



ZOOM

EOTR Friendship PT Johnson/DHH



July Activity Calendar 2025


3440 Minnesota Avenue SE, Basement, Washington, DC 20019



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	Monday	Tuesday	Wednesday	Thursday	Friday
	July Themes: Independence Day, National Post worker Day, National Strawberry Sundae Day, Disability Pride Month National Minority Mental Health Awareness Month, French American Heritage Month, National Bison Month, Plastic Free July,				
	International Self-Care Day, July 24 World Heart Day, July 29				
		1 10am -Body wise w/ UDC Ms. Vernette 11am- Coffee/ Teatime 12pm- Lunch 1pm- Social time	2 10am – Coffee/Teatime 11am – Spirit Fitness with Chris 12pm – Lunch 1pm – Movie Day “Ma Rainey’s Black Bottom”	3 10am -Body wise w/ UDC Ms. Vernette 11am- Coffee/ Teatime 12pm- Lunch 1pm- Table Talks: Places you've visited	4 Happy Fourth of July  10am – Coffee/Teatime 11am – “FIREWORK” BINGO 12pm – Lunch 1pm – Flag Decorating

	<p>7</p> <p>KRC 4321 ORD STREET (Center Closed) Martha's Table</p> <p>10am – Coffee/Teatime 10:30am – ASL Spring with Rebekah Minson 12pm- Lunch 1pm- Open Games</p>	<p>8</p> <p>10am -Body wise w/ UDC Ms. Vernette 11am- Coffee/ Teatime 12pm- Lunch 1pm- Word Search</p>	<p>9</p> <p>10am – Coffee/Teatime 11am – Spirit Fitness with Chris 12pm – Lunch 1pm -BINGO</p>	<p>10</p> <p>10am - Body wise w/ UDC Ms. Vernette 11am- Coffee/ Teatime 12pm- Lunch 1pm- Table Talks: Advice for other seniors</p>	<p>11</p> <p>10am – Coffee/Teatime 11am- Fire Safety w/ Patricia Ever 12pm – Lunch 1pm – Heart Flower crafts</p>
	<p>14</p> <p>10am – Coffee/Teatime 10:30am- Mental Health w/ Mary Anne 12pm- Lunch 1pm- Wheel of Fortune</p>	<p>15</p> <p>10am – Coffee/Teatime 10:30am – ASL Spring with Rebekah Minson 12pm- Lunch 1pm- Sip & Paint</p>	<p>16</p> <p>10am – Coffee/Teatime 11am – Spirit Fitness with Chris 12pm – Lunch 1pm – Adult Coloring</p>	<p>17</p> <p>10am -Body wise w/ UDC Ms. Vernette 11am- Coffee/ Teatime 12pm- Lunch 1pm- Current Events</p>	<p>18</p> <p>10am – Coffee/Teatime 11am – Arts of the Aging Erika Johnson 12pm – Lunch 12:30 pm – ASL Spring with Rebekah Minson</p>

	<p>21</p> <p>KRC 4321 ORD STREET (Center Closed)</p> <p>10am – Coffee/Teatime 10:30am – ASL Spring with Rebekah Minson 12pm- Lunch/Nutrition EDU w Ms. Minor 1pm- Oculus Day!</p>	<p>22</p> <p>10am -Body wise w/ UDC Ms. Vernette 11am-Fianacial Exploitation Presentation w/TB Bank * 12pm- Lunch 1pm- Jewel Art</p>	<p>23</p> <p>10am – Coffee/Teatime 11am – Spirit Fitness with Chris 12pm – Lunch 1pm – What Would You Do? Film</p>	<p>24</p> <p>10am -Body wise w/ UDC Ms. Vernette 11am- Coffee/ Teatime 12pm- Lunch 1pm- Table Talk: SELF CARE</p>	<p>25</p> <p>Discretionary Day Office and Site Closed</p>
	<p>28</p> <p>10am – Coffee/Teatime 10:30am – ASL Spring with Rebekah Minson 12pm- Lunch/Nutrition ED w Ms. Minor 1pm- Oculus Day!</p>	<p>29</p> <p>10am -Body wise w/ UDC Ms. Vernette 11am- Coffee/ Teatime 12pm- Lunch 1pm- Create your own heart card</p>	<p>30</p> <p>10am – Coffee/Teatime 11am – Spirit Fitness with Chris 12:00pm – Lunch 12:30pm- Minority Mental Health Session w/Dr. Phronie</p>	<p>31</p> <p>10am -Body wise w/ UDC Ms. Vernette 11am- Coffee/ Teatime 12pm- Lunch 12:30 pm – Minority Mental Health w/ Dr.Phronie</p>	

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