



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

February Activity Calendar 2026




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

 <p>WORLD CONGENITAL HEART DEFECT AWARENESS DAY FEBRUARY 14</p>	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>MICHELLE OBAMA CORETTA SCOTT KING SHEILA JACKSON LEE</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. 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. 10am- Hot Beverage 11am- Games 12pm- Lunch 1pm- Health Promotion w/Irwin Royster</p>	<p>27. 10am- Hot Beverage 10:30am- Mental Health Session w/Maryanne 12pm- Lunch 1pm- Word search</p>



Kandi Hill



Sophia Pennette Clark



Cynthia Cooper



Dorothy Wright



Mary McLeod Bethune



Shirley Ann Jackson



Jan Wright



Simone Biles Owens

"EDUCATION IS THE MOST POWERFUL WEAPON WHICH YOU CAN USE TO CHANGE THE WORLD."



Nelson Mandela
ANTI-APARTHEID ACTIVIST, POLITICIAN

"ONCE YOU LEARN TO READ, YOU WILL BE FOREVER FREE."



Frederick Douglass
WRITER, ORATOR, PUBLISHER, CIVIL RIGHTS LEADER

"NEVER BE LIMITED BY OTHER PEOPLE'S LIMITED IMAGINATIONS."



Mae Carol Jemison
AMERICAN ENGINEER, PHYSICIAN, FORMER NASA ASTRONAUT

"A LIFE IS NOT IMPORTANT EXCEPT IN THE IMPACT IT HAS ON OTHER LIVES."



Jackie Robinson
FIRST AFRICAN AMERICAN TO PLAY IN MAJOR LEAGUE BASEBALL

"EVERY GREAT DREAM BEGINS WITH A DREAMER."



Harriet Tubman
ABOLITIONIST, SOCIAL ACTIVIST

"WHEN THE HEART IS RIGHT, THE MIND AND THE BODY WILL FOLLOW."



Coretta Scott King
AMERICAN CIVIL RIGHTS ACTIVIST

"A CHANGE IS BROUGHT ABOUT BECAUSE ORDINARY PEOPLE DO EXTRAORDINARY THINGS."



Barack Obama
44TH PRESIDENT OF THE UNITED STATES

"I PRAY FOR MY ENEMIES, THAT GOD WOULD FORGIVE THEM."



Ruby Bridges
AMERICAN CIVIL RIGHTS ACTIVIST

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