
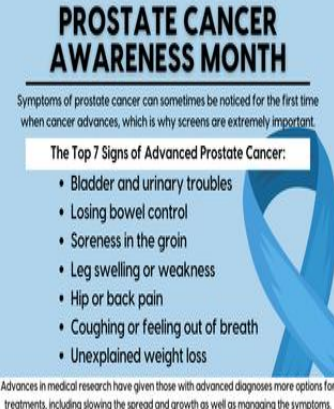
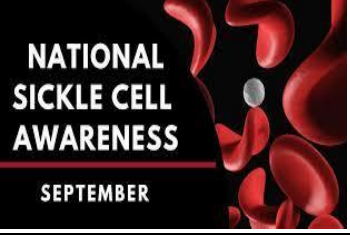




	Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>ZOOM Meeting ID #</b> <b>951 4112 0645</b> <b>CALL IN #</b> <b>301 715-8592</b></p> <p><b>Happy Birthday to all clients celebrating this month!!!</b></p>  <p><b>Facial Masks are Required.</b></p> <p><b>Proof of vaccination required.</b></p> 	 <p><b>NATIONAL 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 SUICIDE PREVENTION MONTH</p> <p>SEPTEMBER IS SELF CARE AWARENESS MONTH</p>	<p>1. <b>10:00am Coping during COVID w/ Patrick Crawford</b> <b>ZOOM 951 4112 0645</b> <b>11:30am Current Events</b> <b>12:00pm LUNCH TIME</b> <b>1:00pm SPIRIT Club YOGA Online</b></p>	<p>2. <b>10:00am Fitness w/ Rodney ON ZOOM 951 4112 0645</b> <b>11:00am Meditation</b> <b>12:00pm LUNCH TIME</b> <b>1:00pm Open Game Time</b></p>
	<p>5. <b>SITES CLOSED!</b></p>  <p>HAPPY LABOR DAY!</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 Chat &amp; Chew</b> <b>12:00pm LUNCH TIME</b> <b>1:00pm Hand Dancing</b></p>	<p>8. <b>(National Grandparents Day)</b> <b>10:00am Crafts w/ Ms. Keitt</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>9. <b>10:00am Fitness w/ Rodney ON ZOOM 951 4112 0645</b> <b>Dutch Village Amish Market with Kenilworth</b> <b>10:30am-1:30pm</b> <b>5030 Brown Station Rd.</b> <b>Upper Marlboro, MD 20772</b></p>
	<p>12. <b>10:00am Fitness w/ Rodney ON ZOOM 951 4112 0645</b> <b>11:00am Checkers</b> <b>12:00pm LUNCH TIME</b> <b>1:00pm Oldies but Goodies</b></p>	<p>13. <b>10:00am Coping during COVID w/ Patrick Crawford</b> <b>ZOOM 951 4112 0645</b> <b>11:00am Current Events</b> <b>12:00pm LUNCH TIME</b> <b>1:00pm Line Dancing</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</b> <b>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>16. <b>10:00am Fitness w/ Rodney ON ZOOM 951 4112 0645</b> <b>11:00am Checkers</b> <b>12:00pm LUNCH TIME</b> <b>1:00pm Arts &amp; Crafts</b></p>
	<p>19. <b>10:00am Fitness w/ Rodney ON ZOOM 951 4112 0645</b> <b>11:00am Family Feud</b> <b>12:00pm LUNCH TIME</b> <b>1:00pm Show &amp; Tell</b></p>	<p>20. <b>(DACL's Fall Prevention Awareness Day)</b> <b>10:00am Prevention Trivia</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>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</b> <b>ZOOM 951 4112 0645</b> <b>11:30am Line Dancing</b> <b>12:00pm LUNCH TIME</b> <b>1:00pm Oldies but Goodies</b></p>	<p>23. <b>10:00am Fitness w/ Rodney ON ZOOM 951 4112 0645</b> <b>11:00am BINGO</b> <b>12:00pm LUNCH TIME</b> <b>1:00pm Current Events</b></p>
	<p>26. <b>10:00am Fitness w/ Rodney ON ZOOM 951 4112 0645</b> <b>11:00am Sip &amp; Paint</b> <b>12:00pm LUNCH TIME</b> <b>1:00pm Chess</b></p>	<p>27. <b>In Honor of Spanish Heritage Month</b> <b>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 Music Hour</b> <b>12:00pm LUNCH TIME</b> <b>1:00pm Open Game Time</b></p>	<p>29. <b>10:00am Coping during COVID w/ Patrick Crawford</b> <b>ZOOM 951 4112 0645</b> <b>11:30am Meditation</b> <b>12:00pm LUNCH TIME</b> <b>1:00pm SPIRIT Club YOGA Online</b></p>	<p>30. <b>10:00am Fitness w/ Rodney ON ZOOM 951 4112 0645</b> <b>11:00am Checkers</b> <b>12:00pm LUNCH TIME</b> <b>1:00pm Arts &amp; Crafts</b></p>

In case of site closure please see suggested schedule.

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Log on to Virtual activities on zoom.</b> <b>ZOOM Meeting ID #</b> <b>951 4112 0645</b> <b>CALL IN #</b> <b>301 715-8592</b>	<b>Meet at Mayfair Friendship Café</b>  <b>3744 Hayes ST NE Washington</b> <b>DC, 20019</b>	<b>Meet at Mayfair Friendship Café</b>  <b>3744 Hayes ST NE Washington</b> <b>DC, 20019</b>	<b>Meet at Mayfair Friendship Café</b>  <b>3744 Hayes ST NE Washington</b> <b>DC, 20019</b>	<b>Log on to Virtual activities on zoom.</b> <b>ZOOM Meeting ID #</b> <b>951 4112 0645</b> <b>CALL IN #</b> <b>301 715-8592</b>