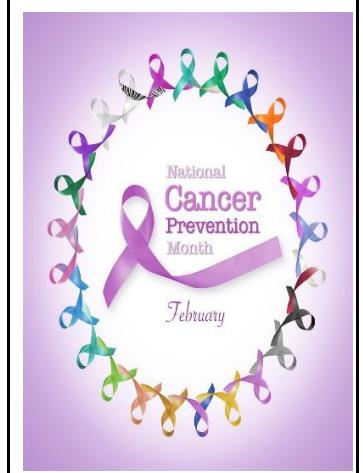


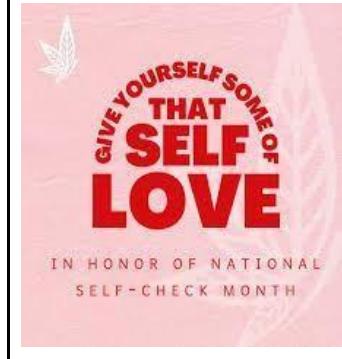


FEBRUARY 2026

EOTR FRIENDSHIP CAFÉ ZION/DHH
 1234 Kenilworth Ave NE, Washington, DC 20019
 Zion Recreation Coordinator – Lia Elders (202-891-0068)
 DHH Recreation Coordinator – Jessica Bryant (202-441-1537)
 Nutrition Aide – Constance Britt



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2. DHH will be attending 3000 Pennsylvania Ave 10am to 2pm 10am- Coffee/Chat & Chew 11am – Open Discussion 12pm- Lunch 1pm- Painting	3. 10am- Body wise w/ UDC Ms. Vernette 11am- Coffee/ Teatime 12pm- Lunch 1pm- Table Talks & Board Games	4. 10am- Health Promotion w/Irwin 11am- Spirit Fitness w/ Chris 12pm- Lunch 1pm – Brain Games	5. Zion Amish Market Trip 5030 Brown Station Road 9:30am-1:30pm 10am- Body wise w/ UDC Ms. Vernette 11am- Coffee/Teatime 12pm- Lunch 1pm- Word Search	6. 10am- Coffee/Chat & Chew 11am- Mental Health Session w/Dr. Crawford 12pm- Lunch 1pm- Bingo	
9. 10am- Coffee/Chat & Chew 10:30- ASL Spring w/ Rebekah 12pm- Lunch 1pm- Trip/Activity Discussion & Leg Stretches	10. 10am- Body wise w/ UDC Ms. Vernette 11am- Coffee/ Teatime 12pm- Lunch 1pm- Valentines Sip and Paint	11. Red, White, & You Mayor's Valentine's Party Our Lady of Perpetual Help 600 Morris Rd SE 10:30am to 2pm	12. 10am- Body wise w/ UDC Ms. Vernette VALENTINES FLASH TABLE 11am to 1:30pm	13. DHH - IHOP 1523 Alabama Ave SE Washington, DC 20032 (10) 10AM-12PM 10am- Coffee/Chat & Chew 11am – Open Discussion 12pm- Lunch 1pm- Open Games	

<p>16.</p> <p>CLOSED</p>  <p>HAPPY PRESIDENTS DAY</p>	<p>17.</p> <p>10am- Body wise w/ UDC Ms. Vernette 11am- Coffee/Teatime 12pm- Lunch 1pm- Table Talks & Tic-Tac-Toe</p>	<p>18.</p> <p>10am- Health Promotion w/Irwin 11am- Spirit Fitness w/ Chris 12pm- Lunch 1pm- Movie & Popcorn: The American Society of Magical Negroes</p>	<p>19.</p> <p>10am- Body wise w/ UDC Ms. Vernette 11am -Mental Health Session w/Dr. Crawford 12pm- Lunch 1pm- Table Talks & Planting Spring Seeds</p>	<p>20.</p> <p>The Spice Suite 10:00am to 12pm 6902 4th ST , NW WDC 20019 10am- Coffee/Chat & Chew 11am- Open Discussion 12pm- Lunch 1pm- Brain Games & Painting</p>	 <p>FEBRUARY IS AMERICAN HEART MONTH</p>
<p>23.</p> <p>10am- Coffee/Chat & Chew 11am- Black History Trivia 12pm- Lunch/ Nutrition Ed. w/ Ms. Minor 1pm- Chair Exercise Moves</p>	<p>24.</p> <p>10am- Body wise w/ UDC Ms. Vernette 11am- Coffee/Teatime 12pm- Lunch 1pm- Lifetime Movie</p>	<p>25.</p> <p>10am- Health Promotion w/Irwin 11am- Spirit Fitness w/ Chris 12pm- Lunch 1pm- Brain Games & Jenga</p>	<p>26.</p> <p>10am- Body wise w/ UDC Ms. Vernette 11am- Coffee/Teatime 12pm- Lunch 1pm- Table Talks & Uno</p>	<p>27.</p> <p>Zion- National Museum African American History & Culture 1400 Constitution Ave NW 9am-1:30pm 10am- Coffee/Chat & Chew 11am- Move & Groove 12pm- Lunch 1pm- Activity of Choice</p>	 <p>GIVE YOURSELF SOME OF THAT SELF OF LOVE IN HONOR OF NATIONAL SELF-CHECK MONTH</p>

Network – Supported by the Department of Aging and Community Living

