

## EOTR Friendship Café / Mayfair 3744 Hayes ST NE Washington D.C. 20019 Community Dining Site Supervisor George Marrow Jr. 202-249-8986

## February 2023 Activity Calendar



## Happy Birthday to all clients celebrating this month!!!



Facial Masks are Required.

Proof of vaccination required.

Monday	Tuesday	Wednesday	Thursday	Friday
BLACK HISTORY MONTH  FEBRUARY  BLACK HISTORY MONTH		1.  Martin Luther King Jr.  Memorial Library  10:30am-12:30pm  901 G St NW Washington, DC 20001  1:00 pm Arts for Aging w/ Wendy and Deborah Weaving Music and  Movement	2. Groundhog day 10:00am In person Fitness w/ Rodney 11:00am Card Games 12:00pm LUNCH TIME 1:00pm Open Game time	NATIONAL GRAPEFRUIT MONTH
Sebruary is  NATIONAL CANCER  PREVENTION MONTH	7. 10:00am Coffee Hour 11:00am Bean Bag Toss 12:00pm LUNCH TIME 1:00pm Card Games	8. 10:00am Nutrition Ed. W/Ms. Minor 11:00am DC Central Kitchen Cooking Demo 12:00pm LUNCH TIME 1:00pm Oldies & Goodies	9. National Pizza Day 10:00am In person Fitness w/ Rodney 11:00am In-person Cooking Demo w. Chef Katrell (Food Bag Provided) 12:00pm LUNCH TIME 1:00pm Paint & Sip	10.  Publick Playhouse  Black History in Motion 9:30am-1:00pm 5445 Landover Rd. Hyattsville, MD 20784 ONLY 10 slots available
13.  Valentines at Busboys and Poets 10:00am-2:00pm 235 Caroll St NW Washington, DC 20012  ONLY 9 slots available	14. Valentine's Day 10:00am Sipping Cider 11:00am Valentines Word Search 12:00pm LUNCH TIME 1:00pm Valentines Art w/ Theresa	15. 10:00am Coffee Hour 11:00am Legal Counsel in person Medicare Enrollment, New services, and Scams 12:00pm LUNCH TIME 1:00pm BINGO	16. 10:00am In person Fitness w/ Rodney 11:00am Oculus Virtual Reality 12:00pm LUNCH TIME 1:00pm Heart Health Talk	CONGENITAL HEART DEFECT
20. SITES CLOSED  PRESIDENTS' DAY	21. 10:00am Current Events 11:00am Black History reflection 12:00pm LUNCH TIME 1:00pm Black History reflection	22. Ash Wednesday  Golden Corral  10:30am-1:30pm  1001 Shoppers Way  Largo, MD 20774	23. 10:00am In person Fitness w/ Rodney 11:00am In-person Cooking Demo w. Chef Katrell (Food Bag Provided) 12:00pm LUNCH TIME 1:00pm Movie	ASHERC National Chocolate Lovers Month
27.  ***Construction of the state of the sta	28. 10:00am Chat & Chew - Cancer prevention 11:00am Nutrition Ed. W/ Ms. Minor 12:00pm LUNCH TIME 1:00pm Black History Puzzles	FEBRUARY IS  AMERICAN HEART MONTH	February Celebrations  Congenital heart defect awareness  Black History  Grapefruit month  Library Lovers  American Heart Month	February NATIONAL CANNED FOOD MONTH Cans Get You COOKING