



*EOTR Friendship Café/Arthur Capper*  
*1000 5<sup>th</sup> ST SE Washington, DC 20020*  
*Recreation Coordinator Vivian Abdullah 301-580-0271*

*September Activity Calendar 2026*



|                                                                                                                                                                                                                 | Monday                                                                                                                | Tuesday                                                                                                                    | Wednesday                                                                                                                                                                                                                                          | Thursday                                                                                                                                                                                | Friday                                                                                                                          |
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| <div>SEPTEMBER</div> <div></div> <div></div> |                                                                                                                       | 1.<br><br>10am-Greet & Meet w/<br>Emotional Check In<br>11am- Calendar Review<br>12pm-Lunch<br>1pm-Word Search (Labor Day) | 2.<br><br>10am-Social Hour w/ Health<br>Wellness (Arm + Hand<br>Rotation)<br>11am-Creative Art (Drawing/<br>Painting)<br>12pm-Lunch<br>1pm-Concentration Game<br>(Memory Cards)                                                                    | 3.<br><br>10am-Coffee/Tea Hour<br>11am-Cancer Awareness Tips<br>12pm-Lunch & Nutrition<br>Education Session on<br>Nutritious Super Foods<br>w/Minor<br>1pm-Group Discussion (Labor Day) | 4.<br><br>10am-Leg Lifts Exercises<br>11am-Connect Four Match<br>12pm-Lunch<br>1pm-Music Hour                                   |
|                                                                                                                                                                                                                 | 7.<br><div>CLOSED</div> <div></div> | 8.<br><br>10am-Coffee/Tea Hour w/<br>Health Wellness<br>11am-Bingo Competition<br>12pm-Lunch<br>1pm-Trivia Game            | 9.<br><div>Roses<br/>3737 Branch Ave, Temple<br/>Hills, MD 20748<br/>10:30am-12:30pm</div><br>10am-Coffee/Tea Hour w/<br>Health Wellness/ Medical<br>Screenings<br>11am-Group Discussion /<br>Current Events<br>12pm-Lunch<br>1pm-Music Hour/ Jazz | 10.<br><br>10am-Social Hour<br>11am-Health Promotion w/<br>Irwin Royster<br>12pm-Lunch & Nutrition<br>Education Session on Food<br>Safety for Seniors w/Minor<br>1pm-Word Search        | 11.<br><br>10am-Greet & Meet<br>11am- Care Coordinator S. Hill<br>Information Session<br>12pm-Lunch<br>1pm-Music Hour/ Movement |

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|  | 14.<br>10am-Social Hour<br><b>11am- Exercise w/Rodney Jordan</b><br>12pm-Lunch<br>1pm-Autumn Water<br>Coloring Pictures                                   | 15.<br>10am-Health & Wellness:<br>Know Your Body &<br>Recognize Health Changes<br>11am-Tic-Tac-Toe/<br>Competition<br>12pm-Lunch<br>1pm-Music Hour/ Emotional<br>Check-Out | 16.<br>10am- Routine Medical Care<br>Discussion<br><b>11am- Medicare Open<br/> Enrollment and Misleading<br/> Marketing Practices w/SMP</b><br>12pm-Lunch<br>1pm-Music Hour/ Stress<br>Reduction | 17.<br>10am- Healthy Wellness<br>Discussion<br>11am-Brain Buster/ Building<br>Blocks<br>12pm-Lunch<br>1pm-Music w/ Group<br>Discussion                                                                                                 | 18.<br>10am- Warning Signs of Senior<br>Eye Diseases<br><b>11am- Nutrition Education<br/> Tasting w/Charmaine</b><br>12pm-Lunch<br>1pm-Colorig by Patterns |
|                                                                                   | 21.<br>10am-Chew & Chat<br><b>10:30am- Mental Health<br/> Session w/ Maryanne</b><br>12pm-Lunch<br>1pm- Health Wellness/ Fall<br>Prevention Week Activity | 22.<br>10am-Greet & Meet<br>11am-Health & Wellness/<br>Fall Prevention Week<br>Activity<br>12pm-Lunch<br>1pm-Autumn Word Search                                            | 23.<br>10am-Coffee/Tea Hour<br>11am- Health & Wellness/ Fall<br>Prevention Week Activity<br>12pm-Lunch<br>1pm-Art & Craft/ Hand Activity                                                         | 24.<br><b>Miller Farms</b><br><b>10140 Piscataway Rd. Clinton,</b><br><b>MD 20735</b><br><b>10:30am-12:30pm</b><br>10am-Coffee/Tea Hour<br><b>11am-Health Promotion w/<br/> Irwin Royster</b><br>12pm-Lunch<br>1pm-Checkers Match Game | 25.<br>10am- Arm/Back Workout<br>Movements<br>11am-Library Skills (Al<br>Literature)<br>12pm-Lunch<br>1pm-Play Stress Reducing<br>Music/ Talk Safety)      |
|                                                                                   | 28.<br>10am-Coffee/Tea Hour<br><b>11am- Exercise w/Rodney Jordan</b><br>12pm-Lunch<br>1pm-Music Hour w/ Card<br>Games Match/ Group                        | 29.<br>10am-Chew & Chat w/<br>Health Wellness (Healthy<br>Aging)<br>11am-Bingo Competition<br>12pm-Lunch<br>1pm-Brain Buster/ Memory<br>Game                               | 30.<br>10am-Social Hour<br><b>10:30am- Mental Health<br/> Session w/ Maryanne</b><br>12pm-Lunch<br>1pm-Word Search/ Contest w/<br>Emotional Chack-Out Word                                       |                                                                                                                                                                                                                                        |                                                                                                                                                            |

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