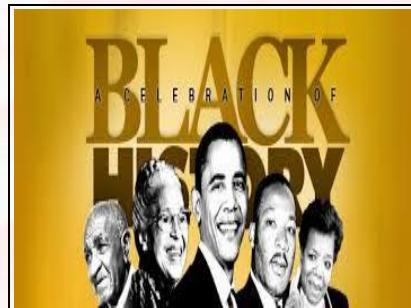


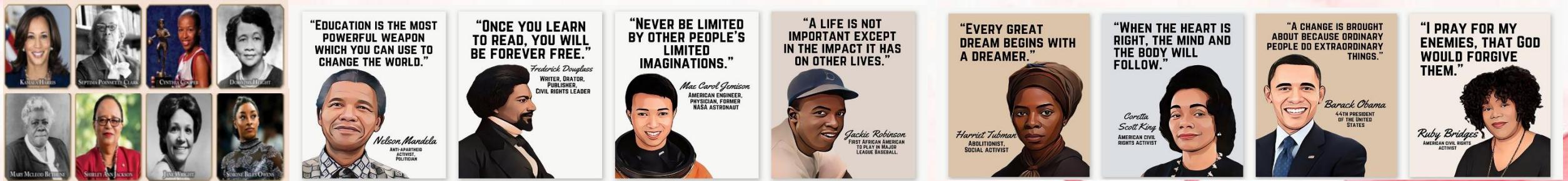


EOTR Friendship Café/Knox Hill
2700 Jasper ST SE, WDC 20020
Recreation Coordinator Tamar Bennett 202-397-7300



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2. 10am- Coffee 11am- Fitness w/Rodney 12pm- Lunch 1pm- Calendar Review & Games</p>	<p>3. 10am- Coffee 11am- Mental Health back then 12pm- Lunch 1pm- Black History Trivia</p>	<p>4. 10am- Coffee 11am- Activities w/ Kajah 12pm- Lunch 1pm- Where does our drinking water come from</p>	<p>5. Roses 7706 Marlboro Pike Forestville, MD 20747 10am-12pm 10am- Coffee 11am- Word search 12pm- Lunch 1pm- Games</p>	<p>6. 10am- Coffee 11am- Wild Tech Computer Training w/ Alex 12pm- Lunch 1pm- Wild Tech Computer Training w/ Alex</p>
<p>9. 10am- Teatime 11am- Heart Health 12pm- Lunch 1pm- Movie day</p>	<p>10. 10am- Teatime 11am- What is Heart Failure 12pm- Lunch 1pm- Games</p>	<p>11. Red, White, You Valentines Party <i>Our Lady of Perpetual Help</i> 600 Morris Rd SE 10:30am to 2pm</p>	<p>12. 10am- Teatime 11am- How to prevent Heart Failure 12pm- Lunch – Nutrition w/ Ms. Minor 1pm- Health Promotion w/Irwin Royster</p>	<p>13. 10am- Teatime 10:30am- Mental Health Session w/Maryanne 12pm- Lunch 1pm- Word Search</p>
<p>16. PRESIDENT'S DAY DINING SITE CLOSED</p>	<p>17. 10am- Coffee & Tea 11am- Fitness w/Rodney 12pm- Lunch 1pm- Mental Relaxation</p>	<p>18. 10am- Coffee & Tea 11am- Cancer Prevention 11:30am- Snap ED w/Lockett 12pm- Lunch 1pm- Games</p>	<p>19. 10am- Coffee 11am - Games 12pm- Lunch 1pm- Health Promotion w/Irwin Royster</p>	<p>20. 10am- Coffee 10:30am- Mental Health Session w/Maryanne 12pm- Lunch 1pm- Music Hour</p>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>WORLD CONGENITAL HEART DEFECT AWARENESS DAY FEBRUARY 14</p>  <p>23. 10am- Hot Beverage 11am- Benefits of Honey 12pm- Lunch 1pm- Black History Review, let's talk about it</p>	<p>24. 10am- Hot Beverage 11am- Elderberry & Health 12pm- Lunch 1pm- Karaoke</p>  	<p>25.</p> <p>National Museum of African American History & culture. 1400 Constitution Ave. NW WDC 20560 10am-12pm</p> <p>10am- Hot Beverage 11am- Health talk 12pm- Lunch 1pm- Games</p>	<p>26.</p> <p>10am- Hot Beverage 11am- Games 12pm- Lunch 1pm- Health Promotion w/Irwin Royster</p>	<p>27.</p> <p>10am- Hot Beverage 10:30am- Mental Health Session w/Maryanne 12pm- Lunch 1pm- Word search</p>



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