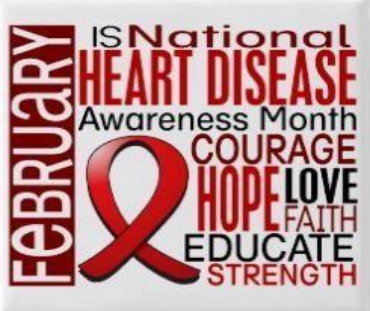


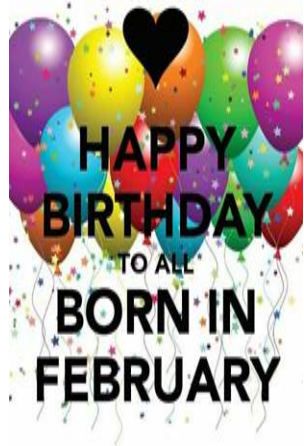
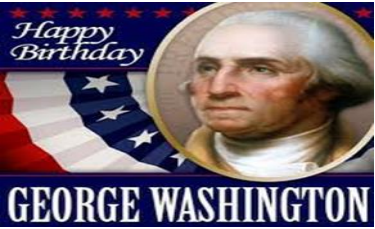



**EOTR Friendship Café/Knox Hill**  
**2700 Jasper ST SE, Washington, DC 20020**  
**Recreation Coordinator David Rodriguez 202-393-9619**

**February Activity Calendar 2024**



	Monday	Tuesday	Wednesday	Thursday	Friday
   <b>February is American Heart Month</b>  <small>shutterstock.com - 1590811294</small>	 <small>shutterstock.com - 2242910551</small>			1. 10am –Coffee Hour 11am- Scrabble 12pm - Lunch 1pm- Open Discussion	2. 10am – Coffee Hour 11am- Games 12pm - Lunch 1pm- Poetry
	5. 10am –Coffee Hour <b>11am- Fitness w/Rodney</b> 12pm - Lunch <b>1pm- Hypertension Presentation w/UDC</b>	6. 10am –Coffee Hour 11am- Community Talk 12pm - Lunch 1pm-Music	7. 10am –Coffee Hour 11am- Arts & Craft 12pm – Lunch <b>1pm- Hypertension Presentation w/UDC</b>	8. 10am – Coffee Hour 11am- Cards/Spades 12pm - Lunch 1pm-Meditation	9. 10am – Coffee Hour 11am- Games 12pm - Lunch 1pm-Puzzles
	12. 10am –Coffee Hour 11am-Open Discussion 12pm - Lunch 1pm-Cards	13. <b>Valentine Day Party</b> <b>10am- 2pm</b> <b>ST Luke Church</b> <b>4925 East Capitol St SE</b> <b>Washington, DC 20019</b>	14. 10am – Coffee Hour <b>11am-SNAP-Ed w/Ms. Lockett</b> 12pm - Lunch 1pm-Movie Time	15. 10am – Coffee Hour 11am- Cards 12pm - Lunch 1pm-Scrabble	16. <b>Walmart</b> <b>10am-12pm</b> <b>6303 Richmond Hwy,</b> <b>Alexandria VA 22306</b>  10am – Coffee Hour 11am- Forum 12pm - Lunch 1pm-Word Search

	<p>19. <b>CLOSED</b></p> 	<p>20.</p> <p>10am –Coffee Hour  <b>11am-Fitness with Rodney</b>  12pm - Lunch  <b>1pm-Nutrition Education w/Ms.Minor</b></p>	<p>21.</p> <p>10am –Coffee Hour  11am- Black History Discussion  12pm - Lunch  1pm-Movies</p>	<p>22.</p> <p>10am –Coffee Hour  11am- Cards  12pm - Lunch  1pm-Puzzles</p>	<p>23.</p> <p><b>DDs Discount  10am-12pm  5560 Silver Hill Rd  District Heights Md 20747</b></p> <p>10am –Coffee Hour  11am- Games  12pm - Lunch  1pm-Word Search</p>
	<p>26.</p> <p>10am –Coffee Hour  11am- Brain Games  12pm - Lunch  1pm-Card Games</p>	<p>27.</p> <p>10am – Coffee Hour  11am- Arts &amp; Craft  12pm - Lunch  1pm-Oldies &amp; Goodies</p>	<p>28.</p> <p>10am –Coffee Hour  11am- Games  12pm - Lunch  1pm-Movies</p>	<p>29.</p> <p><b>1 STOP:Martha Table 2375  Elvans Rd SE  2 STOP: Martha Table  Outfitters  10am-12:30 pm  2204 Martin Luther King  Jr Avenue , WDC 20020</b></p> <p>10am – Coffee Hour  11am- Arts &amp; Craft  12pm - Lunch  <b>1pm- Nutrition Education w/Ms.Minor</b></p>	 <p><b>HEART HEALTH MONTH</b></p> <p>Heart disease can be largely preventable. Learn more about living a healthy lifestyle by visiting <a href="http://nhlbi.nih.gov">nhlbi.nih.gov</a></p>

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