

EOTR Friendship Café / Mayfair 3744 Hayes ST NE Washington D.C. 20019 Community Dining Site Supervisor George Marrow Jr. 202-249-8986

September 2023 Activity Calander



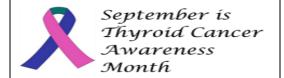
Happy September	Monday	Tuesday	Wednesday	Thursday	Friday
Birthdays	SEPTEMBER STATE MONTHS LOOMED	SEPTEMBER IS SELF • CARE AWARENESS MONTH	September is Suicide Prevention Awareness Month		SEPTEMBER VIRTUE OF THE MONTH: CHARITY "Charity cannot be neutral or indifferent! Charity takes risks! For true charity is always unmerited, unconditional and gratuitous! Charity is creative." - POPE FRANCIS
September	LABOR Day	5. 10:00am- Coffee Time 11:00am- Hard of Hearing Presentation w/Ms. Rose 12:00pm-Lunch 1:00pm- Nutrition Education w/Ms. Minor	6. 10:00am- Card Games 11:00am -Music Trivia 12:00pm -Lunch 1:00pm- Movie Time	7. 10:00am- Fitness with Rodney 11:00am-Bingo 12:00pm- Lunch 1:00pm- TV Time	Harvesting in
	EPTEMBER IS CHILDHOOD CANCER AWARENESS MONTH	12. 10:00am- Coffee Hour 11:00am- Oldies but Goodies 12:00pm- Lunch 1:00pm- TV Time	13. 10:00am: Youtube Fitness 11:00am- Self Care Talk w/Ms. Robinson 12:00pm: Lunch 1:00pm Card Game	14. 10:00am- Fitness with Rodney 11:00am-Bingo 12:00pm- Lunch 1:00pm- Music Hour	HELLO atamy Atamy atamy atamy atamy
	SEPTEMBER IS OVARIAN CANCER AWARENESS MONTH	19. 10:00am- Coffee Hour 11:00am -Youtube Fitness 12:00pm- Lunch 1:00pm- Nutrition Education w/Ms. Minor	20. 10:00am- Card Games 11:00am -Music Trivia 12:00pm -Lunch 1:00pm- Movie Time	21. 10:00am- Coffee Hour 11:00am- Oldies but Goodies 12:00pm- Lunch 1:00pm- TV Time	September





26. 10:00am- Coffee Hour 11:00am- Word Search 12:00pm- Lunch 1:00pm- Music Hour 27. 10:00am Card Games 11:00am- Movie 12:00pm -Luch 1:00pm-Music Time 28.

10:00am- Fitness with Rodney
11:00am-Bingo
12:00pm- Lunch
1:00pm- Music Hour



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