

# September 2026 Activity Calendar

## EOTR Friendship Café SARAH'S CIRCLE – 2551-17<sup>TH</sup> Street, NW

Recreation Coordinator, Name Delores Ford Nutrition Aide, Name Lewis Fountain

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | Monday                                                                                                                                                                                                    | Tuesday                                                                                                                                                                                                                                                  | Wednesday                                                                                                                                                                                                                                                   | Thursday                                                                                                                                                                                                                                                                                                           | Friday                                                                                                                                                                                                                                      |
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| <p>Men's Group will take place every Tuesday 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.</p> <p><u>Did You Know?</u></p> <p><b>Ward 1:</b> 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.</p> <p><b>Ward 7:</b> Nannie Helen Burroughs was a powerful advocate for women's education, fair wages, and skilled trade training, while</p> |                                                                                                                                                                                                           | <p>1.<br/>10:00am-11:00am <b>Coffee &amp; Devotion</b><br/>11:00am-12:00pm <b>Clay Molding</b><br/>12:00pm-1:00pm LUNCH<br/>1:00pm-2:00pm <b>Board Games</b></p> <p><b>*Men's Group will take place 11:00am-12:00pm*</b></p>                             | <p>2.<br/>10:00am-11:00am <b>Coffee &amp; Devotion</b><br/>11:00am-12:00pm <b>Picture Frame Restoration</b><br/>12:00pm-1:00pm LUNCH<br/>1:00pm-2:00pm <b>Jenga</b></p>                                                                                     | <p>3.<br/>10:00am-11:00am <b>Coffee &amp; Devotion</b><br/>11:00am-12:00pm <b>Scented Candles</b><br/>12:00pm-1:00pm LUNCH<br/>1:00pm-2:00pm <b>Arts &amp; Crafts</b></p>                                                                                                                                          | <p>4.<br/>10:00am-11:00am <b>Coffee &amp; Devotion</b><br/>11:00am-12:00pm <b>Create Scented Soaps</b><br/>12:00pm-1:00pm LUNCH<br/>1:00pm-2:00pm <b>Karaoke singing, dancing &amp; moving</b></p>                                          |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | <p>7.<br/><b>Labor Day (Holiday) Closed</b></p>                                                                        | <p>8.<br/>10:00am-11:00am <b>Coffee &amp; Devotion</b><br/>11:00am-12:00pm <b>Clay Molding</b><br/>12:00pm-1:00pm LUNCH<br/>1:00pm-2:00pm <b>Irwin Royster – Health Promotion</b></p> <p><b>*Men's Group will take place 11:00am-12:00pm*</b></p>        | <p>9.<br/>10:00am – 11:00am <b>Coffee &amp; Devotion</b><br/>11:00 am – 12:00 pm Chat Hour<br/>12:00pm-1:00pm LUNCH<br/>1:00pm-2:00pm <b>Jenga</b></p>                                                                                                      | <p>10.<br/>10:00am-10:30am <b>Coffee &amp; Devotion</b><br/>10:30 am – 11:00 am <b>RebuildingTogether Overview of all the programs offered by Rebuilding Together</b><br/>11:00am-12:00pm <b>Erin Spears Case Management W. East River</b><br/>12:00pm-1:00pm LUNCH<br/>1:00pm-2:00pm <b>Arts &amp; Crafts</b></p> | <p>11.<br/>10:00am-11:00am <b>Coffee &amp; Devotion</b><br/>11:00am-12:00pm <b>Abilities with Presentation Home Safety &amp; Aging in Place</b><br/>12:00pm-1:00pm LUNCH<br/>1:00pm-2:00pm <b>Karaoke singing, dancing &amp; moving</b></p> |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | <p>14.<br/>10:00am-11:00am <b>Coffee &amp; Devotion</b><br/>11:00 am-12:00 pm <b>Scented Candles</b><br/>12:00pm-1:00pm LUNCH<br/>1:00pm-2:00pm <b>Dominoes</b></p> <p><b>Fresh Farm Produce Day:</b></p> | <p>15.<br/>10:00am-11:00am <b>Coffee &amp; Devotion</b><br/>11:00am-12:30pm <b>Dr. Crawford Mental Health Presentation</b><br/>12:00pm-1:00pm LUNCH<br/>1:00pm-2:00pm <b>Board Games</b></p> <p><b>*Men's Group will take place 11:00am-12:00pm*</b></p> | <p>16.<br/>10:00am-11:00am <b>Coffee &amp; Devotion</b><br/>11:00am-12:00pm <b>Picture Frame Restoration</b><br/>12:00pm-1:00pm LUNCH<br/>1:00pm-2:00pm <b>Jenga</b></p> <p><b>Excursion: Roses 7706 Marlboro Pike Forestville, MD 20747 10am – 2pm</b></p> | <p>17.<br/>10:00am-10:40am <b>Coffee &amp; Devotion</b><br/>10:40 am – 11:00 am <b>Life Enhancement Services Presentation</b><br/>11:00am-12:00pm <b>Strong Bones and Strong Muscles w. Nutritionist Tosin O.</b><br/>12:00pm-1:00pm LUNCH<br/>1:00pm-2:00pm <b>Arts &amp; Crafts</b></p>                          | <p>18.<br/>10:00am-11:00am <b>Coffee &amp; Devotion</b><br/>11:00am-12:00pm <b>Create Scented Soaps</b><br/>12:00pm-1:00pm LUNCH<br/>1:00pm-2:00pm <b>Karaoke singing, dancing &amp; moving</b></p>                                         |

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.

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|  | <b>1<sup>st</sup> &amp; 3<sup>rd</sup> Monday of Each Month.</b><br><br><b>Reserve your bag w. Rec Coordinator</b>                                                     |                                                                                                                                                                                                                                               |                                                                                                                                                                                                                           | <b>Excursion: Amish Market</b><br><b>9701 Ft Meade Rd, Laurel MD 20707</b><br><b>10am – 2pm</b>                                                                                                                        |                                                                                                                                                                                                 |
|  | 21.<br><b>10:00am-10:30am Coffee &amp; Devotion</b><br><b>12:00pm-1:00pm LUNCH</b><br><b>12:30pm-2:00pm Mental Health Counseling w. Maryanne</b>                       | 22.<br><b>10:00am-11:00am Coffee &amp; Devotion</b><br><b>11:00am-12:00pm Clay Molding</b><br><b>12:00pm-1:00pm LUNCH</b><br><b>1:00pm-2:00pm Dominoes</b><br><br><b>*Men's Group will take place 11:00am-12:00pm*</b>                        | 23.<br><b>10:00am-11:00am Coffee &amp; Devotion</b><br><b>11:00am-12:00pm Chef Herb Chef Demo : Winter Squash Recipes (Maple Pecan Roasted Acorn Squash)</b><br><b>12:00pm-1:00pm LUNCH</b><br><b>1:00pm-2:00pm Jenga</b> | 24.<br><b>10:00am-11:00am Coffee &amp; Devotion</b><br><b>11:00am-12:00pm Lillian Legal Counseling for the Elderly Senior Medicare Patrol</b><br><b>12:00pm-1:00pm LUNCH</b><br><b>1:00pm-2:00pm Arts &amp; Crafts</b> | 25.<br><b>10:00am-11:00am Coffee &amp; Devotion</b><br><b>11:00am-12:00pm Create Scented Soaps</b><br><b>12:00pm-1:00pm LUNCH</b><br><b>1:00pm-2:00pm Karaoke singing, dancing &amp; moving</b> |
|  | 28.<br><b>10:00am-11:00am Coffee &amp; Devotion</b><br><b>11:00am-12:00pm Weigh-in &amp; Menu Chat</b><br><b>12:00pm-1:00pm LUNCH</b><br><b>1:00pm-2:00pm Dominoes</b> | 29.<br><b>10:00am-11:00am Coffee &amp; Devotion</b><br><b>11:00am-12:00pm Irwin Royster – Health Promotion</b><br><b>12:00pm-1:00pm LUNCH</b><br><b>1:00pm-2:00pm Board Games</b><br><br><b>*Men's Group will take place 11:00am-12:00pm*</b> | 30.<br><b>10:00am-11:00am Coffee &amp; Devotion</b><br><b>11:00am-12:00pm Picture Frame Restoration</b><br><b>12:00pm-1:00pm LUNCH</b><br><b>1:00pm-2:00pm Jenga</b>                                                      |                                                                                                                                                                                                                        |                                                                                                                                                                                                 |
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**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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## **Hello September!**



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!

