

August 2026 Activity Calendar

EOTR Friendship Café KENILWORTH – 4321 Ord Street NE

Recreation Coordinator, 202-397- 7300 -- Nutrition Aide, Donna Cobbs 202-706-0000

	Monday	Tuesday	Wednesday	Thursday	Friday
<u>Did You Know?</u> <u>Ward 1:</u> U Street Corridor was called “Black Broadway” because it became one of the most important Black entertainment districts in the country during segregation. <u>Ward 7:</u> Kenilworth Park & Aquatic Gardens is the only National Park Service site in the U.S. dedicated to aquatic plants. <u>Ward 8:</u> Barry Farm was created after the Civil War to help formerly enslaved Black families buy land and become homeowners.	3. 10:00am-10:30am Coffee 10:30am-12:00pm Mental Health w/Crawford 12:00pm-1:00pm LUNCH & Nutritious Pantry Foods w/Minor 1:00pm-2:00pm Brain Games	4. 10:00am-11:00am Coffee 11:00am-12:00pm Walk the Gym 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Musical Hour	5. 10:00am-11:00am Coffee 11:00am-12:00pm Health Promotion w/ Irwin 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Bean Bag Toss Senior Prom Eaton Hotel 1201 KST NW WDC 20005 2PM TO 6:00PM	6. 10:00am-11:00am Coffee 11:00am-12:00pm Fitness w/ Rodney 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Bingo	7. 10:00am-11:00am Coffee 11:00am-12:00pm Chair Exercises 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Movie and Popcorn
	10. 10:00am-11:00am Coffee 11:00am-12:00pm Chair Exercises 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Bean Bag Toss	11. 10:00am-11:00am Coffee 11:00am-12:00pm Hula Hoop Exercises 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Painting Wind chimes	12. 10:00am-11:00am Coffee 11:00am-12:00pm Walk the Gym 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Brain Games	13. 10:00am-11:00am Coffee 11:00am-12:00pm Fitness w/ Rodney 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Egg Race Relay	14. 10:00am-11:00am Coffee 11:00am-12:00pm Walk the Gym 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Musical Hour
	17 10:00am-11:00am Coffee 11:00am-12:00pm Walk the Gym 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Musical Hour	18. 10:00am-11:00am Coffee 11:00am-12:00pm Club Memory w. Sibley Memorial 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Egg Race Relay	19. 10:00am-11:00am Coffee 11:00am-12:00pm Health Promotion w/ Irwin 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Movie and Popcorn	20. 10:00am-11:00am Coffee 11:00am-12:00pm Fitness w/ Rodney 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Open Games	21. 10:00am-11:00am Coffee 11:00am-12:00pm Chair Aerobics 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Brain Games

<u>Friendly Reminder:</u> Please be sure to speak with your Recreation Coordinators to learn more about available support, including one-on-one nutrition counseling and care coordination/short-term case management services.	24. 10:00am-11:00am Coffee 11:00am-12:00pm Aerobics 12:00pm-1:00pm LUNCH & Nutrition Assessments w/Minor 1:00pm-2:00pm Board Games & Open Games	25. 10:00am-11:00am Coffee 11:00am-12:00pm Walk the Gym 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Brain Games	26. 10:00am-11:00am Coffee 11:00am-12:00pm Hula Hoop Fitness 12:00pm-1:00pm LUNCH 1:00pm-2:00 Puzzle Time	27. 10:00am-11:00am Coffee 11:00am-12:00pm Fitness w/ Rodney 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Bean Bag Toss Amish Market 5030 Brown Station Rd Upper Marlboro, MD 10:00am to 1:30pm	28. 10:00am-11:00am Coffee 11:00am-12:00pm Chair Exercises 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Musical Hour
	31. 10:00am-11:00am Coffee 11:00am-12:00pm Walk the Gym 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Soap Making Class				

Welcome to August!

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

Ziairra Baughan-Owens 202-845-3384

Email: Zbaughan-Owens@erfsc.org

Program Manager Ward DHH & Ward 8

Ebony Scott 202-440-2339

Email: EScott@erfsc.org

4020 Minnesota Avenue, NE, Suite 100

Washington, DC 20019

Phone: 202-397-7300

Fax: 202-397-7882



As August arrives here in Washington, D.C., the city is still buzzing with the energy of summer. From music in the parks to neighborhood cookouts and community gatherings, this time of year brings plenty of opportunities to enjoy the sunshine and spend time with others. The longer days encourage us to get outside, stay active, and take advantage of all the fun

and fellowship the season has to offer.

August is also a wonderful time to focus on wellness while enjoying summer favorites. Fresh fruits like peaches, watermelon, and berries are in season, and staying hydrated remains especially important during these warmer days. Whether it's taking a morning walk, attending a fitness class, dancing to good music, or simply relaxing with friends, every small activity can help support a healthy mind and body.

As summer begins winding down, August can also be a time to reflect, recharge, and appreciate the moments that bring us joy. Sharing laughter, learning something new, and staying connected to the community all play an important role in healthy aging and overall well-being.

We encourage everyone to continue participating in the exciting activities, wellness programs, and special events planned throughout the month. Be sure to check in with your Recreation Coordinator to hear about upcoming outings, celebrations, and opportunities to stay engaged.

May this August bring sunshine to your days, positivity to your spirit, and many memorable moments with those around you.

Wishing you a fun, healthy, and uplifting August!

