

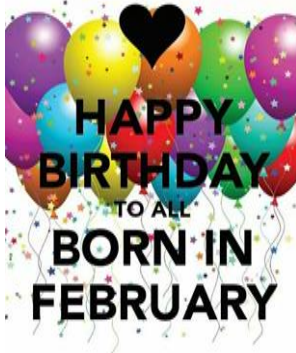
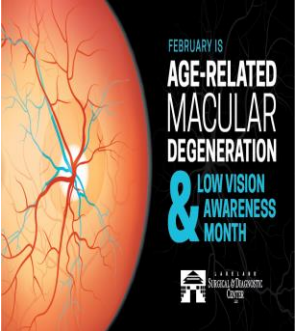


EOTR Friendship Café/Arthur Capper
1000 5th ST SE, Washington, DC 20020
Recreation Coordinator Vivian Abdullah 301-580-0271

February Activity Calendar 2024



	Monday	Tuesday	Wednesday	Thursday	Friday
				1. 10am- Greet & Meet 11am- Black History Kickoff w/Trivia 12pm- Lunch 1pm- Black History Movie	2. 10am- Greet & Meet Health Wellness 11am- Board Games 12pm- Lunch 1pm- Movement/Dance/Walk
	5. 10am- Greet & Meet 11am-Black American Art 12pm- Lunch 1pm-Nutrition Education w/Ms.Minor	6. 10am- Greet & Meet 11am- Chair Yoga 12pm- Lunch 1pm- Black History Music	7. Roses/Dollar Tree 10am- 12pm Forestville, Md 20774 10am- Coffee Time Health Wellness 11am-Black History Movie 12pm- Lunch 1pm-Group Discussion	8. 10am- Greet & Meet Health Wellness 11am- Sing Black Anthem 12pm- Lunch 1pm- Puzzles	9. 10am- Greet & Meet Health Wellness 11am- Board Games 12pm- Lunch 1pm-Word Search
	12. 10am- Greet & Meet Health Wellness 11am-Fitness w/Rodney 12pm- Lunch 1pm-Music Hour	13. Valentine Day Party 10am- 2pm ST Luke Church 4925 East Capitol St SE Washington, DC 20019	14. 10am- Greet & Meet Health Wellness 11am- T.V Game Shows 12pm- Lunch 1pm- Black Trivia	15. 10am- Greet & Meet Health Wellness 11am-Open Discussion 12pm- Lunch 1pm-Games	16. 10am- Greet & Meet Health Wellness 11am- Trivia 12pm- Lunch 1pm-Chair Yoga

 	<p>19.</p> 	<p>20.</p> <p>10am- Greet & Meet Health Wellness 11am-Nutrition Education w/Ms.Minor 12pm- Lunch 1pm-</p>	<p>21.</p> <p>10am- Greet & Meet Health Wellness 11am-Black History Movie 12pm- Lunch 1pm- Arts & Craft</p>	<p>22.</p> <p>10am- Greet & Meet Health Wellness 11am- Cards 12pm- Lunch 1pm- Brain Games</p>	<p>23.</p> <p>Anne Arundel Mills Mall 10am-1pm 7000 Arundel Mills Circle Hanover Md 21076</p> <p>10am- Greet & Meet Health Wellness 11am-Metro Fitness 12pm- Lunch 1pm-Movie Hour</p>
	<p>26.</p> <p>10am- Greet & Meet Health Wellness 11am-Fitness w/Rodney 12pm- Lunch 1pm-Beanbag Toss</p>	<p>27.</p> <p>10am- Greet & Meet Health Wellness 11am- Snap Ed w/Ms.Lockett 12pm- Lunch 1pm- Black History Art</p>	<p>28.</p> <p>Anacostia Park Tour 10am-12pm 1900 Anacostia Dr. Washington DC 20020</p> <p>10am- Greet & Meet Health Wellness 11am-Brain Games 12pm- Lunch 1pm-Trip Discussion</p>	<p>29.</p> <p>10am- Greet & Meet Health Wellness 11am-Black History Discussion 12pm- Lunch 1pm- February Birthday Celebration</p>	

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