


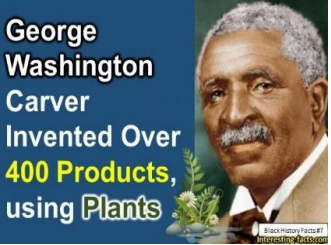






Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<p>1. 10:00am- Coffee Hour 10:30am- Spirit Club Virtual Fitness 11:00am- Youtube Fitness 12:00pm – LUNCH 1:00pm-Cards Games</p>	<p>2. 10:00am- Coffee Hour 10:30am- Spirit Club Virtual Fitness 11:00am-BookClub 12:00pm – LUNCH 1:00pm- Line Dancing</p>	<p>3.  George Washington Carver Invented Over 400 Products, using Plants</p>
<p>5. 10:00am- Coffee 10:30am- Spirit Club Virtual Fitness 11:00am- 11:30am- Presentation by Rolanda Wray/ Transition Care Specialist from DACL 11:30-Current Events 12:00pm – LUNCH 1:00pm-Life Stories</p>	<p>6. 10:00am- Coffee/Tea 10:30am- Spirit Club Virtual Fitness 11:00am- Book Club 12:00pm – LUNCH 1:00pm-Music</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. 10:00am- Coffee/Tea 10:30am- Spirit Club Virtual Fitness 11:00am-Case Study Black History 12:00pm – LUNCH 1:00pm-Music</p>	<p>9. 10:00am- Coffee/Tea 10:30am- Spirit Club Virtual Fitness 11:00am-Bean Bag Toss 12:00pm-LUNCH 1pm-Board Games</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- Coffee Hour 10:30am- Spirit Club Virtual Fitness 11:00am- Movies 12:00pm – LUNCH 1:00pm-Chair Exercises</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- Coffee 10:30am- Spirit Club Virtual Fitness 11:00am-Bingo 12:00pm – LUNCH 1:00pm-Current Events</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- Coffee Hour 10:30am- Spirit Club Virtual Fitness 11:00am-(MOCRS) Jerrod Allen Speaker 12:00pm – LUNCH 1:00pm-Cont.(MOCRS)Speaker</p>	<p>17. </p>
<p>19. Site Closed </p>	<p>20. 10:00am- Coffee Hour 10:30am- Spirit Club Virtual Fitness 11:00am- Paint & Sip 12:00pm – LUNCH 1:00pm-Youtube Fitness</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- Chef Demonstration Food Jonezi 12:00pm – LUNCH 1:00pm-BINGO</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 1:00pm-Bingo	27. Bus Trip Go-go Museum 10am-2pm 12:00pm – LUNCH 1:00pm-Music Hour	28. 10:00am- Coffee 10:30am- Spirit Club Virtual Fitness 11:00am-Chair Exercises 12:00pm – LUNCH 1:00pm-Brain Games	29 10:00am- Coffee 11:00am – Spirit Club In-Person Fitness 12:00-Lunch 1:00-Current Events		
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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

