



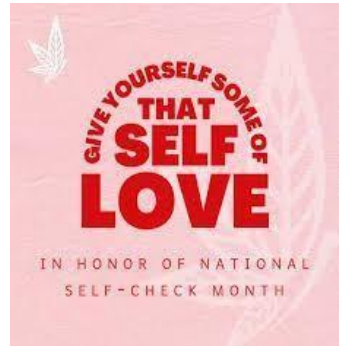
## FEBRUARY 2026



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

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

*Network – Supported by the Department of Aging and Community Living*

