

## EOTR Friendship Café/Mayfair February Activity Calendar 2024 3744 Hayes ST NE, Washington, DC 20019 Recreation Coordinator George Marrow Jr. 202-243-8986



	Monday	Tuesday	Wednesday	Thursday	Friday
Tebruary.	Awareness Month COURAGE FAITH EDUCATE STRENGTH	NATIONAL CANCER PREVENTION MONTH FEBRUARY	FEBRUARY BIRTH MONTH FLOWER	1. 10am- Fitness w/Rodney 11am-Youtube Black History Video 12pm- Lunch 1pm-Card Games	HAPPY BIRTHDAY BORN IN FEBRUARY
February is LOW VISION	National Gum Disease Awareness Month  64 million Americans suffer from gum disease  Keep yourself healthy! -Brush twice a day -Floss regularly -Eat a balanced diet	6. The Color Purple 11:30am-3:30pm Magic Johnson Theater 800 Shoppers Way Largo Md 20774 10am- Morning Coffee 11am- Music Hour 12pm- Lunch 1pm-Brain Games	7. 10am- Bean Bag Toss 11am-Youtube Black history Video 12pm- Lunch 1pm- Puzzle Hour	8. 10am- Fitness w/Rodney 11am- Love Your Heart - Video 12pm- Lunch 1pm-Nutrition Education w/Ms. Minor	FEBRUARY is National Cancer Prevention Month HEALTHY LIFESTYLE
Awareness Month	HEART MONTH	13.  Valentine Day Party  10am- 2pm  ST Luke Church  4925 East Capitol St SE  Washington, DC 20019	14. 10am- Black History Documentary 11am- Book Review Hour 12pm- Lunch 1pm- Brain Games	15. 10am- Fitness w/Rodney 11am- Music Hour 12pm- Lunch 1pm- Puzzle Hour	Heart disease can be largely peers more about living a healthy lifestyle by visiting nhibl.nih.gov



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