

## EOTR Friendship Café / P.T. Johnson 3440 Minnesota Ave NE Washington, D.C. 20019 George Marrow Sr. 202-701-7394

## September 2023 Activity Calander



Happy September	Monday	Tuesday	Wednesday	Thursday	Friday
Happy September  Birthdays	SEPTEMBER	SEPTEMBER IS SELF • CARE AWARENESS MONTH	September is Suicide Prevention Awareness Month	Jeptember,	1. 10:00am: Current Events 11:00am: Coffee Hour 12:00pm: Lunch 1:00pm: TV Time
	HAPPY LABOR Day	5.  10:00am-Bodywise Fitness w/UDC Ms.Vernette 11:00am-Nutrition Education w/Ms.Minor 12:00pm-Lunch 1:00pm-Trivia	6. 10:00am- Card Games 11:00am -Music Trivia 12:00pm -Lunch 1:00pm- Movie Time	7.  10:00am-Bodywise Fitness w/UDC Ms.Vernette 11:00am- Bingo 12:00pm- LUNCH 1:00pm-TV Time	8. 10:00am-Chat & Chew 11:00am- Movie 12:00pm- Lunch 1:00pm-Movie continued
September	11. 10:00am: Coffee Hour 11:00am: Puzzles 12:00pm: Lunch 1:00pm: Open Game Time	12.  10:00am: Bodywise Fitness w/UDC Ms.Vernette 11:00am: Oldies but Goodies 12:00pm: Lunch 1:00pm: TV Time	13. 10:00am: Youtube Fitness 11:00am:Word Search 12:00pm: Lunch 1:00pm Card Game	14.  10:00am: Bodywise Fitness w/UDC Ms.Vernette 11:00am: Bingo 12:00pm: Lunch 1:00pm: Music Hour	15. 10:00am: Current Events 11:00am: Coffee Hour 12:00pm: Lunch 1:00pm: TV Time
Birthstone	18.  SEPTEMBER IS AWARENESS HONTH	19.  10:00am- Bodywise Fitness w/UDC Ms.Vernette 11:00am -Youtube Fitness 12:00pm- Lunch 1:00pm -Music Hour	20. 10:00am- Card Games 11:00am -Music Trivia 12:00pm -Lunch 1:00pm- Movie Time	21. 10:00am: Current Events 11:00am: Coffee Hour 12:00pm: Lunch 1:00pm: TV Time	22. 10:00am- Youtube Fitness 11:00am-Word Search 12:00pm- Lunch 1:00pm -Card Game
	25. 10:00am- Puzzles 11:00am- Chat & Chew 12:00pm-Lunch 1:00pm- Oldies & Goodies	26. 10:00am -10:00am- Bodywise Fitness w/UDC Ms.Vernette 11:00am - Nutrition Education w/Ms.Minor	27. 10:00am Card Games 11:00am- Movie 12:00pm -Luch 1:00pm-Music Time	28.  10:00am-Bodywise Fitness w/UDC Ms.Vernette 11:00am -Bingo 12:00pm -Lunch	29. 10:00am- Card Games 11:00am -Music Trivia 12:00pm -Lunch 1:00pm- Movie Time

12:00pm -Lunch 1:00pm -Music Hour	1:00pm -Card Games	

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