

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



Facial Masks are Required.

Proof of vaccination required.

	Monday	Tuesday	Wednesday	Thursday	Friday
			1. <b>Martin Luther King Jr. Memorial Library</b> 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. <b>Groundhog day</b> 10:00am In person Fitness w/ Rodney 11:00am Card Games 12:00pm LUNCH TIME 1:00pm Open Game time	3. 
6.		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. <b>National Pizza Day</b> 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. <b>Publick Playhouse</b> <b>Black History in Motion</b> 9:30am-1:00pm 5445 Landover Rd. Hyattsville, MD 20784 <b>ONLY 10 slots available</b>
13.	13. <b>Valentines at Busboys and Poets</b> 10:00am-2:00pm 235 Carroll St NW Washington, DC 20012 <b>ONLY 9 slots available</b>	14. <b>Valentine's Day</b> 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 <i>Medicare Enrollment, New services, and Scams</i> 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	17. 
20.	20. <b>SITES CLOSED</b> 	21. 10:00am Current Events 11:00am Black History reflection 12:00pm LUNCH TIME 1:00pm Black History reflection	22. <b>Ash Wednesday</b> <b>Golden Corral</b> 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	24. 
27.		28. 10:00am Chat & Chew - Cancer prevention 11:00am Nutrition Ed. W/ Ms. Minor 12:00pm LUNCH TIME 1:00pm Black History Puzzles		<b>February Celebrations</b> <ul style="list-style-type: none"> <li>• Congenital heart defect awareness</li> <li>• Black History</li> <li>• Grapefruit month</li> <li>• Library Lovers</li> <li>• American Heart Month</li> </ul>	