

EOTR Friendship Café/Kenilworth September Activity Calendar 2024 4321 Ord ST NE, Washington, DC 20019 Recreation Coordinator Rickya Dodson 301- 909-2834



| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|------------------------------|-------------------------|----------------------------------|--------------------------|--------------------------|
| Fello | | | | | |
| September. | 2, | 3. | 4. National Museum of | 5. | 6. |
| | CLOSED | 10am –Tea/Coffee Hour | African American History | 10am- Tea/Coffee Hour | 10am –Tea/Coffee Hour |
| | | 11am- Open Discussion | 10am-12pm | 11:30am-Fitness w/Rodney | 11am- Fitness YouTube |
| | 1 | 12pm- Lunch | 1400 Constitution Ave NE | 12pm-Lunch | 12pm- Lunch |
| | ☆ ☆ ☆ ☆ ☆ | 1pm -Cards/Open Games | NW WDC | 1pm-Movie Hour | 1pm -Open Discussion |
| | LABOR DAY | | 10 am- Tea/Coffee Hour | | |
| | ★ ★ ★ ★ | | 11 am-Youtube Dancing 12pm-Lunch | | |
| | | | 1pm-Pictionary | | |
| Ed Calolox | 9. | 10. | 11. | 12. | 13. Super Walmart |
| CapanaMalab | 10am- Tea/Coffee Hour | 10am- Tea/Coffee Hour | 10am-Tea/Coffee Hour | 10am- Tea/ Coffee Hour | 10am-11:45pm |
| SEPTEMBER | 11am- Walk the block | 11am- Fitness w/Youtube | 11am-Open Discussion | 11:30am-Fitness w/Rodney | 3549 Russett Green E, |
| Birthdays | 12pm-Lunch | 12pm-Lunch | 12pm-Lunch | 12pm-Lunch | Laurel, Maryland 20724 |
| | 1pm- Open Games | 1pm- Line Dancing | 1pm- Cards/ Open Games | 1pm- Bean Bag Toss | 10am- Tea /Coffee Hour |
| A Commence of the Commence of | Tpm open omnes | | | | 11am- Open Games |
| SEPTEMBER IS | | | | | 12pm-Lunch |
| O LEUWENIA & | | | | | 1pm-Open Games |
| LEONEIMIA Q | 16. | 17. | 18. | 19. | 20. |
| LYMPHOMA | 10. 10am-Tea/ Coffee Hour | 10am-Tea/Coffee Hour | 10am- Tea / Coffee Hour | 10am- Tea/Coffee Hour | 10am- Tea /Coffee Hour |
| AWARENESS MONTH | 11pm- Walk the block | 11am- Fitness w/YouTube | 10:30am- Group Mental | 11:30am-Fitness w/Rodney | 11am- Fitness w/ Youtube |
| | 12pm-Lunch Time | 12pm-Lunch Time | Health Session w/Patrick | 12pm-Lunch | 12pm-Lunch |
| | 1pm- Bingo | 1pm- Movies | Crawford(1.5) | 1pm- Open Games | 1pm-Cards Open Games |
| | Thur pingo | | 12pm-Lunch | | _ |

| ♣ Drlogy Sep 1-30 | | | 1pm- EOTR Presentation/ w Ms. Sharon Smith | | |
|--|---|---|---|---|--|
| PROSTATE CANCER AWARENESS MONTH Educate and inform beginners about the importance of early detection and prevention of prostate cancer. | 23. CLOSED FOR DISCRETIONARY DAY | 24. 10am- Tea / Coffee Hour 11am- Fitness w /YouTube 12pm-Lunch 1pm-Bean Bag Toss | 25. Martha's Table 10:30-12pm 2375 Elvans Road SE Washington , DC 20019 10am- Tea /Coffee Hour 11am- Open Games 12pm-Lunch Time 1pm- Music Hour | 26. 10am- Tea /Coffee Hour 11:30am-Fitness w/Rodney 12pm- Lunch 1pm- Music Hour | 27. 10am- Tea/ Coffee Hour 11am- Walk the Block 12pm-Lunch 1pm-Bingo |
| SEPTEMBER is Self Care AWARENESS MONTH | 10am- Tea / Coffee Hour 11am- Walk the block 12pm- Lunch Time 1pm-Nutrition Ed/w Ms.Minor | | | | |

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