

	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Happy Birthday to all clients celebrating this month!!!</p>  <p>Facial Masks are Required.</p> <p>Proof of vaccination required.</p>			<p>1. 10:00am YouTube Fitness 11:00am Chat & Chew 12:00pm LUNCH TIME 1:00pm Word Search</p>	<p>2. Groundhog Day Stop 1: Martha's Table Lobby Commons 10:30pm-12:00pm Stop 2: Martha's Outfitters 12:15pm-1:30pm</p>	<p>3. 10:00am Tea Time 11:00am Movies 12:00pm LUNCH TIME 1:00pm Movies</p>
	<p>6. 10:00am Sipping Cider 11:00am In person Fitness w/ Rodney 12:00pm LUNCH TIME 1:00pm Card Games</p>	<p>7. 10:00am YouTube Fitness 11:00am In-person Cooking Demo w. Chef Katrell (Food Bag Provided) 12:00pm LUNCH TIME 1:00pm BINGO <i>UDC Nursing on-site from 10am-2pm in TV room.</i></p>	<p>8. 10:00am Current Events 11:00am SNAP Education w/ Ms. Lockett 12:00pm LUNCH TIME 1:00pm Oldies & Goodies</p>	<p>9. National Pizza Day 10:00am Walking Workout 11:00am Arts & Crafts 12:00pm LUNCH TIME 1:00pm Card Games</p>	<p>10. Publick Playhouse Black History in Motion 9:30am-1:00pm 5445 Landover Rd. Hyattsville, MD 20784 ONLY 10 slots available</p>
	<p>13. Valentines at Busboys and Poets 10:00am-2:00pm 235 Caroll St NW Washington, DC 20012 ONLY 10 slots available</p>	<p>14. Valentine's Day 10:00am Valentine's Tea 11:00am BINGO 12:00pm LUNCH TIME 1:00pm Valentine's Puzzles <i>UDC Nursing on-site from 10am-2pm in TV room..</i></p>	<p>15. 10:00am YouTube Fitness 11:00am Word Search 12:00pm LUNCH TIME 1:00pm Black History Refelction</p>	<p>16. 10:00am Tea Time <i>10:30am Legal Counsel in person presentation on Medicare Enrollment, New services, Scams and more.</i> 12:00pm LUNCH TIME 1:00pm Oldies and Goodies</p>	<p>17. 10:00am Coffee Talk 11:00am Romantic Movie 12:00pm LUNCH TIME 1:00pm Romantic Movie</p>
	<p>20. SITES CLOSED</p> 	<p>21. 10:00am YouTube Fitness 11:00am In-person Cooking Demo w. Chef Katrell (Food Bag Provided) 12:00pm LUNCH TIME 1:00pm Oldies & Goodies <i>UDC Nursing on-site from 10am-2pm in TV room.</i></p>	<p>22. Ash Wednesday 10:00am Tea Time 11:00am DC Central Kitchen Cooking Demo 12:00pm LUNCH TIME 12:45pm Arts for Aging coOPERation w/ Peter & Carlos</p>	<p>23. Shopper World- Iverson Mall 10:30am-1:45pm 3701 Branch Ave Temple Hills, MD 20748</p>	<p>24. 10:00am Tea Time 11:00am Open TV Time 12:00pm LUNCH TIME 1:00pm Oldies & Goodies</p>
	<p>27. 10:00am Coffee Talk 11:00am In person Fitness w/ Rodney 12:00pm LUNCH TIME 1:00pm Nutrition Education with Ms. Minor</p>	<p>28. 10:00am YouTube Fitness 11:00am Oculus Virtual Reality 12:00pm LUNCH TIME 1:00pm Oculus Virtual Reality <i>UDC Nursing on-site from 10am-2pm in TV room.</i></p>		<p><u>February Celebrations</u></p> <ul style="list-style-type: none"> • Congenital heart defect awareness • Black History • Grapefruit month • Library Lovers • American Heart Month 	