

August 2026 Activity Calendar

EOTR Friendship Café Harvard Towers – 1845 Harvard St. Nw

Recreation Coordinator: Charity Freeman (202-868-3025), Nutrition Aide: Regina Ford

	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 Friendly Reminder: 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.	3. 10am-10:30am Coffee Time 10:30am-11:00am Virtual Spirit Exercise 11:00am-12pm Table Games 12pm-1pm LUNCH 1pm-2pm Chat Hour	4. 10am-10:30am Coffee Time 10:30am-11am Virtual Exercise 11am-12pm Table Games 12pm-1pm LUNCH 1pm-2pm Strategy Games	5. 10am-10:30am Coffee Time 10:30am-11:00am Virtual Spirit Exercise 11:00am-12pm Neighborhood Walk 12pm-1pm LUNCH 1pm-2pm Chat Hour Excursion: Senior Prom Eaton DC Hotel Washington DC 1201 K St Nw 3pm – 6pm	6. 10am-10:30am Coffee Time 10:30am-11am Virtual Exercise 11am-12pm Table Games 12pm-1pm LUNCH 1pm-2pm Strategy Games Excursion: Senior Pool Party Banneker Pool 2500 Georgia Ave Nw , Washington DC 20001 11:00 am – 2:00 pm	7. 10am-10:30am Coffee Time 10:30am-11:00am Virtual Spirit Exercise 11:00am-12pm Table Games 12pm-1pm LUNCH 1pm-2pm Karaoke Friday
	10. 10am-10:30am Coffee Time 10:30am-11am Virtual Exercise 11am-12pm Table Games 12pm-1pm LUNCH 1pm-2pm Strategy Games	11. 10am – 11am Renters Right 101 with Nicole Dc.Gov 11:00am-12pm Irwin Royster Health Promotion 12pm – 1:00 pm Lunch 1pm-2pm Painting Continued	12. 10am-10:30am Coffee Time 10:30am-11am Virtual Spirit Exercise 11am-12pm Giovanna Dementia Discussion Presentation 12pm-1pm LUNCH	13. 10am-11:00 am Coffee Time 11:00am-12:00pm- Lillian McGilvery SMP Medicare and Changes in Residence & Medical Identity Theft 12:00 pm – 1:00 pm Lunch 1:00 pm – 2:00 pm Strategy	14. 10:00 am – 10:30 am Coffee Time 10:30 am – 11:00 am Table Games 11:00 am – 12:00 pm Spirit Club In Person Fitness 12:00 pm – 1:00 pm Lunch 1pm-2pm Karaoke Friday
	17. 10am-10:30am Coffee Time 10:30am-11:00am Virtual Exercise 11:00am-12:00pm Table Games 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Neighborhood Walk	18. 10am-10:30am Coffee Time 10:30am-11:00am Virtual Spirit Exercise 11:00am-12pm Dr. Crawford Mental Health 12pm-1pm LUNCH 1pm-2pm Erin Spears Case Management W. East River	19. 10am-10:30am Coffee Time 10:30am-11:00am Virtual Spirit Exercise 11:00am-12pm Table Games 12pm-1pm LUNCH 1pm-2pm Rupali Dewan Clear Captions Free Phone Service at No Cost Presentation	20. 10am-10:30am Coffee Time 10:30am-11am Virtual Exercise 11am-12pm Brain Games 12pm-1pm LUNCH 1pm-2pm Strategy Games	21. 10am-10:30am Coffee Time 10:30am-11:00am Virtual Spirit Exercise 11:00am-12pm Dr. Crawford Mental Health 12pm-1pm LUNCH 1pm-2pm Chef Demonstration UDC Herb

	24. 10am-10:30am Coffee Time 10:30am-12pm Mental Health Counseling w. Maryanne 12pm-1pm LUNCH 1pm-2pm Chat Hour	25. 10am-10:30am Coffee Time 10:30am-11:00am Virtual Spirit Exercise 11:00am-12pm Irwin Royster Health Promotion 12pm-1pm LUNCH 1pm-2pm 6 Essential Nutrients w. Nutritionist Tosin O.	26. 10am-10:30am Coffee Time 10:30am-11am Virtual Exercise 11am-12pm Word Puzzles 12pm-1pm LUNCH 1pm-2pm Strategy Games	27. 10am-10:30am Coffee Time 10:30am-11:00am Virtual Spirit Exercise 11:00am-12pm Walk Around the Block 12pm-1pm LUNCH 1pm-2pm Table Games	28. 10am-11:00am Coffee Time 11:00am-12pm Dr. Crawford Mental Health 12:00pm – 1:00 Lunch 1pm-2pm Karaoke Friday
	31. 10am-10:30am Coffee Time 10:30am-11:00am Virtual Spirit Exercise 11:00am-12pm Table Games/ Word Puzzles 12pm-1pm LUNCH 1pm-2pm Walk around the Block				

Welcome to July!

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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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!

