

	Monday	Tuesday	Wednesday	Thursday	Friday
<p>ZOOM Meeting ID # 951 4112 0645 CALL IN # 301 715-8592</p> <p>Happy Birthday to all clients celebrating this month!!!</p>  <p>Facial Masks are Required.</p> <p>Proof of vaccination required.</p> <p>PROSTATE CANCER AWARENESS MONTH <small>Symptoms of prostate cancer can sometimes be noticed for the first time when cancer advances, which is why screens are extremely important.</small></p> <p>The Top 7 Signs of Advanced Prostate Cancer:</p> <ul style="list-style-type: none"> • Bladder and urinary troubles • Losing bowel control • Soreness in the groin • Leg swelling or weakness • Hip or back pain • Coughing or feeling out of breath • Unexplained weight loss <p><small>Advances in medical research have given those with advanced diagnoses more options for treatments, including slowing the spread and growth as well as managing the symptoms.</small></p>	 <p>NATIONAL SICKLE CELL AWARENESS SEPTEMBER</p>	<p><u>Celebrated this month</u></p> <ul style="list-style-type: none"> • Alopecia Areata Awareness • Fall Hat Month • Classical Music Month • Better Breakfast month • Hispanic Heritage (September 15th to October 15th) • Blood Cancer Awareness • Prostate Health Month 	 <p>SEPTEMBER IS SUICIDE PREVENTION MONTH</p> <p>SEPTEMBER IS SELF-CARE AWARENESS MONTH</p>	<p>1. 11:00am Coping during COVID w/ Patrick Crawford ZOOM 951 4112 0645 12:00pm LUNCH TIME 1:00pm Exercise w/Paul Eugene 2:00pm BINGO</p>	<p>2. 11:00am SPIRT club Fitness Online 12:00pm LUNCH TIME 1:00pm Movie Time 2:00pm Movie continued</p>
	<p>5. SITES CLOSED!</p>  <p>HAPPY LABOR DAY!</p>	<p>6. Offices closed!</p> <p>Enjoy a self-care day. Get a manicure, Soak in the tub, take a stroll.</p>	<p>7. 11:00am SPIRT club Fitness Online 12:00pm LUNCH TIME 1:00pm BINGO w/ Officer James 2:00pm Word Search</p>	<p>8. (National Grandparents Day) 11:00am Coping during COVID w/ Patrick Crawford ZOOM 951 4112 0645 11:30am Nutrition Ed. w/ Food Jonezi 12:00pm LUNCH TIME 1:00pm Puzzles Time 2:00pm Open Chat Time</p>	<p>9. Dutch Village Amish Market 10:30am-1:30pm 5030 Brown Station Rd. Upper Marlboro, MD 20772</p>
	<p>12. 11:00 am SNAP Education w/ Ms. Lockett 12:00pm LUNCH TIME 1:00pm SPIRIT Club YOGA 2:00pm Bean Bag Toss</p>	<p>13. 11:00am Coping during COVID w/ Patrick Crawford ZOOM 951 4112 0645 Martin Luther King Jr. Memorial Library 11:00am-2:00pm 901 G St NW Washington, DC 20001</p>	<p>14. 11:00am Diabetes Prevention Class **Diabetes prevention class from 11am-1:30pm</p> <p>1:30pm LUNCH TIME 2:30pm SPIRIT Club YOGA Online</p>	<p>15. 11:00am Coping during COVID w/ Patrick Crawford ZOOM 951 4112 0645 12:00pm LUNCH TIME 1:00pm Exercise w/Paul Eugene 2:00pm Card Games</p>	<p>16. 11:00am SPIRT club Fitness Online 12:00pm LUNCH TIME 1:00pm Happy Birthday August Members 2:00pm Celebration continued</p>
	<p>19. 11:00am SPIRT club Fitness Online 12:00pm LUNCH TIME 1:00pm Card Games 2:00pm Show & Tell</p>	<p>20. (DACL's Fall Prevention Awareness Day) 11:00am Coping during COVID w/ Patrick Crawford ZOOM 951 4112 0645 12:00pm LUNCH TIME 1:00pm Exercise w/Paul Eugene 2:00pm Prevention Trivia</p>	<p>21. Toby's Dinner Theater 9:45am-1:00pm 5900 Symphony Woods Rd. Columbia, MD 21044</p>	<p>22. 11:00am Coping during COVID w/ Patrick Crawford ZOOM 951 4112 0645 11:30am Nutrition Ed. w/ Food Jonezi 12:00pm LUNCH TIME 1:00pm Exercise w/ Paul Eugene 2:00pm Open Game Time</p>	<p>23. 11:00am Diabetes Prevention Class **Diabetes prevention class from 11am-1:30pm</p> <p>1:30pm LUNCH TIME 2:30pm SPIRIT Club YOGA Online</p>
<p>26. 11:00am Tea Time 11:30am Nutrition Ed. w/ Food Jonezi 12:00pm LUNCH TIME 1:00pm Card Games 2:00pm SPIRT club Fitness Online</p>	<p>27. In Honor of Spanish Heritage Month – Lunch at Rosa Mexicana 11:00am-2:30pm 153 Waterfront St. Oxon Hill, MD 20745</p>	<p>28. 11:00am Diabetes Prevention Class **Diabetes prevention class from 11am-1:30pm</p> <p>1:30pm LUNCH TIME 2:30pm SPIRIT Club YOGA Online</p>	<p>29. 11:00am Coping during COVID w/ Patrick Crawford ZOOM 951 4112 0645 12:00pm LUNCH TIME 1:00pm Bean Bag Toss 2:00pm Family Feud</p>	<p>30. 11:00am SPIRT club Fitness Online 12:00pm LUNCH TIME 1:00pm Movie Time 2:00pm Movie continued</p>	