.  10am-Greet&amp;Meet/Health Wellness  11am-Black National Anthem  12pm-Lunch  1pm-Checkers</p>	<p>4.  <b>Forman Mills</b>  <b>3745 Branch Ave.</b>  <b>Hillcrest Heights, MD</b>  <b>20748</b>  <b>10am-1pm</b>  10am-Coffee/Tea/Health &amp; Wellness  11am- Coloring  12pm-Lunch  1pm-Music Hour</p>	<p>5.  10am-Greet&amp;Meet Health Wellness  11am-Art  <b>12pm-Lunch/Nutrition</b>  <b>w/Ms. Minor</b>  <b>1pm-Health Promotion</b>  <b>w/Irwin Royster</b></p>	<p>6.  10am-Coffee/Tea Hour/Health Wellness  11am- Black History Collage  12pm-Lunch  1pm-Black Music</p>
	<p>9.  10am-Greet &amp; Meet  <b>11am-Exercise w/Rodney Jordan</b>  12pm-Lunch  1pm-Black Music Hour</p>	<p>10.  10am-Social Hour/D.C. Mayors/Health Wellness  <b>11am-Mental Health Session</b>  <b>w/Maryanne</b>  12pm-Lunch  1pm-Domino</p>	<p>11.  <b>Red, White, You Valentines Party</b>  <b>Our Lady of Perpetual Help</b>  <b>600 Morris St SE</b>  <b>10:30am to 2pm</b></p>	<p>12.  10am-Greet &amp; Meet/Health Wellness  <b>11:30am-Health Promotion</b>  <b>w/Irwin Royster</b>  12pm-Lunch  1pm-Music</p>	<p>13.  10am-Coffee/Tea Hour/Health Wellness  11am-Valentine Cards  12pm-Lunch  1pm-Checkers</p>

	<p>16. <b>CLOSED</b>  <b>PRESIDENTS' DAY</b>    <b>PRESIDENT'S DAY</b></p>	<p>17. 10am-Social Hour/Health Wellness  <b>11am-Mental Health Session w/Maryanne</b>  12pm-Lunch  1pm-Cinema Hour</p>	<p>18. <b>Dollar Tree</b>  <b>6711- Richmond Hwy.</b>  <b>Alexandria, VA</b>  <b>10am-1pm</b>    10am-Coffee/Tea/Health Wellness  11am- Open Discussion  12pm-Lunch  1pm-Maze</p>	<p>19. 10am-Tea/Coffee  <b>11:30am-Health Promotion w/ Irwin Royster</b>  12pm-Lunch  1pm-Motown Music</p>	<p>20. 10am-Coffee/Tea w/Health Wellness  11am-Group Discussion  12pm-Lunch  1pm-Word Search</p>
 <p><b>BLACK HISTORY MONTH</b></p>	<p>23. 10am-Social Hour  <b>11am-Exercise w/Rodney Jordan</b>  12pm-Lunch  1pm-Art</p>	<p>24. 10am-Greet &amp; Meet/Health Wellness  <b>11am-Mental Health Session w/Maryanne</b>  12pm-Lunch  1pm- Black Poems</p>	<p>25. 10am-Coffee/Tea/Health &amp; Wellness  <b>11am-Activities w/ EOTR Outreach Coordinator Kajah</b>  12pm-Lunch  1pm-Jazz Music</p>	<p>26. 10am-Social Hour  <b>11:30am-Health Promotion w/ Irwin Royster</b>  12pm-Lunch  1pm-Motown Movie Hour</p>	<p>27. 10am-Greet&amp;Meet/Heath Wellness  11am-Black Trivia  12pm-Lunch  1pm- <b>BIRTHDAY CELEBRATION</b></p>

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