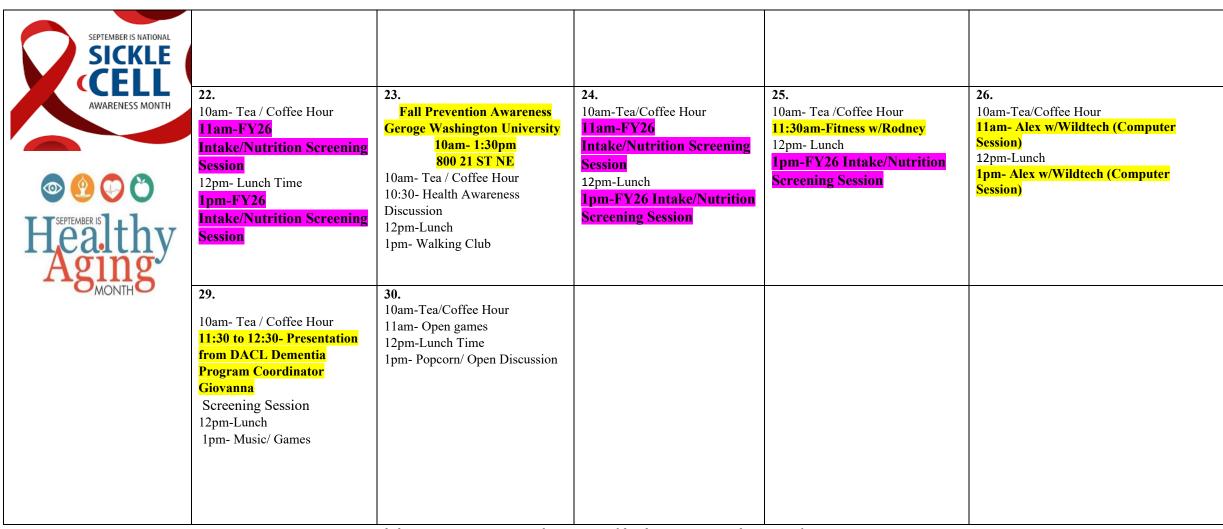


EOTR Friendship Café/Kenilworth September Activity Calendar 2025 4321 Ord ST NE, Washington, DC 20019 Recreation Coordinator Rickya Dodson 301- 909-2834



《列门》中"钱"	Monday	Tuesday	Wednesday	Thursday	Friday
HELLO SEPTEMBERA	THAPPY LABOR DAY	2. 10am-Tea/Coffee Hour 11am- Fitness chair aerobics 12pm-Lunch Time 1pm- Open Discussion	3. 10:30am-11:30am Marthas Table 2375 Elvans Rd SE, Washington, DC 20020 10am- Tea/Coffee Hour 11am-Chair Exercises 12pm-Lunch 1pm- Cards/ Open Games	4. 10am- Tea/ Coffee Hour 11:30am-Fitness w/Rodney 12pm-Lunch 1pm- Open Games	5. 10am- Tea / Coffee Hour 10:30am- Mental Health Session w/Dr.Crawford 11am- Mental Health Session w/Dr.Crawford 12pm-Lunch 1pm- Chair Exercises
NATIONAL SUCCIDE PREVENTION AWARENESS MONTH SEPTEMBER United Way Way	8. 10am- Tea/Coffee Hour 11am-Chair Exercises 12pm-Lunch/ Nutrition Education w/Ms.Minor 1pm- Cards/ Open Games	9. 10am- Tea/Coffee Hour 10:30am-Group Mental Health Session w/Maryanne 11am-Contiue Group Mental Health Session w/Maryanne 12pm-Lunch 1pm- Floor Games	10. 10am-Tea/Coffee Hour 11 am- Open Discussion 12pm-Lunch 1pm- Line Dancing	11. 10am- Tea/ Coffee Hour 11:30am-Fitness w/Rodney 12pm-Lunch 1pm- Open Games	Farmers Market 10:00am-12:00pm 5030 Brown Station Rd 10am- Tea /Coffee Hour 11am-Open Games 12pm-Lunch 1pm- Cards/ Open Games
	15. 10am-Tea/Coffee Hour 11 am- Open Discussion 12pm-Lunch/ Nutrition Education w/Ms.Minor 1pm- Bingo	16. 10am-Tea/Coffee Hour 10:30am-Group Mental Health Session w/Maryanne (1.5) 12pm-Lunch Time 1pm- Popcorn/ Open Discussion	17. 10am-Tea/Coffee Hour 11am-Paint and Sip w/EYL Project 12pm-Lunch 1pm- Open Games	18. 10am- Tea/Coffee Hour 11:30am-Fitness w/Rodney 12pm-Lunch 1pm- Movie Time	19. 10am- Tea/Coffee Hour 11am- Funky Good Time w/Julia Heart Program 12pm-Lunch 1pm- Music/ Games



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