

September 2026 Activity Calendar

EOTR Friendship Café *PABC* 3000 Penn Ave. S.E. DC

Recreation Coordinator, Madeline Harris-Ferrell Nutrition Aide, Shelia Wormely

Monday

Tuesday

Wednesday

Thursday

Friday

Men's Group will take place every Wednesday from 11:00 AM – 12:00 PM. We encourage men ages 60 and older to come out and join activities designed specifically with you in mind. This is a great opportunity to connect with other men, build friendships, share experiences, and participate in engaging discussions and activities in a welcoming environment.

Did You Know?

Ward 1: Meridian Hill Park is widely known as "Malcolm X Park" because it became a major gathering place for Black activism and community organizing during the Civil Rights and Black Power eras, symbolizing pride, resistance, and cultural expression.

Ward 7: Nannie Helen Burroughs was a powerful advocate for women's

1.
10:00am-10:30am
Coffee & Devotional
10:30am-11:00am
Virtual Exercise
11:00am-12:00pm
Swap out
12:00pm-1:00pm
LUNCH
1:00pm-2:00pm
Open forum

Excursion:
Martha's Table
2375 Elvans Rd. SE,
Washington, DC 20020
10:30am-12:00pm

2.
10:00am-11:00am
Fitness w. Ms. Vernetta
11:00am-12:00pm
Arts & Crafts
12:00pm-1:00pm
LUNCH
1:00pm-2:00pm
Music & Games

*Men's Group will take place
11:00am-12:00pm*

3.
10:00am-10:30am
Coffee & Devotional
10:30am-11:00am
Virtual Exercise
11:00am-12:00pm
Sibley Memorial; Memory Screening
12:00pm-1:00pm
LUNCH
1:00pm-2:00pm
Labor Memories (Jobs)

4.
10:00am-11:00am
Fitness w. Ms. Vernetta
11:00am-12:00pm
Zoom (WildTech)
12:00pm-1:00pm
LUNCH
1:00pm-2:00pm
Diabetes Awareness w.
Irwin Royster

7. Labor Day (Holiday) Closed



8.
10:00am-10:30am
Coffee & Devotional
10:30am-11:00am
Virtual Exercise
11:00am-12:00pm Sibley Memorial;
Memory Screening
12:00pm-1:00pm
LUNCH
1:00pm-2:00pm
Switch out (this for that)

9.
10:00am-11:00am
Fitness w. Ms. Vernetta
11:00am-12:00pm
School years (memories)
12:00pm-1:00pm
LUNCH & Nutritious Super Foods
w. Ms. Minor
1:00pm-2:00pm
Bingo with prizes

10.
10:00am-10:30am
Coffee & Devotional
10:30am-11:00pm
Virtual Exercise
11:00am-12:00pm Food Jonezi Chef
Demo: Eating Well While Aging
12:00pm-1:00pm
LUNCH
1:00pm-2:00pm
Movie pt.2

11.
10:00am-11:00am
Fitness w. Ms. Vernetta
11:00am-12:00pm Erin Spears Case
Management W. East River
12:00pm-1:00pm
LUNCH
1:00pm-2:00pm
Finish the phrase

14.
10:00am-11:00am
Fitness w. Ms. Vernetta
11:00am-12:00pm – Arts of Aging
Presentation
12:00pm-1:00pm
LUNCH
1:00pm-2:00pm

15.
10:00am-10:30am
Coffee & Devotional
10:30am-11:00am
Virtual Exercise
11:00am-12:00pm Giovanna
Understanding Dementia Presentation

16.
10:00am-11:00am
Fitness w. Ms. Vernetta
11:00am-12:00pm
Keep, Donate & Toss
12:00pm-1:00pm
LUNCH
1:00pm-2:00pm

17.
10:00am-10:30am
Coffee & Devotional
1030am-11:00am
Virtual Exercise
11:00am-12:30pm Dr.Crawford
Mental Health Presentation

18.
10:00am-11:00am
Fitness w. Ms. Vernetta
11:00am-12:00pm
Zoom (WildTech)
12:00pm-1:00pm
LUNCH
1:00pm-2:00pm

education, fair wages, and skilled trade training, while also using her leadership in the National Baptist Convention to expand women’s roles in church and civil rights work. Ward 8: Anacostia was originally established as Uniontown in the 1800s for Navy Yard workers and later became one of D.C.’s most historic Black communities. <u>Friendly Reminder:</u> Please be sure to speak with your Recreation Coordinators to learn more about available support, including one-on-one nutrition counseling and care coordination/short-term case management services.	Walk it off	12:00pm-1:00pm LUNCH 1:00pm-2:00pm Crafts	Puzzles & Stacks *Men’s Group will take place 11:00am-12:00pm*	12:00pm-1:00pm LUNCH 1:00pm-2:00pm Word Games	Diabetes Awareness w. Irwin Royster
	21. 10:00 am-11:00am Fitness w. Ms.Vernetta 11:00am – 12:00pm Sibley Memorial; Memory Screening 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Decorate space for Fall	22. First Day of Fall 10:00am-10:15am Coffee & Devotional 10:15 am – 10:30 am Life Enhancement Services Presentation 10:30am-11:00am Virtual Exercise 11:00am-12:00pm (2) Team Games 12:00pm-1:00pm LUNCH 1:00pm-2:00pm (2) Team Games pt.2 Excursion Falls Prevention Awareness Week September 22nd 10 am – 1pm 899 North Capital St Ne	23. 10:00am-11:00am Fitness w. Ms.Vernetta 11:00am-12:00pm Importance of Friends & Family 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Would you Rather? *Men’s Group will take place 11:00am-12:00pm*	24. 10:00am-10:30am Coffee & Devotional 10:30am-11:00am Virtual Exercise 11:00am-12:00pm- Renters Right 101 with Nicole Dc.Gov 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Riddle Me This	25. 10:00am-11:00am Fitness w. Ms. Vernetta 11:00am-12:00pm Presentation with Abilities Home Safety & Aging in Place 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Bingo with Prizes
	28. 10:00am – 10:30am Coffee & Devotional 10:30am – 11:00am Virtual Exercise 11:00am – 12:00pm Hot Topics 12:00pm-1:00pm LUNCH & Food Safety for seniors w. Ms. Minor 12:30pm – 2:00 pm Mental Health Counseling W. Maryanne	29. 10:00am-10:30am Coffee & Devotional 10:30am-11:00am RebuildingTogether overview of all the programs offered by Rebuilding Together 11:00am-12:00pm Wild Tech Presentation 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Wild Tech Presentation	30. 10:00am-11:00am Fitness w. Ms. Vernetta 11:00am-12:00pm Team Games 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Fact or Fiction *Men’s Group will take place 11:00am-12:00pm*		

Preparing for Fall Tip: As the weather begins to cool, fall is a great time to make small changes in your apartment or home to stay comfortable and prepared for the season ahead.

Check for Drafts & Cooler Air : Cooler air can begin to come through windows, doors, or air conditioning units during the fall months. Using draft stoppers, removable weather sealing, or thicker curtains can help keep your space warmer and more comfortable without making permanent changes to your living space. These items can often be found at stores like Dollar Tree, Roses, Walmart, or Amazon, typically ranging from \$5.00 to \$15.00.

Do you know someone aged 60 or older who may need assistance? If they live in Ward 1, 7, or 8, encourage them to call ERFSC we're here to help connect them with the resources they need.

Program Manager Ward 1 & 7

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Hello September!



As September arrives here in Washington, D.C., the city begins to transition into the early days of fall. The temperatures become a little cooler, the leaves slowly begin to change, and neighborhoods across the

District start preparing for a new season of community events and outdoor activities. September is a wonderful time to enjoy the beauty of D.C. while staying active, social, and connected with others.

Throughout the city, there are many ways to enjoy the fall season. Residents can take scenic walks through local parks, visit neighborhood farmers markets, attend fall festivals, enjoy outdoor concerts, or explore seasonal events happening across the District. September is also a great time to enjoy fresh seasonal foods like apples, squash, sweet potatoes, and warm comfort meals as the weather begins to cool.

As routines shift from summer into fall, September also reminds us to continue focusing on wellness and self-care. Whether it's joining a fitness class, participating in community activities, spending time outdoors, or simply checking in with friends and neighbors, staying engaged can support both physical and emotional well-being.

We encourage everyone to connect with their Recreation Coordinator to learn more about upcoming fall-themed programs, wellness activities, and community outings happening throughout the month. There will be many opportunities to stay active, have fun, and enjoy the season together.

May this September bring you fresh energy, peaceful moments, and many enjoyable memories throughout our beautiful city.

Wishing you a healthy, relaxing, and joyful September!

