






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

**September Activity Calendar 2025**



 	Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1.</b> 	<b>2.</b> 10am-Tea/Coffee Hour 11am- Fitness chair aerobics 12pm-Lunch Time 1pm- Open Discussion	<b>3.</b> <b>10:30am- 11:30am</b> <b>Marthas Table</b> <b>2375 Elvans Rd SE,</b> <b>Washington, DC 20020</b> 10am- Tea/Coffee Hour 11am-Chair Exercises 12pm-Lunch 1pm- Cards/ Open Games	<b>4.</b> 10am- Tea/ Coffee Hour <b>11:30am-Fitness w/Rodney</b> 12pm-Lunch 1pm- Open Games	<b>5.</b> 10am- Tea / Coffee Hour <b>10:30am- Mental Health Session w/Dr.Crawford</b> <b>11am- Mental Health Session w/Dr.Crawford</b> 12pm-Lunch 1pm- Chair Exercises
	<b>8.</b> 10am- Tea/Coffee Hour 11am-Chair Exercises <b>12pm-Lunch/ Nutrition Education w/Ms.Minor</b> 1pm- Cards/ Open Games	<b>9.</b> 10am- Tea/Coffee Hour <b>10:30am-Group Mental Health Session w/Maryanne</b> <b>11am-Contiue Group Mental Health Session w/Maryanne</b> 12pm-Lunch 1pm- Floor Games	<b>10.</b> 10am-Tea/Coffee Hour 11 am- Open Discussion 12pm-Lunch 1pm- Line Dancing	<b>11.</b> 10am- Tea/ Coffee Hour <b>11:30am-Fitness w/Rodney</b> 12pm-Lunch 1pm- Open Games	<b>12.</b> <b>Dutch Village Farmers Market</b> <b>10:00am-12:00pm</b> <b>5030 Brown Station Rd</b> 10am- Tea /Coffee Hour 11am-Open Games 12pm-Lunch 1pm- Cards/ Open Games
	<b>15.</b> 10am-Tea/Coffee Hour 11 am- Open Discussion <b>12pm-Lunch/ Nutrition Education w/Ms.Minor</b> 1pm- Bingo	<b>16.</b> 10am-Tea/Coffee Hour <b>10:30am-Group Mental Health Session w/Maryanne (1.5)</b> 12pm-Lunch Time 1pm- Popcorn/ Open Discussion	<b>17.</b> 10am-Tea/Coffee Hour <b>11am-Paint and Sip w/EYL Project</b> 12pm-Lunch 1pm- Open Games	<b>18.</b> 10am- Tea/Coffee Hour <b>11:30am-Fitness w/Rodney</b> 12pm-Lunch 1pm- Movie Time	<b>19.</b> 10am- Tea/Coffee Hour <b>11am- Funky Good Time w/Julia Heart Program</b> 12pm-Lunch 1pm- Music/ Games

					
	<p><b>22.</b> 10am- Tea / Coffee Hour <b>11am-FY26 Intake/Nutrition Screening Session</b> 12pm- Lunch Time <b>1pm-FY26 Intake/Nutrition Screening Session</b></p>	<p><b>23.</b> <b>Fall Prevention Awareness</b> <b>Geroge Washington University</b> <b>10am- 1:30pm</b> <b>800 21 ST NE</b> 10am- Tea / Coffee Hour 10:30- Health Awareness Discussion 12pm-Lunch 1pm- Walking Club</p>	<p><b>24.</b> 10am-Tea/Coffee Hour <b>11am-FY26 Intake/Nutrition Screening Session</b> 12pm-Lunch <b>1pm-FY26 Intake/Nutrition Screening Session</b></p>	<p><b>25.</b> 10am- Tea /Coffee Hour <b>11:30am-Fitness w/Rodney</b> 12pm- Lunch <b>1pm-FY26 Intake/Nutrition Screening Session</b></p>	<p><b>26.</b> 10am-Tea/Coffee Hour <b>11am- Alex w/Wildtech (Computer Session)</b> 12pm-Lunch <b>1pm- Alex w/Wildtech (Computer Session)</b></p>
	<p><b>29.</b> 10am- Tea / Coffee Hour <b>11:30 to 12:30- Presentation from DACL Dementia Program Coordinator Giovanna</b> Screening Session 12pm-Lunch 1pm- Music/ Games</p>	<p><b>30.</b> 10am-Tea/Coffee Hour 11am- Open games 12pm-Lunch Time 1pm- Popcorn/ Open Discussion</p>			

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