


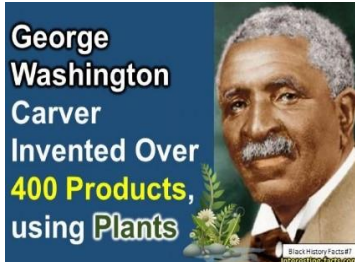
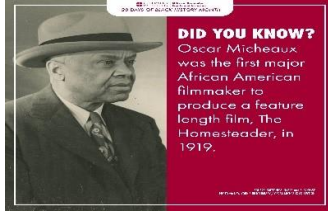





Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<p>1. 10:00am- Tea Time 10:30am- Spirit Club Virtual Fitness 11:00am- Black History Workshop 12:00pm – LUNCH 1:00pm- Who Your Favorite Black History Month Person & Why ? Journal Workshop</p>	<p>2. 10:00am- Coffee Hour 10:30am- Spirit Club Virtual Fitness 11:00am- Music Hour 12:00pm – LUNCH 1:00pm- Science Experiment</p>	<p>3. George Washington Carver Invented Over 400 Products, using Plants</p> 
<p>5. 10:00am- Chat&Chew 10:30am- Spirit Club Virtual Fitness 11:00am-Goals of the Month 12:00pm – LUNCH 1:00pm- Card Games</p>	<p>6. 10:00am- Tea Time 10:30am- Spirit Club Virtual Fitness 11:00am- Brain Game 12:00pm – LUNCH 1:00pm- Music Hour</p>	<p>7. 10:00am- Coffee Hour 10:30am- Spirit Club Virtual Fitness 11:00am- BINGO 12:00pm – LUNCH 1:00pm- BINGO</p>	<p>8. 10:00am- Chat&Chew 10:30am- Spirit Club Virtual Fitness 11:00am- Arts and Crafts 12:00pm – LUNCH 1:00pm- Technology Ed1</p>	<p>9. 10:00am- Tea Time 10:30am- Spirit Club Virtual Fitness 11:00am- Card Game 12:00pm – LUNCH 1:00pm- Line Dance</p>	<p>10. DID YOU KNOW? Oscar Micheaux was the first major African American filmmaker to produce a feature length film, The Homesteader, in 1919.</p> 
<p>12. 10:00am- Coffee Hour 10:30am- Spirit Club Virtual Fitness 11:00am- 11:30am- Presentation by Rolanda Wray/ Transition Care Specialist from DACL 11:30am-Jornal Workshop 12:00pm – LUNCH 1:00pm- Chair Yoga</p>	<p>13. EOTR Valentine's Day Party 10:00am – 2:00pm St. Luke's Center 4923 East Capitol Street SE</p>	<p>14. Happy Valentines Day 10:00am-Chat&Chew 10:30am-Spirit Club Virtual Fitness 11:00am- Sip & Paint 12pm: Lunch 1pm: V-Day Arts and Crafts</p>	<p>15. 10:00am- Tea Time 10:30am- Spirit Club Virtual Fitness 11:00am- BINGO 12:00pm – LUNCH 1:00pm- BINGO</p>	<p>16. 10:00am- Tea Time 10:30am- Spirit Club Virtual Fitness 911:00am- Black Trivia 12:00pm – LUNCH 1:00pm- Fitness Hour</p>	<p>17. BLACK HISTORY MONTH</p> 
<p>19. Site Closed</p> 	<p>20 10:00am-Coffee Hour 10:30am Spirit Club Virtual Fitness 11:00am-Chef Demonstration Food Jonezi 12:00pm-LUNCH 1:00pm-Music Hour</p>	<p>21. Bus Trip: The Centre at Forestville 3393 Donnell Dr 10:00am- Coffee Hour 12:00pm – LUNCH</p>	<p>22. 10:00am- Coffee Hour 10:30am- Spirit Club Virtual Fitness 11:00am- Case Study/Black History 12:00pm – LUNCH 1:00pm-Charades</p>	<p>23. 10:00am- Tea Time 10:30am- Spirit Club Virtual Fitness 11:00am- Black Trivia 12:00pm – LUNCH 1:00pm- Fitness Hour</p>	<p>24. BLACK HISTORY MONTH</p> 

26. . Bus Trip: National Museum of AAH&C 1400 Constitution Ave 10:00am- Tea Time 12:00pm – LUNCH	27. 10:00am- Chat&Chew 10:30am- Spirit Club Virtual Fitness 11:00am- Movie 12:00pm – LUNCH 1:00pm- Pick Your Game to Play	28. 10:00am- Tea Time 10:30am- Spirit Club Virtual Fitness 11:00am- Journal Workshop 12:00pm – LUNCH 1:00pm- PUZZLES	29 10:00am- Coffee Hour 11:00am - Science Experiment (Making IceCream) 12:00pm – LUNCH 1:00pm- Spirit Club Fitness In- Person		
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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 National Children’s Dental Health Month National Self-Check Month Raynaud’s Awareness Month

Teen Dating Violence Prevention Month World Aspergillosis Day Time to Talk Day Give Kids a Smile Day Go Red Women Rheumatoid Awareness Day

World Cancer Day Tinnitus Awareness Week National Black HIV/AIDS Awareness Day African Heritage & Health Week Congenital Heart Defect Awareness Week

Heart Failure Awareness Week National Cardiac Rehabilitation Week Sepsis Survivor Week International Epilepsy Day National Donor Day National Impotence Day National Condom Week

National Caregivers Day National Eating Disorders Awareness Week National Heart Valve Disease Awareness Day Recreational Sports & Fitness Day National Protein Day

International Repetitive Strain Injury Awareness Day Rare Disease Day

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

