

## Kenilworth/Friendship Café 4321 Ord ST NE, Washington, DC 20019 Marie Segears 202-744-9157

## September 2023 Activity Calendar



Happy September	Monday	Tuesday	Wednesday	Thursday	Friday
Happy September  Birthdays	SEPTEMBER DISTRIBUTION IS	SEPTEMBER IS SELF • CARE AWARENESS MONTH	September is Suicide Prevention Awareness Month	September,	1 10:00am- Chat and Chew 11:00am -Music Hour 12:00pm -Lunch 1:00pm - Card Games 2
	HAPPY LABOR Day	5. 10:00am- Coffee Talk 11:00am- Card Games 12:00pm -Lunch 1:00pm - Bean Bag Toss	6. 10:00am -News Talk 11:00am -You Tube Exercise 12:00 - Lunch 1:00pm - Bingo	7. 10:00am -Table Talk 11:00am -Card Games 11:30am Exercise w/Rodney 12:00pm- Lunch 1:00pm - Music Time	8. 10:00am -News Talk 11:00am -You Tube Exercise 12:00 - Lunch 1:00pm - Music Hour
September is Thyroid Cancer Awareness Month	11. 10:00am - New Talk 11:00am - You Tube Exercise 12:00pm -Lunch 1:00pm -Card Games	12. 10:00am- Coffee Talk 11:00am - Puzzles 12:00pm- Lunch 1:00pm - Card Games	13. 10:00am Tea/Coffee Time 11:00am- News Talk 12:00pm -Lunch 1:00pm - Card Games	14. 10:00am -Coffee Time 10:30am -Card Games 11:30am-Exercise w/Rodney 12:00pm- Lunch 1:00pm -Word Search	15. 10:00am -Music Hour 11:00am -Bing Bag Toss 12:00pm - Lunch 1:00pm - Card Games
EPYTEMBER IS CHILDHOOD CANCER AWARENESS MONTH	18. 10:00am- Tea/Coffee Time 11:00am- You Tube Exercise 12:00pm -Lunch 1:00pm- Nutrition Education with Ms. Minor	19. 10:00am -New Talk 11:00am -You Tube Exercise 12:00pm -Lunch 1:00pm -Card Games	20. 10:00am -Coffee Talk 11:00am -You Tube Exercise 12:00pm -Lunch 1:00pm- Bean Bag Toss	21. 10:00am New Talk 10:30am Card Games 11:30pm Exercise w/Rodney 12:00pm Lunch 1:00pm Music Hour	22. 10:00am Tea/Coffee Time 10:30am Card Games 12:00pm Lunch 1:00pm Music Hour
A HARANA CONTRACTOR	25. 10:00am- Tea/Coffee Time 10:30am -You Tube Exercise 11:00- Card Games 12:00pm- Lunch	26 10:00am- Coffee Talk 11:00am- You Tube Exercise 12:00pm -Lunch 1:00pm -Word Search	27. 10:00am- Tea/Coffee Time 11:00am- Current Events 12:00pm Lunch 1:00pm Bean Bag Toss	28. 10:00am -Coffee Talk 11:00am -You Tube Exercise 12:00pm -Lunch 1:00pm - Card Games	29. 10:00am -Tea/Coffee Time 10:30am -You Tube Exercise 11:00am- Movie Time 12:00pm- Lunch 1:00pm - Movie cont.

1:00pm- Nutrition Education with Ms. Minor		

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