

July 2026 Activity Calendar

EOTR Friendship Café *Kenilworth – 4321 Ord Street NE

Recreation Coordinator, Rickya Dodson 202-397-7300 Nutrition Aide, Donna Cobbs 202-706- 0236

	Monday	Tuesday	Wednesday	Thursday	Friday
Taste of Summer Produce Spotlight.  Strawberries Blueberries Cherries Peaches Watermelon Tomatoes Cucumbers Zucchini Corn Green beans Lettuce Squash Spinach Cabbage Carrots			1. 10:00am-11:00am Coffee & July Calendar Review 11:00am-12:00pm Health Promotion w/Irwin 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Bean Bag Toss	2. 10:00am-11:00am Coffee & Devotional 11:00am-12:00pm Fitness w/Rodney 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Bingo	3. CLOSED For 4th of JULY
	6. 10:00am-10:30am Coffee & Devotional 10:30am-12:00pm Mental Health Session w/Crawford 12:00pm-1:00pm LUNCH Scrumptious Watermelon Feast w/Ms. Minor 1:00pm-2:00pm Bingo	7. 10:00am-11:00am Coffee and Devotional 11:00am-12:00pm Chair Exercises 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Line Dancing	8. 10:00am-11:00am Coffee and Devotional 11:00am-12:00pm Hula Hoop Exercises 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Brain Teaser Games	9. 10:00am-11:00am Coffee and Devotional 11:00am-12:00pm Fitness w/ Rodney 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Puzzles and Crossword	10. Golden Corral Buffet 1001 Shoppers Way Largo, MD 20774 10:00am-1:00pm 10:00am-11:00am Coffee and Devotional 11:00am-12:00pm Open Games 12:00pm-1:00pm LUNCH 1:00pm-2:00pm
	13. 10:00am-11:00am Coffee & Devotional 11:00am-12:00pm Chair Exercises 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Bean Bag Toss	14. 10:00am-11:00am Coffee and Devotional 11:00am-12:00pm Hula Hoop Exercises 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Bingo	15. 10:00am-11:00am Coffee & Devotional 11:00am-12:00pm Health Promotion w/Irwin 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Move and Grove	16. 10:00am-11:00am Coffee and Devotional 11:00am-12:00pm Fitness w/ Rodney 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Movie and Popcorn	17. Martha's Table 2375 Elvans Rd, SE Washington, DC 20020 10:00am-11:00am Coffee and Devotional 11:00am-12:00pm Walk the Gym 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Board Games

<u>Friendly Reminder:</u> Please be sure to speak with your Recreation Coordinators to learn more about available supports, including one-on-one nutrition counseling and care coordination/short-term case management services.	20. 10:00am-11:00am Coffee & Devotional 11:00am-12:00pm Chair Exercises 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Line Dancing	21. 10:00am-11:00am Coffee and Devotional 11:00am-12:00pm Walk the Gym 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Brain Teaser Games	22 10:00am-11:00am Coffee and Devotional 11:00am-12:00pm Heart Health w/YMCA DC 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Music and Conversation	23. 10:00am-11:00am Coffee and Devotional 11:00am-12:00pm Fitness w/ Rodney 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Open Games	24. 10:00am-11:00am Coffee and Devotional 11:00am-12:00pm Hola Hoop Exercises 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Move and Groove
	27. 10:00am-11:00am Coffee and Devotional 11:00am-12:00pm Chair Aerobics 12:00pm-1:00pm LUNCH & Vegetarian Meals for Seniors w/Ms. Minor 1:00pm-2:00pm July Birthday Celebrations	28. 10:00am-11:00am Coffee and Devotional 11:00am-12:00pm Chair Exercises 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Bean Bag Toss	29. 10:00am-11:00am Coffee and Devotional 11:00am-12:00pm Walk the Block 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Line Dancing	30. 10:00am-11:00am Coffee and Devotional 11:00am-12:00pm Fitness w/ Rodney 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Movies and Popcorn	31. 10:00am-11:00am Coffee and Devotional 11:00am-12:00pm Hola Hoop Exercise 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Musical Hour 

Preparing for Summer Tip: Summer is Here is a tip to help you prepare for the summer season to help keep your space cooler and more comfortable

- Check for Sun Exposure- Install blackout curtains or reflective window film to help reduce indoor heat. Blackout curtains are available at stores like Roses or Walmart, typically priced between \$10.00 and \$15.00. Reflective window films can be purchased on Amazon, usually costing between \$6.00 and \$10.00 per roll.

Do you know someone aged 60 or older who may need assistance? If they live in Ward 1, 7, or 8, encourage them to call ERFSC we're here to help connect them with the resources they need.

Program Manager Ward 1 & 7

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Welcome to July!



As we step into July here in Washington, D.C., summer is in full swing. The days are long and warm, and the city is vibrant with outdoor activity, neighborhood gatherings, and community events. Parks are lively, gardens are thriving, and local markets continue to offer fresh seasonal fruits and vegetables. It is a season that encourages connection, relaxation, and enjoying time outdoors.

With the high summer temperatures, it is especially important to prioritize hydration and stay cool. Drinking plenty of water throughout the day, wearing light clothing, and taking breaks in shaded or air-conditioned spaces can help support overall health and comfort. Light meals that include fresh fruits and vegetables can also help keep energy steady during the warmer days.

July is also a month of celebration and reflection. We recognize Independence Day on July 4th, a time to come together with family, friends, and community to honor the nation's history and enjoy summer traditions. Across D.C., there are many opportunities to participate in local events, gatherings, and cultural celebrations that highlight community pride and unity.

We encourage you all to reach out to your Recreation Coordinator to learn about fun July events and activities planned throughout the month. It's a great way to stay engaged, active, and connected with others in the community.

As we welcome this new month, may July bring you safety, comfort, and moments of joy shared with others.

Wishing you a healthy, happy, and vibrant July!

