

September 2026 Activity Calendar

EOTR Friendship Café *Mayfair Mansions* – 3477 Hayes Street NE

Recreation Coordinator, Ciara Crawford 202-631-4409 Nutrition Aide, Mrs. Ruth

	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-10:00am Coffee, Chat & Chew: October Site Trip Planning! 11:00am-12:00pm Decorate Site for Fall with Our art! 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Review Calendar	2. 10:00am-10:00am Coffee, Chat & Chew: Favorite coffee 11:00am-12:00pm Decorate Wind Chimes 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Continue Wind Chimes	3. 10:00am-11:00am Chair Fitness w/ Rodney 11:00am-12:00pm Mind Games 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Puzzle	4. ** CLOSED **
	7. ** CLOSED **	8. 10:00am-10:30am Coffee, Chat & Chew: Traveling 10:30am-12:00pm Mental Health Session w/ Crawford 12:00pm-1:00pm LUNCH 1:00pm-2:00pm 80s Music Hour w/ Discussion	9. WALMART 3549 Russett Green E, Laurel, MD 20724 10am-1pm 10:00am-10:00am Coffee, Chat & Chew 11:00am-12:00pm Color By Number Activity 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Health Promo w/ Irwin	10. Amish Market 9701 Fort Meade Road, Laurel, MD 20724 10:00am-2:00pm 10:00am-11:00am ISPY & Word Search 11:00am-12:00pm Mandela Activity 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Word Search Puzzles: Fall activities	11. ** CLOSED **
	14. ** CLOSED **	15. 10:00am-10:00am Coffee, Chat & Chew 11:00am-12:00pm Pipe Cleaner flowers 12:00pm-1:00pm LUNCH & Nutrition Education Session on Nutritious Super Foods w/Minor 1:00pm-2:00pm Color by number	16. 10:00am-11:00am A Hot Breakfast w. EOTR Team 11:00am-12:00pm Nutrition Education Tasting w/FoodJonezi: Healthy Eating While Aging 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Monthly Big Bingo	17. 10:00am-11:00am Chair Fitness w/ Rodney 11:00am-12:00pm Mind Games *Come Unscramble Your Mind * 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Discuss next month trips	18. ** CLOSED **

<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.	21. ** CLOSED **	22. 10:00am-10:00am Coffee, Chat & Chew 11:00am-12:00pm 12:00pm-1:00pm LUNCH & Nutrition Education Session on Food Safety for Seniors w/Minor 1:00pm-2:00pm Health Promo w/ Irwin!	23. PG PLAZA 3500 East West Highway Hyattsville, MD 10am-1pm 10:00am-10:00am Coffee, Chat & Chew 11:00am-12:00pm Sip and paint: Fall leaves 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Health Promo w/ Irwin!	24. 10:00am-11:00am Chair Fitness w/ Rodney 11:00am-12:00pm Mayfair Drafthouse & discuss - Redtails 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Mayfair Drafthouse & discuss - Redtails	25. ** CLOSED **
	28. ** CLOSED **	29. 10:00am-10:00am Coffee, Chat & Chew 11:00am-12:00pm Puzzles and Games 12:00pm-1:00pm LUNCH 1:00pm-2:00pm 90s Music Hour and discussion	Brain games 901 G St NW, Washington, DC 20001 10am –1pm 10:00am-10:00am Coffee, Chat & Chew 11:00am-12:00pm Mayfair draft house & discuss – The help (2015) 12:00pm-1:00pm LUNCH 1:00pm-2:00pm <i>Birthday Celebrations</i>		

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

Ziairra Baughan-Owens 202-845-3384

Email: Zbaughan-Owens@erfsc.org

Program Manager Ward DHH & Ward 8

Ebony Scott 202-440-2339

Email: EScott@erfsc.org

4020 Minnesota Avenue, NE, Suite 100

Washington, DC 20019

Phone: 202-397-7300

Fax: 202-397-7882



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!

