

EOTR Friendship Café/PT Johnson February Activity Calendar 2024 3440 Minnesota Avenue NE, Washington, DC 20019 Nutrition Aide Dorothy Bennett 202-340-3532



	Monday	Tuesday	Wednesday	Thursday	Friday
, Tebruary,	Awareness Month COURAGE COURAGE COURAGE COURAGE FAITH EDUCATE STRENGTH	NATIONAL CANCER PREVENTION MONTH F E B R U A R Y	FEBRUARY BIRTH MONTH FLOWER	1. 10am- BODYWISE w/UDC Ms. Vernette 11am-Beanbag Toss 12pm- Lunch 1pm- Word Search	2. 10am-Coffee Time 11am-Cards 12pm- Lunch 1pm-Black History Discussion
	5. 10am- Coffee Time 11am-Brain Games 12pm- Lunch 1pm-Dominos	6. 10am- BODYWISE w/UDC Ms. Vernette 11am- Open Discussion 12pm- Lunch 1pm - Nutrition Education w/Ms.Minor	7. 10am- Board Games 11am- Brain Games 12pm- Lunch 1pm- Music Hour	8. 10am- BODYWISE w/UDC Ms. Vernette 11am-Current Events 12pm- Lunch 1pm-Movie Time	9. 10am- Coffee Time 11am-Word Search 12pm- Lunch 1pm- Dominos
February is American Heart Month 	12. 10am- Coffee Time 11am- Cards 12pm- Lunch 1pm-Games	13. Valentine Day Party 10am- 2pm ST Luke Church 4925 East Capitol St SE Washington, DC 20019	14. 10am- Coffee Time 11am-Trivia 12pm- Lunch 1pm-Word Search	15. 10am- BODYWISE w/UDC Ms. Vernette 11am-Beanbag toss 12pm- Lunch 1pm- Cards	16. 10am- Coffee Time 11am-Brain Games 12pm- Lunch 1pm- Current Events

FEBRUARY IS AGE-RELAT MACULA DEGENERATI Q LOW VISIO AWARENE MONTH	GEORGE WASHINGTON	20. 10am- BODYWISE w/UDC Ms. Vernette 11am-Puzzles 12pm- Lunch 1pm- Board Games	21. Roses Department Store 10am-12pm 7706 Marlboro Pike, Forestville Md, 20774 10am- Coffee Time 11am-Arts & Craft 12pm- Lunch 1pm Musia Hour	22. 10am- BODYWISE w/UDC Ms. Vernette 11am- Oldies & Goodies 12pm- Lunch 1pm-Open Games	23. 10am- Coffee Time 11am- Current Events 12pm- Lunch 1pm-Cards
	26. 10am- Coffee Time 11am-Brain Games 12pm- Lunch 1pm-Dominos	27. Martha Table 10am-12pm 2375 Elvans Rd SE WDC 20020 10am- BODYWISE w/UDC Ms. Vernette 11am-Puzzles 12pm- Lunch 1pm - Nutrition Education w/Ms. Minor	1pm- Music Hour 28. 10am- Coffee Time 11am-SPIRIT Club 12pm- Lunch 1pm- Beanbag Toss	29. 10am- BODYWISE w/UDC Ms. Vernette 11am-Music Hour 12pm- Lunch 1pm-Open Games	HAPPY BIR HHDAY BORN IN FEBRUARY

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