| A STUER FAMILY STRENGTHENING COLLABORATIVE, INC. | EOTR Friendship Cafe '/ P.T. Johnson 3440 Minnesota Ave. NE Washington D.C 20019 Community Dining Site Supervisor George Marrow Jr. 202-249-8986 | | September 2022 Activity Calendar | | |
|--|---|--|---|--|---|
| | Monday | Tuesday | Wednesday | Thursday | Friday |
| ZOOM Meeting ID # 951 4112 0645 CALL IN # 301 715-8592 Happy Birthday to all | NATIONAL SICKLE CELL AWARENESS SEPTEMBER | Celebrated this month • Alopecia Areata Awareness • Fall Hat Month • Classical Music Month • Better Breakfast month • Hispanic Heritage (September 15 th to October 15 th) • Blood Cancer Awareness • Prostate Health Month | SEPTEMBER IS SUICIDE PREVENTION MONTH SASSA SEPTEMBER IS SELF • CARE AWARENESS MONTH | 1. 10:00am Coping during COVID w/ Patrick Crawford ZOOM 951 4112 0645 11:30am Current Events 12:00pm LUNCH TIME 1:00pm SPIRIT Club YOGA Online | 2. 10:00am Fitness w/ Rodney ON ZOOM 951 4112 0645 11:00am Meditation 12:00pm LUNCH TIME 1:00pm Open Game Time |
| clients celebrating this month!!! | 5. SITES CLOSED! HAPPY LABOR DAY! | 6. Offices closed! Enjoy a self-care day. Get a manicure, Soak in the tub, take a stroll. | 7. 10:00am Fitness w/ Rodney ON ZOOM 951 4112 0645 11:00am Chat & Chew 12:00pm LUNCH TIME 1:00pm Hand Dancing | 8. (National Grandparents Day) 10:00am Crafts w/ Ms. Keitt 11:00am Nutrition Ed. w/ Food Jonezi 12:00pm LUNCH TIME 1:00pm SPIRIT Club YOGA Online | 9. 10:00am Fitness w/ Rodney ON ZOOM 951 4112 0645 Dutch Village Amish Market with Kenilworth 10:30am-1:30pm 5030 Brown Station Rd. Upper Marlboro, MD 20772 |
| Facial Masks are Required. Proof of vaccination | 12. 10:00am Fitness w/ Rodney ON ZOOM 951 4112 0645 11:00am Checkers 12:00pm LUNCH TIME 1:00pm Oldies but Goodies | 13. 10:00am Coping during COVID w/ Patrick Crawford ZOOM 951 4112 0645 11:00am Current Events 12:00pm LUNCH TIME 1:00pm Line Dancing | 14. 10:00am Fitness w/ Rodney ON ZOOM 951 4112 0645 Museum of the Bible 11:00am-1:30pm 400 4th St SW Washington, DC 20024 | 15. 10:00am Coping during COVID w/ Patrick Crawford ZOOM 951 4112 0645 11:00am Nutrition Ed. w/ Food Jonezi 12:00pm LUNCH TIME 1:00pm SPIRIT Club YOGA Online | 16. 10:00am Fitness w/ Rodney ON ZOOM 951 4112 0645 11:00am Checkers 12:00pm LUNCH TIME 1:00pm Arts & Crafts |
| PROSTATE CANCER AWARENESS MONTH Symptoms of prostate cancer can sometimes be noticed for the first time when cancer advances, which is why screens are extremely important. The Top 7 Signs of Advanced Prostate Cancer: | 19. 10:00am Fitness w/ Rodney ON ZOOM 951 4112 0645 11:00am Family Feud 12:00pm LUNCH TIME 1:00pm Show & Tell | 20. (DACL's Fall Prevention Awareness Day) 10:00am Prevention Trivia 11:00am Nutrition Ed. w/ Food Jonezi 12:00pm LUNCH TIME 1:00pm SPIR.IT Club YOGA Online | 21. Toby's Dinner Theater 9:45am-1:00pm 5900 Symphony Woods Rd. Columbia, MD 21044 | 22. 10:00am Coping during COVID w/ Patrick Crawford ZOOM 951 4112 0645 11:30am Line Dancing 12:00pm LUNCH TIME 1:00pm Oldies but Goodies | 23. 10:00am Fitness w/ Rodney ON ZOOM 951 4112 0645 11:00am BINGO 12:00pm LUNCH TIME 1:00pm Current Events |
| Country of the groin Leg swelling or weakness Hip or back pain Coughing or feeling out of breath | 26. 10:00am Fitness w/ Rodney ON ZOOM 951 4112 0645 11:00am Sip & Paint 12:00pm LUNCH TIME 1:00pm Chess | 27. In Honor of Spanish Heritage Month Lunch at Rosa Mexicana 11:00am-2:30pm 153 Waterfront St. Oxon Hill, MD 20745 Senior Services Network - Supported | 28. 10:00am Fitness w/ Rodney ON ZOOM 951 4112 0645 11:00am Music Hour 12:00pm LUNCH TIME 1:00pm Open Game Time | 29. 10:00am Coping during COVID w/ Patrick Crawford ZOOM 951 4112 0645 11:30am Meditation 12:00pm LUNCH TIME 1:00pm SPIRIT Club YOGA Online | 30. 10:00am Fitness w/ Rodney ON ZOOM 951 4112 0645 11:00am Checkers 12:00pm LUNCH TIME 1:00pm Arts & Crafts |

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

In case of site closure please see suggested schedule.

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