



EOTR Friendship Zion/DHH
1234 Kenilworth Ave NE Washington DC, 20019
DHH Recreation Coordinator - Jessica Bryant 202-441-1537
PT Recreation Coordinator- Lia Elder 202-397-7300

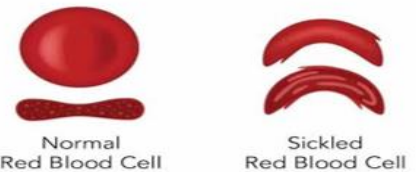
September Activity Calendar 2026



	Monday	Tuesday	Wednesday	Thursday	Friday
  		1. 10am- Body wise w/ UDC Ms. Vernette 11am- Coffee/Chat&Chew 12:00 – Lunch/Nutritious Super Foods disc.w/ Ms. Minor 1pm- Horseshoe Hoedown	2. 10am-Coffee/Chat&Chew 11am-Spirit Fitness w/ Chris 12pm – Lunch 1pm- Health Promotion w/Irwin	3. 10am- Body wise w/ UDC Ms. Vernette 11am- Coffee/Chat&Chew 12pm- Lunch 1pm -Table Talk: Honoring our Heros	4. 10am-Coffee/Chat&Chew 11am- Mental Health Sessions w/ Dr. Crawford 12pm – Lunch 1pm- Calander Review
	7. Dining Site Closed 	8. 10am- Body wise w/ UDC Ms. Vernette 11am –ASL Spring w/Rebekah 12pm- Lunch 1pm- TableTalk: What’s your favorite Fall activity	9. 10am-Coffee/Chat&Chew 11am- Spirit Fitness w/ Chris 12pm Lunch 1pm-Introduction to VR	10. 10am- Body wise w/ UDC Ms. Vernette 11am- Nutrition Ed w/ Food Jonezi 12pm- Lunch 1pm-Brain Games	11. Martha’s Table 2375 Elvans Rd. SE Washington, DC 10AM-1PM 10am– Coffee/Chat&Chew 11am-Move&Groove 12pm – Lunch 1pm- Activity of Choice



SEPTEMBER IS
SICKLE CELL
AWARENESS MONTH



	14. 10am -Coffee/Chat&Chew 11am-Move&Groove 12:00 – Lunch 1pm- Checkers Tournament	15. 10am- Body wise w/ UDC Ms. Vernette 11am- Coffee/Chat&Chew 12pm- Lunch 1pm- Game of Throws: Cornhole	16. 10am-Coffee/Chat&Chew 11am- Spirit Fitness w/ Chris 12pm – Lunch 1pm- Health Promotion w/Irwin	17. 10am- Body wise w/ UDC Ms. Vernette 11am-Coffee/Chat&Chew 12pm-Lunch 1pm-Crossword puzzles	18. 10am-Coffee/Chat&Chew 11am- Mental Health Sessions w/ Dr. Crawford 12pm – Lunch 1pm- A Palate for Pie
	21. Fall Prevention Awareness Event 899 North Capitol Street 10AM-1PM 10am -Coffee/Chat&Chew 11am- Current Events 12:00 – Lunch 1pm- Boggle with the Brain	22. 10am-Body wise w/ UDC Ms. Vernette 11am –ASL Spring w/Rebekah 12pm -Lunch 1pm-Arts&Crafts: Crochet Away	23. 10am-Coffee/Chat&Chew 11am- Spirit Fitness w/ Chris 12pm- Lunch 1pm- Checkers Tournament	24. 10am-Body wise w/ UDC Ms. Vernette 11am - Coffee/Chat&Chew 12pm -Lunch 1pm- Shoe Give Away	25. 10am– Coffee/Chat&Chew 11am-Move&Groove 12pm – Lunch 1pm- Mic Drop: Karaoke

	28. 10am -Coffee/Chat&Chew 11am- Visual Arts w/Arts for the Aging by Marcie 12:00 – Lunch/Nutrition Ed. w/ Ms. Minor 1pm- Activity of Choice	29. 10am- Body wise w/ UDC Ms. Vernetta 11am - Coffee/Chat&Chew 12pm -Lunch 1pm- Arts&Crafts: Painting	30. 10am-Coffee/Chat&Chew 11am- Spirit Fitness w/ Chris 12pm – Lunch 1pm-VR Bowling		
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Part of the Senior Services Network – Supported by the Department of Aging and Community Living.