



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

June Activity Calendar 2026



	Monday	Tuesday	Wednesday	Thursday	Friday
	1. 10am-Coffee/Chat&Chew 11am-Move&Groove 12pm –Lunch 1pm- Brain Games	2. 10am- Body wise w/ UDC Ms. Vernette 11am- Coffee/Chat&Chew 12pm- Lunch 1pm- Checkers	3. 10am-Coffee/Chat&Chew 11am-Spirit Fitness w/ Chris 12pm – Lunch 1pm- Health Promotion w/Irwin	4. 10am- Body wise w/ UDC Ms. Vernette 11am- Coffee/Chat&Chew 12pm- Lunch 1pm -Table Talk: Men’s Health	5. 10am-Coffee/Chat&Chew 11am- Mental Health Sessions w/ Dr. Crawford 12pm – Lunch 1pm- Calander Review
	8. 10am-Coffee/Chat&Chew 10:30-ASL Spring w/ Rebekah 12pm –Lunch 1pm- Brain Games	9. 10am- Body wise w/ UDC Ms. Vernette 11am-Wild-Tech : Technology & DC Resources Training 12pm- Lunch 1pm – WildTech:Social Isolation	10. 10am-Coffee/Chat&Chew 11am- Spirit Fitness w/ Chris 12pm Lunch 1pm- Fun in the Sun Swap Meet	11. 10am- Body wise w/ UDC Ms. Vernette 11am- Coffee/Chat&Chew 12pm – Lunch 1pm – Let’s Plant	12. Amish Market 5030 Brown Station Rd., Upper Marlboro, MD 10am-12:30pm 10am– Coffee/Chat&Chew 11am-Move&Groove 12pm – Lunch 1pm- Activity of Choice

 	15. 10am -Coffee/Chat&Chew 11am- Arts&Crafts: Mosaic Painting 12:00 – Lunch/Mens Health & Nutrition disc.w/ Ms. Minor 1pm- Open Games	16. 10am- Body wise w/ UDC Ms. Vernette 11am- WildTech: Travel Presentation 12pm- Lunch 1pm- WildTech: Travel Presentation	17. 10am-Coffee/Chat&Chew 11am- Spirit Fitness w/ Chris 12pm – Lunch 1pm- Health Promotion w/Irwin	18. 10am- Body wise w/ UDC Ms. Vernette 11am- Mental Health Sessions w/ Dr. Crawford 12pm-Lunch 1pm- Table Talk: Pet Peeves	19.  SITE CLOSED
	22. 10am -Coffee/Chat&Chew 10:30-ASL Spring w/ Rebekah 12:00 – Lunch 1pm- Activity of Choice	23. 10am-Body wise w/ UDC Ms. Vernette 11am -Coffee/Chat&Chew 12pm -Lunch 1pm- Table Talk: Dealer’s Pick	24. 10am-Coffee/Chat&Chew 11am- Spirit Fitness w/ Chris 12pm – Lunch 1pm- Bingo	25. 10am-Body wise w/ UDC Ms. Vernette 11am - Coffee/Chat&Chew 12pm -Lunch 1pm - Table Talk: Healthy Boundaries	26. Golden Corral 1001 Shoppers Way, Largo, MD 10am-12:30pm 10am– Coffee/Chat&Chew 11am-Move&Groove 12pm – Lunch 1pm- Brain Games
	29. 10am -Coffee/Chat&Chew 11am- Open Games 12:00 – Lunch 1pm- Birthday cake celebration	30. 10am- Body wise w/ UDC Ms. Vernette 11am - Coffee/Chat&Chew 12pm -Lunch 1pm – Tic Tac Toe Game			

Part of the Senior Services Network – Supported by the Department of Aging and Community Living.