

# July 2026 Activity Calendar

## EOTR Friendship Café \*PABC\* 3000 Penn Ave SE, DC

Recreation Coordinator: Madeline Harris-Ferrell, Nutrition Aide: Shelia Wormely

Program Outreach Coordinator: Joshua Spann (202-799-8070)

|                                                                                                                                                                                                                                                                                                                                                                                | Monday                                                                                                                                                                                                              | Tuesday                                                                                                                                                                                                                                                            | Wednesday                                                                                                                                                                                                                                                                   | Thursday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | Friday                                                                                                                                                                                                                                            |
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| <p>Men's Group will take place every <b>Wednesday</b> from 11:00 AM – 12:00 PM. We encourage men ages 60 and older to come out and join activities designed specifically with you in mind. This is a great opportunity to connect with other men, build friendships, share experiences, and participate in engaging discussions and activities in a welcoming environment.</p> |                                                                                                                                                                                                                     |                                                                                                                                                                                  | <p>1.<br/><b>10:00am-11:00am</b><br/><b>Fitness w. Ms. Vernetta</b><br/><b>11:00am-12:00pm Intro to Carls Mens Initiative Activities</b><br/><b>12:00pm-1:00pm</b><br/><b>LUNCH</b><br/><b>1:00pm-2:00pm</b><br/><b>Hot Fun in the Summer Time!!!</b></p>                   | <p>2.<br/><b>10:00am-10:30am</b><br/><b>Coffee &amp; Updates</b><br/><b>10:30am-11:00am</b><br/><b>Virtual Exercise</b><br/><b>11:00am-12pm</b><br/><b>The Declaration of Independence</b><br/><b>12:00pm-1:00pm LUNCH</b><br/><b>1:00pm-2:00pm</b><br/><b>4th of July Games</b></p>                                                                                                                                                                                                    | <p>3.<br/><b>Closed For 4<sup>th</sup> of July Holiday</b></p>                                                                                                 |
|                                                                                                                                                                                                                                                                                                                                                                                | <p>6.<br/><b>10:00am-11:00am</b><br/><b>Fitness w. Ms. Vernetta</b><br/><b>11:00am-12:00pm</b><br/><b>Hot Topics</b><br/><b>12:00pm-1:00pm</b><br/><b>LUNCH</b><br/><b>1:00pm-2:00pm</b><br/><b>Walk it off</b></p> | <p>7.<br/><b>10:00am-10:30am</b><br/><b>Coffee &amp; Updates</b><br/><b>10:30am-12:00pm Mental Health w. Dr. Crawford</b><br/><b>12:00pm – 1:00pm</b><br/><b>LUNCH &amp; Scrumptious Watermelon Feast w/Ms. Minor</b><br/><b>1:00pm-2:00pm Finish Pictures</b></p> | <p>8.<br/><b>10:00am-11:00am</b><br/><b>Fitness w. Ms. Vernetta</b><br/><b>11:00am-12:00pm</b><br/><b>JUMBO JENGA</b><br/><b>12:00pm-1:00pm</b><br/><b>LUNCH</b><br/><b>1:00pm-2:00pm</b><br/><b>Trivia</b></p> <p><i>*Men's Group will take place 11:00am-12:00pm*</i></p> | <p>9.<br/><b>10:00am-10:30am</b><br/><b>Coffee &amp; Updates</b><br/><b>10:30am-11:00am</b><br/><b>Virtual Exercise</b><br/><b>11:00am-12:00pm</b><br/><b>Maternal Instincts Documentary</b><br/><b>12:00pm-1:00pm LUNCH</b><br/><b>11:00am-12:00pm</b><br/><b>Maternal Instincts Documentary</b><br/><b>Excursion: Dutch County Amish Market:</b><br/><b>9701 Forte Meade Road,</b><br/><b>Laurel, MD. 20707</b><br/><b>July, 9<sup>th</sup> 2026</b><br/><b>10:30 am –1:00 pm</b></p> | <p>10.<br/><b>10:00am-11:00am</b><br/><b>Fitness w. Ms. Vernetta</b><br/><b>11:00am-12:00pm</b><br/><b>Zoom (WildTech)</b><br/><b>12:00pm-1:00pm</b><br/><b>LUNCH</b><br/><b>1:00pm-2:00pm</b><br/><b>Diabetes Awareness w. Irwin Royster</b></p> |

**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.

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| <p>13.<br/><b>10:00am-11:00am</b><br/><b>Fitness w. Ms. Vernetta</b><br/><b>11:00am-12:00pm</b><br/><b>Hot Topics</b><br/><b>12:00pm-1:00pm</b><br/><b>LUNCH</b><br/><b>1:00pm-2:00pm</b><br/><b>Games</b></p> | <p>20.<br/><b>10:00am-11:00am</b><br/><b>Fitness w. Ms. Vernetta</b><br/><b>11:00am-12:00pm</b><br/><b>Hot Topics</b><br/><b>12:00pm-1:00pm</b><br/><b>LUNCH</b><br/><b>1:00pm-2:00pm</b><br/><b>Walk it off</b></p> | <p>14.<br/><b>10:00am-10:30am</b><br/><b>Coffee &amp; Updates</b><br/><b>10:30am-11:00am</b><br/><b>Virtual Exercise</b><br/><b>11:00am-12:00pm</b><br/><b>Trivia (Netflix Games)</b><br/><b>12:00pm-1:00pm</b><br/><b>LUNCH</b><br/><b>1:00pm-2:00pm</b><br/><b>Arts &amp; Crafts</b></p> <p><b>Excursion:</b><br/><b>Rinaldi's Riverdale Bowl</b><br/><b>6322 Kenilworth Avenue</b><br/><b>Riverdale, Md</b><br/><b>10:30am – 2pm</b></p> | <p>15.<br/><b>10:00am-11:00am</b><br/><b>Fitness w. Ms. Vernetta</b><br/><b>11:00am-12:00pm</b><br/><b>Carls Mens Initiative Activity</b><br/><b>12:00pm-1:00pm</b><br/><b>LUNCH</b><br/><b>1:00pm-2:00pm</b><br/><b>Bingo with prizes</b></p> <p><b>*Men's Group will take place 11:00am-12:00pm*</b></p> | <p>16.<br/><b>10:00am-10:30am</b><br/><b>Coffee &amp; Updates</b><br/><b>10:30am-12:00pm</b><br/><b>Skilliability Party Games</b><br/><b>12:00pm-1:00pm LUNCH</b><br/><b>1:00pm-2:00pm</b><br/><b>Riddle me this</b></p>                                     | <p>17.<br/><b>10:00am-11:00am</b><br/><b>Fitness w. Ms. Vernetta</b><br/><b>11:00am-12:00pm</b><br/><b>Zoom (WildTech)</b><br/><b>12:00pm-1:00pm</b><br/><b>LUNCH</b><br/><b>1:00pm-2:00pm</b><br/><b>Arts &amp; Crafts</b></p> |
|                                                                                                                                                                                                                |                                                                                                                                                                                                                      | <p>21.<br/><b>10:00am-12:00pm Memory Screening &amp; Brain Games w. Sibley Memorial</b><br/><b>12:00pm-1:00pm</b><br/><b>LUNCH</b><br/><b>1:00pm-2:00pm</b><br/><b>Music/Puzzles</b></p>                                                                                                                                                                                                                                                    | <p>22.<br/><b>10:00am-11:00am</b><br/><b>Fitness w. Ms. Vernetta</b><br/><b>11:00am-12:00pm</b><br/><b>Real Life Family Feud</b><br/><b>12:00pm-1:00pm</b><br/><b>LUNCH</b><br/><b>1:00pm-2:00pm</b><br/><b>Family Feud pt.2</b><br/><b>*Men's Group will take place 11:00am-12:00pm*</b></p>              | <p>23.<br/><b>10:00am-10:30am</b><br/><b>Coffee &amp; Updates</b><br/><b>10:30am-11:00am</b><br/><b>Virtual Exercise</b><br/><b>11:00am-12:00pm</b><br/><b>Movie pt.1</b><br/><b>12:00pm-1:00pm LUNCH</b><br/><b>1:00pm-2:00pm</b><br/><b>Movie pt.2</b></p> | <p>24.<br/><b>10:00am-11:00am</b><br/><b>Fitness w. Ms. Vernetta</b><br/><b>11:00am-12:00pm</b><br/><b>Zoom (WildTech)</b><br/><b>12:00pm-1:00pm</b><br/><b>LUNCH</b><br/><b>1:00pm-2:00pm</b><br/><b>Bingo</b></p>             |

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|  | <p>27.</p> <p><b>10:00am-11:00am</b></p> <p><b>Fitness w. Ms. Vernetta</b></p> <p><b>11:00am-12:00pm</b></p> <p><b>Hot Topics</b></p> <p><b>12:00pm-1:00pm</b></p> <p><b>LUNCH</b></p> <p><b>1:00pm-2:00pm</b></p> <p><b>Who Am I?</b></p> | <p>28.</p> <p><b>10:00am-10:30am</b></p> <p><b>Coffee &amp; Updates</b></p> <p><b>10:30am-11:00am</b></p> <p><b>Virtual Exercise</b></p> <p><b>1100pm-12:00pm</b></p> <p><b>Documentary pt.1</b></p> <p><b>1200pm-1:00pm</b></p> <p><b>LUNCH &amp; Vegetarian</b></p> <p><b>Meals for Seniors w/Ms. Minor</b></p> <p><b>1:00pm-2:00pm</b></p> <p><b>Documentary pt.2</b></p> | <p>29.</p> <p><b>10:00am-11:00am</b></p> <p><b>Fitness w. Ms. Vernetta</b></p> <p><b>11:00am-12:00pm</b></p> <p><b>Zoom (WildTech)</b></p> <p><b>12:00pm-1:00pm</b></p> <p><b>LUNCH</b></p> <p><b>1:00pm-2:00pm</b></p> <p><b>Crafts</b></p> <p><b>Excursion:</b></p> <p><b>Holistic</b></p> <p><b>Horsemanship Trip</b></p> <p><b>18915 Lincoln Rd,</b></p> <p><b>Purcellville VA</b></p> <p><b>20132</b></p> <p><b>8:30am-2:30pm</b></p> | <p>30.</p> <p><b>10:00am-10:30am</b></p> <p><b>Coffee &amp; Updates</b></p> <p><b>10:30am-11:00am</b></p> <p><b>Virtual Exercise</b></p> <p><b>11:00am-12:00pm</b></p> <p><b>Balance</b></p> <p><b>12:00pm-1:00pm LUNCH</b></p> <p><b>1:00pm-2:00pm</b></p> <p><b>Stacks</b></p> | <p>31.</p> <p><b>10:00am-11:00am</b></p> <p><b>Fitness w. Ms. Vernetta</b></p> <p><b>11:00am-12:00pm</b></p> <p><b>Zoom (WildTech)</b></p> <p><b>12:00pm-1:00pm</b></p> <p><b>LUNCH</b></p> <p><b>1:00pm-2:00pm</b></p> <p><b>Diabetes Awareness</b></p> <p><b>w. Irwin Royster</b></p> |
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## 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

**Ziairra Baughan-Owens 202-845-3384**

**Email: [Zbaughan-Owens@erfsc.org](mailto:Zbaughan-Owens@erfsc.org)**

### Program Manager Ward DHH & Ward 8

**Ebony Scott 202-440-2339**

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**Washington, DC 20019**

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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!

