



EOTR Friendship Cafe '
VIRTUAL CALENDAR
 4301 9th Street SE, Wash, DC 20032
 Laura Napoleon, Program Manager
 202-603-0132

**September 2022
Activity Calendar**



	Monday	Tuesday	Wednesday	Thursday	Friday
<p>ZOOM Meeting ID # 951 4112 0645 CALL IN # 301 715-8592</p> <p style="color: green; text-align: center;">Happy Birthday to all clients celebrating this month!!!</p>  <p style="text-align: center;">Facial Masks are Required.</p> <p style="text-align: center; background-color: cyan; color: black; padding: 2px;">Proof of vaccination required.</p> <div style="background-color: #ADD8E6; padding: 5px;"> <p style="text-align: center; margin: 0;">PROSTATE CANCER AWARENESS MONTH</p> <p style="font-size: 8px; margin: 0;">Symptoms of prostate cancer can sometimes be noticed for the first time when cancer advances, which is why screens are extremely important.</p> <p style="font-size: 8px; margin: 0;">The Top 7 Signs of Advanced Prostate Cancer:</p> <ul style="list-style-type: none"> Bladder and urinary troubles Losing bowel control Soreness in the groin Leg swelling or weakness Hip or back pain Coughing or feeling out of breath Unexplained weight loss <p style="font-size: 8px; margin: 0;">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.</p> </div>		<p style="color: blue; text-decoration: underline;">Celebrated this month</p> <ul style="list-style-type: none"> Alopecia Areata Awareness Fall Hat Month Classical Music Month Better Breakfast month Hispanic Heritage (September 15th to October 15th) Blood Cancer Awareness Prostate Health Month 		<p>1. 10:00am Coping during COVID w/ Patrick Crawford ZOOM 951 4112 0645</p>	<p>2. 10:00am Fitness w/ Rodney ON ZOOM 951 4112 0645</p>
		<p>6. Offices closed!</p> <p style="color: red; text-align: center;">Enjoy a self-care day. Get a manicure, Soak in the tub, take a stroll.</p>	<p>7. 10:00am Fitness w/ Rodney ON ZOOM 951 4112 0645</p>	<p>8. (National Grandparents Day) 10:00am Coping during COVID w/ Patrick Crawford ZOOM 951 4112 0645</p>	<p>9. 10:00am Fitness w/ Rodney ON ZOOM 951 4112 0645</p>
	<p>12. 10:00am Fitness w/ Rodney ON ZOOM 951 4112 0645 1:30pm Arts for Aging Moving With the World with Annetta 951 4112 0645</p>	<p>13. 10:00am Coping during COVID w/ Patrick Crawford ZOOM 951 4112 0645</p>	<p>14. 10:00am Fitness w/ Rodney ON ZOOM 951 4112 0645</p>	<p>15. 10:00am Coping during COVID w/ Patrick Crawford ZOOM 951 4112 0645</p>	<p>16. 10:00am Fitness w/ Rodney ON ZOOM 951 4112 0645</p>
	<p>19. 10:00am Fitness w/ Rodney ON ZOOM 951 4112 0645 11:00am Arts for Aging Moving With the World with Annetta 951 4112 0645</p>	<p>20. 10:00am Coping during COVID w/ Patrick Crawford ZOOM 951 4112 0645</p>	<p>21. 10:00am Fitness w/ Rodney ON ZOOM 951 4112 0645</p>	<p>22. 10:00am Coping during COVID w/ Patrick Crawford ZOOM 951 4112 0645</p>	<p>23. 10:00am Fitness w/ Rodney ON ZOOM 951 4112 0645</p>
	<p>26. 10:00am Fitness w/ Rodney ON ZOOM 951 4112 0645 1:30pm Arts for Aging Moving With the World with Annetta 951 4112 0645</p>	<p>27. 10:00am Coping during COVID w/ Patrick Crawford ZOOM 951 4112 0645</p>	<p>28. 10:00am Fitness w/ Rodney ON ZOOM 951 4112 0645 11:00am AARP info session w/ Legal Counsel ON ZOOM 951 4112 0645</p>	<p>29. 10:00am Coping during COVID w/ Patrick Crawford ZOOM 951 4112 0645</p>	<p>30. 10:00am Fitness w/ Rodney ON ZOOM 951 4112 0645</p>