

September 2026 Activity Calendar

EOTR Friendship Café *PAUL LAURENCE DUNBAR*–2001 15th Street NW

Recreation Coordinator: Melanie Dailey 202-892-8479 Nutrition Aide: Sandra Jackson 202-699-1287

	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.		1. 10:00am-11:00am-Coffee & Devotional 11:00am-12:00pm-Arts n’ Crafts 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Irwin Royster – Health Promotion	2. 10:00am-11:00am-Coffee & Devotional 11:00am-12:00pm-Resin Art 12:00pm-1:00pm LUNCH 1:00pm-2:00pm-Word Search	3. 10:00am-11:00am-Coffee & Devotional 11:00am-12:00pm-Reading 12:00pm-1:00pm LUNCH 1:00pm-2:00pm-Reading Hour	4. 10:00am-11:00am-Coffee & Devotional 11:00am-12:00pm-Music Hour 12:00pm-1:00pm LUNCH 1:00pm-2:00pm-Dance Time “EXCURSION” PUMPKIN PATCH 10140 Piscataway Road Clinton Maryland 10:00am-2:00pm
	7. Labor Day (Holiday) Closed 	8. 10:00am-11:00am-Coffee & Devotional 11:00am-12:30pm Dr.Crawford Mental Health Presentation 12:00pm-1:00pm LUNCH 1:00pm-2:00pm-Word Search	9. 10:00am-12:00pm GoDCGo In Person Presentation/Virtual Excursion 12:00pm-1:00pm LUNCH 1:00pm-2:00pm-JENGA	10. 10:00am-11:00am-Coffee & Devotional 11:00am-12:00pm Strong Bones and Strong Muscles w. Nutritionist Tosin O. 12:00pm-1:00pm LUNCH 1:00pm-2:00pm-Arts n’ Crafts	11. 10:00am-11:00am-Coffee & Devotional 11:00am-12:00pm-JENGA 12:00pm-1:00pm LUNCH 1:00pm-2:00pm-BINGO
	14. 10:00 am – 11:00am – Coffee & Devotional 11:00am-12:00pm- Erin Spears Case Management W. East River 12:00pm-1:00pm LUNCH 12:30 – 2pm - Mental Health Counseling w. Maryanne	15. 10:00am-11:00am-Coffee & Devotional 11:00am-12:00pm-Ring Toss 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Irwin Royster – Health Promotion	16. 10:00am-10:30am-Coffee & Devotional 10:30am – 11:00am-RebuildingTogether overview of all the programs offered by Rebuilding Together 11:00am-12:00pm-Arts n’ Craft	17. 10:00am- 11:00 am – Coffee & Devotional 11:00 am – 12:00 pm Reading 12:00pm-1:00pm LUNCH 1:00pm-2:00pm-Painting	18. 10:00am-11:00am-Coffee & Devotional 11:00am-12:00pm-SEVEN 12:00pm-1:00pm LUNCH 1:00pm-2:00pm-BINGO

<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.			12:00pm-1:00pm LUNCH 1:00pm-2:00pm-Comedy Hour		
	21. 10:00am-11:00am-Coffee & Devotional 11:00am-12:00pm-Morning Walk 12:00pm-1:00pm LUNCH 1:00pm-2:00pm-Chat Time	22. 10:00am-11:00am-Coffee & Devotional 11:00am-12:00pm-Word Search 12:00pm-1:00pm LUNCH 1:00pm-2:00pm-Crosswords Excursion Falls Prevention Awareness Week September 22nd 10 am – 1pm 899 North Capital St Ne	23. 10:00am-11:00am-Coffee & Devotional 11:00am-12:00pm- Renters Right 101 with Nicole Dc.Gov 12:00pm-1:00pm LUNCH 1:00pm-2:00pm-SEVEN	24. 10:00am-10:40am-Coffee & Devotional 10:40 am – 11:00 am Life Enhancement Services Presentation 11:00am-12:00pm-Candle Making 12:00pm-1:00pm LUNCH 1:00pm-2:00pm-Jewelry Making	25. 10:00am-11:00am-Coffee & Devotional 11:00am-12:00pm Lillian Legal Counseling for the Elderly Senior Medicare Patrol 12:00pm-1:00pm LUNCH 1:00pm-2:00pm-BINGO
	28. 10:00am-11:00am-Coffee & Devotional 11:00am-12:00pm-Morning Walk 12:00pm-1:00pm LUNCH 1:00pm-2:00pm-Chat Time	29. 10:00am-11:00am-Coffee & Devotional 11:00am-12:00pm-SEVEN 12:00pm-1:00pm LUNCH 1:00pm-2:00pm-SEVEN “EXCURSION” ROSES 7706 Marlboro Pike Forestville Maryland 10:00am-2:00pm	30. 10:00am-11:00am-Coffee & Devotional 11:00am-12:00pm-Music Hour 12:00pm-1:00pm LUNCH 1:00pm-2:00pm- Chef Herb Chef Demo : Winter Squash Recipes (Spaghetti Squash) Excursion: Brain Games 901 G St NW, Washington DC 20001 8:45 am – 2pm		

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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Program Manager Ward DHH & Ward 8

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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!

