



EOTR Pennsylvania Avenue Baptist Church FRIENDSHIP CAFÉ
 3000 Penn Ave SE, DC
 Zairra Baughan-Owens, Outreach/Partnership Rec. Coordinator
 202-845-3378
 Ms. Sheila, Nutrition Aide
 Maddie Farelne, Recreation Coordinator

February
 2026



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>2. 10am-10:30am Morning Mingle 10:30am-12:00pm ASL classes with Rebeckah 12pm-1pm LUNCH 1pm-2pm Calendar Review!</p>	<p>3. 10am-10:30am Morning Mingle 10:30am-11am Virtual Exercise 11am-12pm Balloon Volleyball 12pm-1pm LUNCH 1pm-2pm Have a Heart Game</p>	<p>4. 10am-10:30am Morning Mingle 10:30am-11am Virtual Exercise 11am-12pm Pictionary 12pm-1pm LUNCH 1pm-2pm let's use our senses Excursion: Marthas Table 2735 Elvan's Rd SE Washington DC 20020 10:30am- 1pm</p>	<p>5. 10am-10:30am Coffee & Chat 10:30am-11am Virtual Exercise 11am-12pm Decorate site 12pm-1pm LUNCH 1pm-2pm make your own valentine!</p>	<p>6. 10am-10:30am Morning Mingle 10:30am-11am Virtual Exercise 11am-12pm Paint n Sip 12pm-1pm LUNCH 1pm-2pm Diabetes Awareness w. Irwin Royster</p>	<p>7. hello February</p>
<p>9. 10am-10:30am Morning Mingle 10:30am-11am Virtual Exercise 11am-12pm Scrabble 12pm-1pm LUNCH 1pm-2pm Discuss and plan for next month</p>	<p>10. 10am-10:30am Coffee & Chat 10:30am-11am Virtual Exercise 11am-12pm-Body Scrub DIY 12pm-1pm LUNCH 1pm-2pm Name that Tune!</p>	<p>11. 10am-10:30am Morning Mingle 10:30am-11am Virtual Exercise 11am-12pm Trivia 12pm-1pm LUNCH 1pm-2pm Trivia pt. 2 Excursion: Red, White, & You Holiday Party 600 Morris St, SE Panorama Room 11am-2:00pm</p>	<p>12. 10am-10:30am Coffee & Chat 10:30am-11am Virtual Exercise 11am-12pm DIY: Body Butter w. Ms. Zee 12pm-1pm LUNCH 1pm-2pm Discuss and plan for next month</p>	<p>13. 10am-10:30am Morning Mingle 10:30am-11am Virtual Exercise 11am-12pm LIVE! Chef Demonstration w. Food Jonezi 12pm-1pm LUNCH 1pm-2pm Diabetes Awareness w. Irwin Royster</p>	<p>14. FEBRUARY IS AMERICAN HEART MONTH </p>

<p>16.</p> <p>WE WILL BE CLOSED ON PRESIDENTS DAY</p> <p>*****  *****</p>	<p>17.</p> <p>10am-10:30am Coffee & Chat</p> <p>10:30am-11am Virtual Exercise</p> <p>11am-12pm Virtual Jazz Exhibit</p> <p>12pm-1pm LUNCH & Nutrition w. Ms. Minor</p> <p>1pm-2pm Poetry reading by August Wilson</p>	<p>18.</p> <p>10am-10:30am Morning Mingle</p> <p>10:30am-11am Virtual Exercise</p> <p>11am-12pm United Health Care BINGO!</p> <p>12pm-1pm LUNCH</p> <p>1pm-2pm Word Search Competition!</p>	<p>19.</p> <p>10am-10:30am Morning Mingle</p> <p>10:30am-11am Virtual Exercise</p> <p>11am-12pm-Holiday Pot making</p> <p>12pm-1pm LUNCH</p> <p>1pm-2pm Table Talk</p>	<p>20.</p> <p>10am-10:30am Morning Mingle</p> <p>10:30am-11am Virtual Exercise</p> <p>11am-12pm Soap Making</p> <p>12pm-1pm LUNCH</p> <p>1pm-2pm Diabetes Awareness w. Irwin Royster</p>	 <p>FEBRUARY IS AMD/LOW VISION AWARENESS MONTH</p>
<p>23.</p> <p>10am-10:30am Coffee & Chat</p> <p>10:30am-11am Virtual Exercise</p> <p>11am-12pm Loom bracelets</p> <p>12pm-1pm LUNCH</p> <p>1pm-2pm Pokeno</p>	<p>24.</p> <p>10am-10:30am Morning Mingle</p> <p>10:30am-11am Virtual Exercise</p> <p>11am-12pm Health Seminar: Cancer awareness</p> <p>12pm-1pm LUNCH</p> <p>1pm-2pm Puzzles</p>	<p>25.</p> <p>10am-10:30am Morning Mingle</p> <p>10:30am-11am Virtual Exercise</p> <p>11am-12pm Poetry Reading by Langston Hughes</p> <p>12pm-1pm LUNCH</p> <p>1pm-2pm Board games</p> <p>Excursion: African American Museum 1400 Constitution Ave. NW, Washington, DC 20560 10am-2pm</p>	<p>26.</p> <p>10am-10:30am Morning Mingle</p> <p>10:30am-11am Virtual Exercise</p> <p>11am-12pm Virtual Art show</p> <p>12pm-1pm LUNCH & Nutrition w. Ms. Minor</p> <p>1pm-2pm Mosaic Art</p>	<p>27.</p> <p>10am-10:30am Coffee & chat</p> <p>10:30am-11am Virtual Exercise</p> <p>11am-12pm Brain Games</p> <p>12pm-1pm LUNCH</p> <p>1pm-2pm Board Games / Social hour</p>	<p>February is.....American Heart Month, Cholangiocarcinoma Awareness Month, Gallbladder and Bile Duct Cancer Awareness Month, International Prenatal Infection Prevention Month, Low Vision Awareness Month, Marfan Syndrome Awareness Month, National Cancer Prevention Month,</p>
 <p>February is International Prenatal Infection Prevention Month</p>	<p><i>"Love is not only something you feel, it is something you do" - David Wilkerson.</i></p>		<p><i>"Love cures people—both the ones who give it and the ones who receive it"</i></p> <p><i>~ Karl A. Menninger.</i></p>	 <p>GIVE YOURSELF SOME OF THAT SELF LOVE</p> <p>IN HONOR OF NATIONAL SELF-CHECK MONTH</p>	<p>THE MARFAN FOUNDATION</p> <p>FEBRUARY IS MARFAN AWARENESS MONTH!</p> <p>#MarfanAwareness Marfan.org</p>

