	R Scomm	riendship Cafe '/ P.T. Johnson 440 Minnesota Aye. NE Vashington D.C 20019 unity Dining Site Supervisor ge Marrow 202-249-8986	February 2023 Activity Calendar		DACL DEPARTMENT CE AGING AND COMMUNITY IMMS LIVE BOLDLY	
Нарру	Monday	Tuesday	Wednesday	Thursday	Friday	
Birthday to all clients celebrating	FEBRUARY BLACK HISTORY MONTH		1. Martin Luther King Jr. Memorial Library 10:45am-1:30pm 901 G St NW Washington, DC 20001	2. Groundhog day 10:00am BODYWISE in person Fitness w. UDC's Ms. Vernette 11:00am Nutrition Education with Ms. Minor 12:00pm LUNCH TIME 1:00pm Music Hour	3. 10:00am Coffee Hour 11:00am Open Game Time 12:00pm LUNCH TIME 1:00pm Black History crossword puzzles	
this month!!! Happy Birthday	6. 10:00am Coffee Hour 11:00am Arts & Crafts 12:00pm LUNCH TIME 1:00pm BINGO	7. <b>10:00am BODYWISE in person</b> <b>Fitness w. UDC's Ms. Vernette</b> <b>11:00am Legal Counsel in person</b> <i>Medicare Enrollment, New services,</i> <i>and Scams and more</i> <b>12:00pm LUNCH TIME</b> <b>1:00pm Open Game Time</b>	8. 10:00am Sipping Cider 11:00am Card Games 12:00pm LUNCH TIME 1:00pm Oldies & Goodies	9. National Pizza Day 10:00am BODYWISE in person Fitness w. UDC's Ms. Vernette 11:00am Sipping Cider 12:00pm LUNCH TIME 1:00pm Checkers	10. Publick Playhouse Black History in Motion 9:30am-1:00pm 5445 Landover Rd. Hyattsville, MD 20784 ONLY 7 slots available	
Facial Masks are Required.	13. Valentines at Busboys and Poets 10:00am-2:00pm 235 Caroll St NW Washington, DC 20012 ONLY 6 slots available	14.Valentine's Day10:00am BODYWISE in personFitness w. UDC's Ms. Vernette11:00am Card Games12:00pm LUNCH TIME1:00pm Valentines Word Search	15. 10:00am Sipping Cider 11:00am DC Central Kitchen Cooking Demo 12:00pm LUNCH TIME 1:00pm Wind Down Hour	16. 10:00am BODYWISE in person Fitness w. UDC's Ms. Vernette 11:00am Current Events 12:00pm LUNCH TIME 1:00pm Card Games	17. Golden Corral 10:30am-1:30pm 1001 Shoppers Way Largo, MD 20774	
Proof of vaccination required.	20. SITES CLOSED PRESIDENTS' DAY	21. 10:00am BODYWISE in person Fitness w. UDC's Ms. Vernette 11:00am Nutrition Education with Ms. Minor 12:00pm LUNCH TIME 1:00pm Puzzle Time	22. Ash Wednesday 10:00am Oculus Virtual Reality 11:00am Arts for Aging coOPERAtion w/ Peter & Carlos 12:00pm LUNCH TIME 1:00pm Oldies & Goodies	23. 10:00am BODYWISE in person Fitness w. UDC's Ms. Vernette 11:00am Arts & Crafts 12:00pm LUNCH TIME 1:00pm Word Search	24. 10:00am Coffee Hour 11:00am Puzzles 12:00pm LUNCH TIME 1:00pm Dominoes	
	27. 10:00am Coffee Hour 11:00am Black History Word Search 12:00pm LUNCH TIME 1:00pm Music Hour	28. 10:00am BODYWISE in person Fitness w. UDC's Ms. Vernette 11:00am Black History Reflection 12:00pm LUNCH TIME 1:00pm Reflection Continued	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	

Part of the Senior Services Network – Supported by the Department of Aging and Community Living.