

September 2026 Activity Calendar

EOTR Friendship Café *Kenilworth * – 3477 Hayes Street NE

Recreation Coordinator, Latisha Johnson 202-631-4409 Nutrition Aide, Ms.Donna

	Monday	Tuesday	Wednesday	Thursday	Friday
<u>Did You Know?</u> 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 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		1. 10:00am-11:00am Coffee Chat ‘What’s Your Positive Today’ 11:00am-12:00pm ‘Reach for the Sky’ Arm Stretches 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Discuss September Calendar Activities and Trips	2. 10:00am-11:00am Coffee Chat ‘Discuss and Research October Trips’ 11:00am-12:00pm Health Promotion w/ Irwin 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Are you Smarter than a 5th Grader?	3. 10:00am- 11:00am Coffee & Movie Chat - Comedy 11:00am-12:00pm Fitness w/ Rodney 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Movie Time Continued w/Voting on Funniest Movie Scene	4. 10:00am-11:00am Coffee Chat ‘Plan Your Positive Weekend’ 11:00am-12:00pm BINGO 12:00pm-1:00pm LUNCH 1:00pm-2:00pm ‘Toe Tapping to the Tunes’
7. CLOSED - LABOR DAY 		8. 10:00am-11:00am Coffee Chat ‘What’s Your Positive Today’ 11:00am-12:00pm ‘Punch it Out’ Boxing Arms Moves 12:00pm-1:00pm LUNCH 1:00pm-2:00pm ‘Name That Tune’ 70’s Music	9. Walmart 3549 Russett Green E Laurel, MD 20724 10am-1pm 10:00am-11:00am Coffee Chat ‘Puzzle Me This’ Bring Your Favorite Riddle or (Clean) Joke 11:00am-12:00pm ‘Dancing Phalanges’ (Finger Exercises) 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Board Game Challenge	10. 10:00am-11:00am Coffee & Begin Lotion Making 11:00am-12:00pm Fitness w/ Rodney 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Lotion Making Continued	11. 10:00am-10:30am Coffee Chat ‘Positive Weekend Plans’ 10:30am-12:00pm Mental Health Session w/Crawford 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Word Search

with your Recreation Coordinators to learn more about available support, including one-on-one nutrition counseling and care coordination/short-term case management services.	14. 10:00am-11:00am Coffee Chat ‘October Trips’ 11:00am-12:00pm Hula Hoop Exercises 12:00pm-1:00pm LUNCH & Nutrition Education Session on Nutritious Super Foods w/Minor 1:00pm-2:00pm Color by number	15. 10:00am-11:00am Coffee Chat ‘Name Your Happy Place’ 11:00am-12:00pm ‘Dancing Phalanges’ (Finger Exercises) 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Puzzles	16. 10:00am-11:00am Coffee Chat ‘What’s Your Favorites’ Music, Food, Movie, Actor, etc. 11:00am-12:00pm Health Promotion w/ Irwin 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Brain Teaser Games	17. 10:00am-11:00am Coffee & Begin DIY Candle Making 11:00am-12:00pm Fitness w/ Rodney 12:00pm-1:00pm LUNCH 1:00pm-2:00pm DIY Candle Making Continued	18. 10:00am-11:00am Coffee Chat ‘Favorite Foods and Recipes’ 11:00am-12:00pm Nutrition Education Tasting w/Charmaine 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Line Dancing
	21. 10:00am-11:00am Coffee Chat ‘Prepare Medicare Questions’ 11:00am-12:00pm Medicare Open Enrollment & Misleading Marketing Practices w/SMP 12:00pm-1:00pm LUNCH & Nutrition Education Session on Food Safety for Seniors w/Minor 1:00pm-2:00pm Chair Dancing	22. 10:00am-11:00am A Hot Breakfast w. the EOTR Team 11:00am-12:00pm Leg Stretches 12:00pm-1:00pm LUNCH 1:00pm-2:00pm My Home Security Routine	23. 10:00am-11:00am Coffee, Chat & Chew 11:00am-12:00pm Discuss Holiday Crafting Needs for Home Designs 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Line Dancing PG PLAZA MALL 3500 East-West Hwy Hyattsville, MD 20782 10am – 1pm	24. 10:00am-11:00am Coffee & Begin Paint and Sip 11:00am to 12:00pm Fitness w/ Rodney 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Paint and Sip Continued	25. 10:00am-11:00am Coffee Chat ‘Senior Cleaning Hacks’ 11:00am-12:00pm Fall Crafting Wooden Pumpkin Leaves 12:00pm-1:00pm LUNCH 1:00pm-2:00pm ‘Shake, Rattle, and Roll’

	28. 10:00am-11:00am Coffee Chat ‘Senior Savings Hacks’ 11:00am-12:00pm Wind Chime Crafting 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Hula Hoop Exercises	29. 10:00am-11:00am Coffee Chat ‘My Dream Vacation’ 11:00am-12:00pm ‘Cup Game’ 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Move and Grove to Music	30. 10:00am-11:00am Coffee Chat ‘Count Your Monthly Positives’ 11:00am-12:00pm ‘Walk the Gym’ 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Bean Bag Toss		

Hello September!

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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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!

