

EOTR Friendship Café/Arthur Capper 1000 5th ST SE Washington, DC 20020

February Activity Calendar 2025



Recreation Coordinator Vivian Abdullah 301-580-0271

	Monday	Tuesday	Wednesday	Thursday	Friday
B L A C K HISTORY MONTH	3. 10am-Meet&Greet 10:30am-Mental Health Session w/Dr.Crawford 12pm-Lunch 1pm-African Drumming	4. 10am-Greet&Meet 11am-Group Discussion 12pm-Lunch 1pm-Music	5. 10am-Social Hour 11am-Sing Black National Anthem 12pm-Lunch 1pm-Art	6. 10am-Greet&Meet and Health Wellness 11am-Bingo 12pm- Lunch 1pm- Health Literature Discussion	7. Drug Enforcement Agency Museum 700 Army Navy Dr., Arlington V.A. 22202 10am-12:30pm 10am-Chew&Chat 11am-Domino 12pm – Lunch 1pm-Coloring
Flag Day	10. 10am-Chew&Chat 11am- Exercise w/Rodney Jordan 12pm-Lunch 1pm-Music Hour	11. 10am-Chew&Chat 11am-Black American Fashion Show 12pm-Lunch 1pm-Maze	12. 10am-Greet&Mee 11am-Group Discussion 12pm-Lunch 1pm- Health Literature Discussion	13. 10am-Social Hour 11am-Tech Express Library 12pm-Lunch/Nutrition Ed w Ms.Minor 1pm-Domino	14. 10am- Greet & Meet 11am- Make Valentines Day Cards 12pm- Lunch 1pm- Music

February is	17. <i>CLOSED</i>	18. 10am- Social Hour	19. National Museum of	20. 10am- Meet&Greet	21. 10am- Greet & Meet			
RARE DISEASE AWARENESS MONTH	Presidents' Day	11:30am-Snap Ed w/ Ms.	African American History	11am- Table Games	11am-Chair Yoga			
& RAYNAUD'S	February 17	Lockett 12pm-Lunch	1400 Constitution Ave, NW,	12pm-Lunch	12pm-Lunch			
AWARENESS MONTH	TO TOTAL	1pm- Tic-Tac-Toe	Washington D.C. 20560 10am-12:30pm	1pm- MLK Jr. Word Search	1pm- Black History Trivia			
MONTH			10am- Greet&Meet					
SCLENODERMA 330 RESEARCH			11am- Health Wellness					
A STREET CARGOON POLICION	DDECIDENTS DAY		12pm-Lunch					
	PRESIDENTS DAY		1pm- Puzzles					
	24.	25.	26.	27.	28.			
	10am-Greet&Meet	10am- Social Hour	MLK Memorial	10am-Tea/Coffee Hour	10am-Social Hour			
	<mark>11am- Exercise w/Rodney</mark> Jordan	11am- Table Games	1964 Independence Ave,	10:30am-Black Poems	11am-Maze			
HEARI	12pm-Lunch	12pm-Lunch 1pm- Health Literature	SW, Washington D.C. 20004	12pm-Lunch 1pm-Music	12pm-Lunch			
	1pm-Art	Discussion	10am-12:30pm	Tpm Wasie	1pm-BIRTHDAY CELEBRATION			
MONTH			10am-Sip and Chat					
			11am-Chair Yoga 12pm-Lunch					
45			1pm-Art and Craft					
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Part of the Senior Services Network – Supported by the Department of Aging and Community Living.