

September 2026

Calendar of Events

Activity Coordinator: Dion Matthews

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 10:00 A.M. Coffee, Tea & Talk 10:30 A.M. Book Club Refresher 11:00 A.M. Chair Exercise w/ Andrain 12:00 P.M. Chat/Chew 1:00 P.M. Are U Smarter Than A 5 th Grader	2 10:00 A.M. Coffee, Tea & Talk HU/OT Group 10:30 A.M. Sing a Long 11:00 A.M. Exercise w/YMCA 12:00 P.M. Chat/Chew 1:00 P.M. Jewelry Design w/ Creative Couture	3 10:00 A.M. Coffee, Tea & Talk 10:30 A.M. Spot the Difference 11:00 A.M. Sensory Stimulation 12:00 P.M. Chat/Chew 1:00 P.M. Bingo	4 10:00 A.M. Coffee, Tea & Talk 10:30 A.M. Get Up and Dance 11:00 A.M. Group Karaoke 12:00 P.M. Pre Labor Day Cookout 1:00 P.M. Arts & Craft	
6 	7 Labor Day Center Closed	8 10:00 A.M. Coffee, Tea & Talk 10:30 A.M. Daily Riddles 11:00 A.M. Humana Coffee Social 12:00 P.M. Chat/Chew 1:00 P.M. Plinko	9 10:00 A.M. Coffee, Tea & Talk HU/OT Group 10:30 A.M. Think Fast Trivia 11:00 A.M. Exercise w/YMCA 12:00 P.M. Chat/Chew 1:00 P.M. Volleyball	10 10:00 A.M. Coffee, Tea & Talk 10:30 A.M. Bus Trip Picnic in Rock Creek Park 11:00 A.M. Fall Crafts 12:00 P.M. Chat/Chew 1:00 P.M. Card Games	11 10:00 A.M. Coffee, Tea & Talk 10:30 A.M. Remembering 9/11 11:00 A.M. Arts for The Aging 12:00 P.M. Chat/Chew 1:00 P.M. Yoga w/Pat JERSEY DAY!!	12 
13  COMMANDERS VS EAGLES @ 4:25 PM	14 10:00 A.M. Coffee, Tea & Talk UDC Treasured Memories 11:00 A.M. Exercise w/YMCA 12:00 P.M. Chat/Chew 1:00 P.M. Indoor Soccer	15 10:00 A.M. Coffee, Tea & Talk 10:30 A.M. Finish the Lyrics 11:00 A.M. Card Making Crafts 12:00 P.M. Chat/Chew 1:00 P.M. Monthly Birthday Party	16 10:00 A.M. Coffee, Tea & Talk HU/OT Group 10:30 A.M. Think N Sync Card Game 11:00 A.M. Exercise w/YMCA 12:00 P.M. Chat/Chew 1:00 P.M. Psychosocial w/Lillian Jewelry w/Creative Couture Caregivers Lounge 5-7pm	17 10:00 A.M. Coffee, Tea & Talk 10:30 A.M. Spelling Bee 11:00 A.M. Nutrition Talk w/ Laura 12:00 P.M. Chat/Chew 1:00 P.M. Men's Group Ladies Hour	18 10:00 A.M. Coffee, Tea & Talk 10:30 A.M. Fall Trivia 11:00 A.M. Arts for The Aging 12:00 P.M. Chat/Chew 1:00 P.M. Scavenger Hunt JERSEY DAY!!	19 11:00 A.M. – 12:00 P.M. Caregivers Support Group Conference Call Only 1-425-436-6335 Passcode: 799162
20 FOOTBALL SUNDAY COMMANDERS VS COWBOYS @ 4:25 PM	21 10:00 A.M. Coffee, Tea & Talk UDC Treasured Memories 11:00 A.M. Exercise w/YMCA 12:00 P.M. Chat/Chew 1:00 P.M. Circle of Friends w/Lillian	22 First Day of Fall 10:00 A.M. Coffee, Tea & Talk 10:30 A.M. Bus Trip Dollar Tree 11:00 A.M. Reminiscence 12:00 P.M. Chat/Chew 1:00 P.M. Pokeno	23 10:00 A.M. Coffee, Tea & Talk HU/OT Group 10:30 A.M. Sing a Long 11:00 A.M. Exercise w/YMCA 12:00 P.M. Chat/Chew 1:00 P.M. Chair Aerobics w/Pat	24 10:00 A.M. Coffee, Tea & Talk 10:30 A.M. Morning Trivia 11:00 A.M. Word Game 12:00 P.M. Chat/Chew 1:00 P.M. Family Feud	25 GNJ Center Closed (Professional Development Day)	26 
27  COMMANDERS VS SEATTLE SEAHAWK @ 1:00 PM	28 10:00 A.M. Coffee, Tea & Talk UDC Treasured Memories 11:00 A.M. Exercise w/YMCA 12:00 P.M. Chat/Chew 1:00 P.M. HU/OT Group	29 10:00 A.M. Coffee, Tea & Talk 10:30 A.M. Splurt Card Game 11:00 A.M. Band Exercise w/Andrain 12:00 P.M. Chat/Chew 1:00 P.M. Ring Toss	30 10:00 A.M. Coffee, Tea & Talk HU/OT Group 11:00 A.M. Name That Tune 12:00 P.M. Chat/Chew 1:00 P.M. Music Memory Café 'The Healing Power of Music'	Genevieve N. Johnson Senior Day Care Center Lisa Thomas, Project Manager 4817 Blagden Avenue, N. W., Washington, DC 20011 (202) 723 – 8537 – Main Number (202) 726 – 1474 - Fax		