	EOTR Friendship Café/Kenilworth February Activity Calendar 2024 4321 Ord ST SE, Washington, DC 20020 Recreation Coordinator Linda Mahoney 202- 904-4618						
<i>tebruary;</i>	Monday	Tuesday	Wednesday	Thursday         1.         10am –Current Events         11am- Fitness w/Rodney         12pm - Lunch         1pm- Game Show	Friday 2. 10am -Coffee Time/ Exercise You Tube 11am- Senior Budget Basis w/ Charlotte Sevenson 12pm - Lunch 1pm- Music Hour		
February is American Heart Month	5. 10am –Coffee Time/ Exercise You Tube 11am- Weekend Topic 12pm - Lunch 1pm- Card Games	6. Color Purple 11:30am-3:30pm 800 Shoppers Way Largo Md 20774 10am –Coffee Time/Exercise You Tube 11am- Open New Topic 12pm - Lunch 1p m- Bean Bag Toss	7. 10am – Coffee time Exercise You Tube 11am- Exercise 12pm - Lunch 1pm- Crossword Puzzle	8. 10am – Coffee Time <b>11am- Fitness w/Rodney</b> 12pm - Lunch 1pm- Game Show	9. 10am –Coffee Time/ Favored NFL Jersey 11am- Exercise You Tube 12pm - Lunch 1pm- Super Bowl Chat		

FEBRUARY IS AGE-RELATED MACULAR DEGENERATION DEGENERATION AWARENESS MONTH	12. 10am Exercise You Tube 11am- Weekend Topic 12pm- Lunch <b>1pm - Nutrition Education</b> w/Ms.Minor	13. Valentine Day Party St Luke Church 10am-2pm 4925 East Capitol St Ne Washington, DC 20019	<ul> <li>14.</li> <li>10am – Coffee Time</li> <li>11am- Exercise YouTube</li> <li>12pm - Lunch</li> <li>1pm- Valentine Arts &amp;</li> <li>Craft. Making a Collage</li> <li>with Friends &amp; Family</li> <li>Photos</li> </ul>	15. 10am – Coffee Time <b>11am- Fitness w/Rodney</b> 12pm – Lunch 1pm- Music Hour	16. 10am- Coffee and Chew 11am- Movies on YouTube 12pm - Lunch 1pm- Open Games
	19. CLOSED Flappy Birthday GEORGE WASHINGTON	20. 10am –Coffee Time 11am- Exercise You Tube 12pm - Lunch 1pm- Crosswords Puzzle	21. 10am –Coffee Time 11am- Exercise You Tube 12pm - Lunch 1pm- Music Hour	22. 10am – Coffee Time <b>11am- Fitness w/Rodney</b> 12pm - Lunch 1pm- Game Shows	23. Golden Corral 10:30am-1pm 800 Shoppers Way Largo , MD 20774 10am – Coffee Time/ Exercise You Tube 11am- Game Shows 12pm - Lunch 1pm- Popcorn Movie Hour
	26. 10am – Coffee Time 11am- Exercise You Tube 12pm - Lunch 1pm - Nutrition Education w/Ms.Minor	<ul> <li>27.</li> <li>10am – Coffee Time</li> <li>11:30am- SNAP-ED w/Ms.</li> <li>Lockett</li> <li>12pm - Lunch</li> <li>1pm- Popcorn Movie Hour</li> </ul>	28. Martha Table 10am-12pm 2375 Elvans Rd SE WDC 20020 10am – Coffee Time 11am- Exercise you tube 12pm - Lunch 1pm- Game Show	29. 10am – Coffee Time <b>11am- Fitness w/Rodney</b> 12pm - Lunch 1pm- Music Hour	

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