

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	
<p><b>ZOOM Meeting ID #</b> <b>951 4112 0645</b> <b>CALL IN #</b> <b>301 715-8592</b></p> <p><b>Happy Birthday to all clients celebrating this month!!!</b></p>  <p><b>Facial Masks are Required.</b></p> <p><b>Proof of vaccination required.</b></p> <p><b>PROSTATE CANCER AWARENESS MONTH</b> <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><b>The Top 7 Signs of Advanced Prostate Cancer:</b></p> <ul style="list-style-type: none"> <li>• Bladder and urinary troubles</li> <li>• Losing bowel control</li> <li>• Soreness in the groin</li> <li>• Leg swelling or weakness</li> <li>• Hip or back pain</li> <li>• Coughing or feeling out of breath</li> <li>• Unexplained weight loss</li> </ul> <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><b>NATIONAL SICKLE CELL AWARENESS</b> SEPTEMBER</p>	<p><u>Celebrated this month</u></p> <ul style="list-style-type: none"> <li>• Alopecia Areata Awareness</li> <li>• Fall Hat Month</li> <li>• Classical Music Month</li> <li>• Better Breakfast month</li> <li>• Hispanic Heritage (September 15<sup>th</sup> to October 15<sup>th</sup>)</li> <li>• Blood Cancer Awareness</li> <li>• Prostate Health Month</li> </ul>	 <p>SEPTEMBER IS SELF-CARE AWARENESS MONTH</p> <p>SEPTEMBER IS SUICIDE PREVENTION MONTH</p>	<p>1. <b>10:00am Coping during COVID w/ Patrick Crawford</b> <b>ZOOM 951 4112 0645</b> <b>11:30am Hand Dancing</b> <b>12:00pm LUNCH TIME</b> <b>1:00pm SPIRIT Club fitness Online</b></p>	<p>2. <b>VIRTUAL ONLY</b> <b>10:00am Fitness w/ Rodney ON ZOOM 951 4112 0645</b></p>	
		<p>5. <b>SITES CLOSED!</b></p>  <p><b>HAPPY LABOR DAY!</b></p>	<p>6. <b>Offices closed!</b></p> <p><b>Enjoy a self-care day. Get a manicure, Soak in the tub, take a stroll.</b></p>	<p>7. <b>10:00am Fitness w/ Rodney ON ZOOM 951 4112 0645</b> <b>11:00am Nutrition Ed. w/ Food Jonezi</b> <b>12:00pm LUNCH TIME</b> <b>1:00pm BINGO</b></p>	<p>8. <b>(National Grandparents Day)</b> <b>Miller Farms</b> <b>10:30am-12:30pm</b> <b>10140 Piscataway Rd</b> <b>Clinton, MD 20735</b></p> <p><b>1:00pm Crafting w/ Ms. Keitt</b></p>	<p>9. <b>VIRTUAL ONLY</b> <b>10:00am Fitness w/ Rodney ON ZOOM 951 4112 0645</b></p>
		<p>12. <b>VIRTUAL ONLY</b> <b>10:00am Fitness w/ Rodney ON ZOOM 951 4112 0645</b></p>	<p>13. <b>10:00am Coping during COVID w/ Patrick Crawford ZOOM 951 4112 0645</b> <b>11:00am Nutrition Ed. w/ Food Jonezi</b> <b>12:00pm LUNCH TIME</b> <b>1:00pm Current Events</b></p>	<p>14. <b>10:00am Fitness w/ Rodney ON ZOOM 951 4112 0645</b> <b>Museum of the Bible</b> <b>11:00am-1:30pm</b> <b>400 4th St SW</b> <b>Washington, DC 20024</b></p>	<p>15. <b>10:00am Coping during COVID w/ Patrick Crawford ZOOM 951 4112 0645</b> <b>11:30am Show &amp; Tell</b> <b>12:00pm LUNCH TIME</b> <b>1:00pm SPIRIT Club fitness Online</b></p>	<p>16. <b>VIRTUAL ONLY</b> <b>10:00am Fitness w/ Rodney ON ZOOM 951 4112 0645</b></p>
		<p>19. <b>VIRTUAL ONLY</b> <b>10:00am Fitness w/ Rodney ON ZOOM 951 4112 0645</b></p>	<p>20. <b>(DACL's Fall Prevention Awareness Day)</b> <b>10:00am Coping during COVID w/ Patrick Crawford ZOOM 951 4112 0645</b> <b>11:30am Prevention Trivia</b> <b>12:00pm LUNCH TIME</b> <b>1:00pm SPIRIT Club YOGA Online</b></p>	<p>21. <b>Toby's Dinner Theater</b> <b>9:45am-1:00pm</b> <b>5900 Symphony Woods Rd.</b> <b>Columbia, MD 21044</b></p>	<p>22. <b>10:00am Coping during COVID w/ Patrick Crawford ZOOM 951 4112 0645</b> <b>11:30am Line Dancing</b> <b>12:00pm LUNCH TIME</b> <b>1:00pm Open Game Time</b></p>	<p>23. <b>VIRTUAL ONLY</b> <b>10:00am Fitness w/ Rodney ON ZOOM 951 4112 0645</b></p>
		<p>26. <b>VIRTUAL ONLY</b> <b>10:00am Fitness w/ Rodney ON ZOOM 951 4112 0645</b></p>	<p>27. <b>In Honor of Spanish Heritage Month - Lunch at Rosa Mexicana</b> <b>11:00am-2:30pm</b> <b>153 Waterfront St.</b> <b>Oxon Hill, MD 20745</b></p>	<p>28. <b>10:00am Fitness w/ Rodney ON ZOOM 951 4112 0645</b> <b>11:00am AARP info session w/ Legal Counsel ON ZOOM 951 4112 0645</b> <b>12:00pm LUNCH TIME</b> <b>1:00pm Checkers</b></p>	<p>29. <b>10:00am Coping during COVID w/ Patrick Crawford ZOOM 951 4112 0645</b> <b>11:00am Nutrition Ed. w/ Food Jonezi</b> <b>12:00pm LUNCH TIME</b> <b>1:00pm SPIRIT Club YOGA Online</b></p>	<p>30. <b>VIRTUAL ONLY</b> <b>10:00am Fitness w/ Rodney ON ZOOM 951 4112 0645</b></p>