

September 2026 Activity Calendar

EOTR Friendship Café Columbia Heights Village – 2900 14th St NW

Recreation Coordinator, Name 202-000-0000 Nutrition Aide , Name 202-000-0000

	Monday	Tuesday	Wednesday	Thursday	Friday
Men's Group will take place every Monday 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. <u>Did You Know?</u> Ward 1: Meridian Hill Park is widely known as “Malcolm X Park” because	31.	1. 10am-10:30am Coffee Time 10:30am-11:00am Virtual Spirit Exercise 11:00am-12pm Heath Promotion w/ Irwin Royster 12pm-1pm LUNCH 1pm-2pm Erin Spears Case Management W. East River	2. 10am-10:30am Coffee Time 10:30am-11:00am Virtual Spirit Exercise 11:00am-12pm Painting 12pm-1pm LUNCH 1pm-2pm Painting Continued	3. 10am-10:30am Coffee Time 10:30am-11:00am Virtual Spirit Exercise 11:00am -12pm Strong Bones and Strong Muscles w. Nutritionist Tosin O. 12pm-1pm LUNCH 1pm-2pm Word Puzzles	4. 10am-10:30am Coffee Time 10:30am-11:00am Virtual Spirit Exercise 11:00am-12pm Table Games 12pm-1pm LUNCH 1pm-2pm Karaoke Friday
	7. Labor Day (Holiday) Closed 	8. 10am-10:30am Coffee Time 10:30am-11:00am Virtual Spirit Exercise 11:00am-12pm Velvet Poster 12pm-1pm LUNCH 1pm – 2pm Brain Games	9. 10am-10:15am Coffee Time 10:15 – 10:30 Life Enhancement Services Presentation 10:30am-11am Virtual Exercise 11am-12pm Brain Games 12pm-1pm LUNCH 1pm-2pm Strategy Games	10. 10am-10:30am Coffee Time 10:30am-11:00am Virtual Spirit Exercise 11:00am-12pm Table Games 12pm-1pm LUNCH 1pm-2pm Chat Hour Excursion : Walmart 3300 Crain Hwy Bowie, MD 20716 10am – 2pm	11. 10am-10:30am Coffee Time 10:30am-11:00am Virtual Spirit Exercise 11:00am-12pm Table Games 12pm-1pm LUNCH 1pm-2pm Karaoke Friday

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.

Friendly Reminder:
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.

14.
10am-10:30am Coffee Time
10:30am-11:00am Virtual Spirit Exercise
11:00am-12pm Minute to Win It
12pm-1pm LUNCH
1pm-2pm Word Puzzles
Men’s Group will take place 11:00am-12:00pm

21.
10am-10:30am Coffee Time
10:30am-11:00am Virtual Spirit Exercise
11am-12:30 pm Dr.Crawford Mental Health
12pm-1pm LUNCH
1pm-2pm Painting Continued
Men’s Group will take place 11:00am-12:00pm

28.
10am-10:30am Coffee Time
10:30am-11:00am Virtual Spirit Exercise
11:00am-12pm Table Games
12pm-1pm LUNCH
1pm- 2pm Monthly BINGO
Men’s Group will take place 11:00am-12:00pm

15.
10am-10:30am Coffee Time
10:30am-11:00am Virtual Spirit Exercise
11:00am-12pm Arts of Aging Workshop Finding your Rhythm
12pm-1pm LUNCH
1pm-2pm Chat Hour

22.
10am-10:30am Coffee Time
10:30am-11am Virtual Exercise
11am-12pm Irwin Royster Health Promotion
12pm-1pm LUNCH
1pm-2pm Strategy Games

29.
10am- 10:30 am Coffee Time
10:30 am – 11:00 am Virtual Exercise
11:00am – 12pm Arts of Aging Workshop Finding your Rhythm
12pm-1pm LUNCH
1pm-2pm Word Puzzles

16.
10am-10:30am Coffee Time
10:30am-11:00am Virtual Spirit Exercise
11:00am-12pm Table Games
12pm-1pm LUNCH
1pm-2pm Chat Hour
EXCURSION: Bowling AMF 4717 Saint Barnabas rd. Temple Hills MD 10am – 2pm

23.
10am-10:30am Coffee Time
10:30am-11:00am RebuildingTogether overview of all the programs offered by Rebuilding Together
11:00am-12pm Shrink Art
12pm-1pm LUNCH
1pm-2pm Shrink Art Continued

30.
10am-10:30am Coffee Time
10:30am-11:00am Virtual Spirit Exercise
11:00am-12pm Lillian Legal Counseling for the Elderly Senior Medicare Patrol
12pm-1pm LUNCH
1pm-2pm Painting Continued

17.
10am-10:30am Coffee Time
10:30am-11:00am Virtual Spirit Exercise
11:00am-12pm Scratch Art
12pm-1pm LUNCH
1pm-2pm Scratch Art Continued

24.
10am-10:30am Coffee Time
10:30am-11am Virtual Exercise
11am-12pm Brain Games
12pm-1pm LUNCH
1pm-2pm Chat Hour

18.
10:00am – 10:30am Coffee Time
10:30 am – 11:00 am Virtual Spirit Exercise
11:00am – 12:00 pm Chef Herb Chef Demo: Winter Squash Recipes (Maple Pecan Roasted Acorn Squash)
12pm-1pm LUNCH
1pm – 2pm Karaoke Friday

25.
10am-10:30am Coffee Time
10:30am-11:00am Virtual Spirit Exercise
11:00am-12pm Table Games
12pm-1pm LUNCH
1pm-2pm Karaoke Friday

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!

