



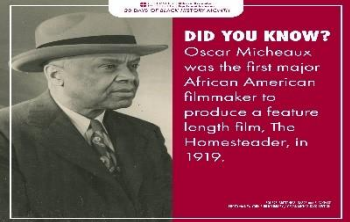





Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<p>1. 10:00am- Coffee Hour 10:30am- Spirit Club Virtual Fitness 11:00am- Life Story/Reflection 12:00pm – LUNCH 1:00pm-Board Games</p>	<p>2. 10:00am- Coffee Hour 10:30am- Spirit Club Virtual Fitness 11:00am-Bean Bag Toss 12:00pm – LUNCH 1:00pm- Line Dancing</p>	<p>3.  George Washington Carver Invented Over <b>400 Products</b>, using Plants</p>
<p>5. 10:00am- Chair Exercises 10:30am- Spirit Club Virtual Fitness <b>11:00am-11:30pm Presentation from Roland Wray/ Transition Care Specialist from DACL</b> 12:00pm – LUNCH 1:00pm-Card Games</p>	<p>6. 10:00am- Coffee/Tea 10:30am- Spirit Club Virtual Fitness 11:00am- Checkers 12:00pm – LUNCH 1:00pm-Board Games</p>	<p>7. 10:00am- Coffee Hour 10:30am- Spirit Club Virtual Fitness 11:00am-Current Events 12:00pm – LUNCH 1:00pm-Bean Bag Toss</p>	<p>8. <b>Excursion to Iverson Mall 3737 Branch Ave.Hillcrest, MD 10:00AM-2:00PM</b></p>	<p>9. 10:00am- Coffee/Tea 10:30am- Spirit Club Virtual Fitness 11:00am-MOCRS Jerrod Allen speaker 12:00pm-LUNCH 1:00pm-Cont.(MOCRS) Speaker</p>	<p>10.  <b>DID YOU KNOW?</b> 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- Music Hour 12:00pm – LUNCH 1:00pm-Arts &amp; Crafts</p>	<p>13. <b>EOTR Valentine's Day Party 10:00am – 2:00pm St. Luke's Center 4923 East Capitol Street SE</b></p>	<p>14. <b>Happy Valentines Day</b> 10:00am- Coffee 10:30am- Spirit Club Virtual Fitness 11:00am-Bingo 12:00pm – LUNCH 1:00pm-Current Events</p>	<p>15. 10:00am- Coffee/Tea 10:30am- Spirit Club Virtual Fitness <b>11:00am- Chef Demonstration Food Jonezi</b> 12:00pm – LUNCH 1:00pm-Charades</p>	<p>16. 10:00am- Coffee Hour 10:30am- Spirit Club Virtual Fitness 11:00am-Youtube Fitness 12:00pm – LUNCH 1:00pm-Card Games</p>	<p>17. </p>
<p>19. <b>Site Closed</b> </p>	<p>20. 10:00am- Coffee Hour 10:30am- Spirit Club Virtual Fitness 11:00am- Storytime 12:00pm – LUNCH 1:00pm-Board Games</p>	<p>21. 10:00am- Tea Time 10:30am- Spirit Club Virtual Fitness 11:00am-Tech ED 2 12:00pm – LUNCH 1:00pm-Music Hour</p>	<p>22. 10:00am- Coffee Hour 10:30am- Spirit Club Virtual Fitness 11:00am- Storytime 12:00pm – LUNCH 1:00pm-Board Games</p>	<p>23. <b>. Bus Trip Target Outlets 10am-1pm</b> 12:00pm – LUNCH 1:00pm- Board Games</p>	<p>24. </p>

<b>26.</b> 10:00am- Coffee Hour 10:30am- Spirit Club Virtual Fitness 11:00am-Brain Games 12:00pm – LUNCH 1:00pm-Board Games	<b>27.</b> 10:00am- Coffee Hour 10:30am- Spirit Club Virtual Fitness 11:00am- Life Story/Reflection 12:00pm – LUNCH 1:00pm-Knitting/Crocheting	<b>28.</b> 10:00am- Coffee 10:30am- Spirit Club Virtual Fitness 11:00am-Chair Exercises 12:00pm – LUNCH 1:00pm-Spirit Club In-Person Fitness	<b>29. Bus Trip Amish Market 10am-2pm</b> 12:00-Lunch 1:00-Current Events		
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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*

