


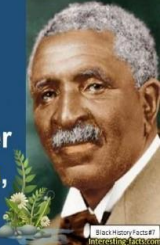






Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<p>1. 10:00am- Coffee Hour 10:30am- Spirit Club Virtual Fitness 11:00am- Word Puzzles 12:00pm – LUNCH 1:00pm- Music Hour</p>	<p>2. 10:00am- Tea Time 10:30am- Spirit Club Virtual Fitness 11:00am- YouTube Fitness 12:00pm – LUNCH 1:00pm- BINGO</p>	<p>3.  George Washington Carver Invented Over 400 Products, using Plants</p>
<p>5. 10:00am- Coffee Hour 10:30am- Spirit Club Virtual Fitness 11:00am- Trivia 12:00pm – LUNCH 1:00pm- Name That Tune</p>	<p>6. 10:00am- Tea Time 10:30am- Spirit Club Virtual Fitness 11:00am- Jenga Game 12:00pm – LUNCH 1:00pm- Cross Word Puzzles</p>	<p>7. 10:00am- Coffee Hour 10:30am- Spirit Club Virtual Fitness 11:00am-Discussion/Black History 12:00pm – LUNCH 1:00pm-Brain Games</p>	<p>8. 10am-Coffee/Tea 11:00am-Case Study Black History 12:00pm-Lunch 1:00pm-Music</p>	<p>9. 10:00am- Tea Time 10:30am- Spirit Club Virtual Fitness 11:00am- Chat and Chew 12:00pm – LUNCH 1:00pm- Sketch Art</p>	<p>10.  DID YOU KNOW? Oscar Micheaux was the first major African American filmmaker to produce a feature length film, The Homesteader, in 1919.</p>
<p>12. 10:00am- Tea Time 10:30am- Spirit Club Virtual Fitness 11:00am-11:30pm Presentation from Rolanda Wray/ Transition Care Specialist From DACL 12:00pm – LUNCH 1:00pm- BINGO</p>	<p>13 EOTR Valentine's Day Party 10:00am – 2:00pm St. Luke's Center 4923 East Capitol Street SE</p>	<p>14. Happy Valentines Day 10:00am- Tea Time 10:30am- Spirit Club Virtual Fitness 11:00am- Spa Day (HVD) 12pm:- Lunch 1pm:- SPA TIME</p>	<p>15. 10:00am- Coffee/Tea 10:30am- Spirit Club Virtual Fitness 11:00am-Bingo 12:00pm – LUNCH 1:00pm-Arts & Crafts</p>	<p>16. 10:00am- Tea Time 10:30am- Spirit Club Virtual Fitness 11:00am. CHAIR AROBICS 12:00pm – LUNCH 1:00pm- Fictionary</p>	<p>17. </p>
<p>19. Site Closed </p>	<p>20. 10:00am- Morning Chat 10:30am- Spirit Club Virtual Fitness 11:00am- Arts/Crafts 12:00pm – LUNCH 1:00pm- BINGO</p>	<p>21. Bus Trip African American Musuem 10am-2pm 12:00pm – LUNCH 1:00pm-Music Hour</p>	<p>22. 10:00am- Coffee Hour 10:30am- Spirit Club Virtual Fitness 11:00am- Case Study/Black History 12:00pm – LUNCH 1:00pm-Charades</p>	<p>23. 10:00am- Coffee Hour 10:30am- Spirit Club Virtual Fitness 11:00am-Name that Tune 12:00pm – LUNCH 1:00pm- Board Games</p>	<p>24. </p>

26. 10:00am- Coffee Hour 10:30am- Spirit Club Virtual Fitness 11:00am-Brain Games 12:00pm – Lunch/(MOCRS)Speaker Jerrod Allen 1:00pm-Bingo	27. Bus Trip Walmart 10am-2pm 12:00pm – LUNCH 1:00pm-Music Hour	28. 10:00am- Tea Time 11:00am- Spirit Club – In Person Fitness 12:00pm – LUNCH 1:00pm- PUZZLES	29 10:00am- Coffee 11:00am – Chef Demonstration Food Jonezi 12:00-Lunch 1:00pm – Youtube Fitness		
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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

