

July 2026 Activity Calendar

EOTR Friendship Café Mayfair Mansions – 3744 Hayes Street NE

Recreation Coordinator, Ciara Crawford 202-631-4409 Nutrition Aide, Mrs. Ruth

	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			1. 10:00am-11:00am Coffee, Chat & Chew 11:00am-12:00pm Decorate Friendship Cafe 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Review Calendar	2. 10:00am-11:00am Fitness w/ Rodney 11:00am-12:00pm Woodburning DIY 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Finalize Projects	3. ** CLOSED **
	6. ** CLOSED **	7. 10:00am-11:00am Coffee, Chat & Chew 11:00am-12:00pm Air dry Modeling Clay 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Discuss Trips for August Wal-Mart 3549 Russett GM Laurel, MD 20724 10:00am to 12:30pm	8. 10:00am-11:00am Coffee, Chat & Chew 11:00am-12:00pm DIY Hand Cream 12:00pm-1:00pm LUNCH 12:30pm-1:30pm Health Promotion w/Irwin 1:30pm-2:00pm Open discussion – how to make Mayfair dining better	9. 10:00am-11:00am Fitness w/ Rodney 11:00am-12:00pm Mayfair Drafthouse: Micheal 12:00pm-1:00pm LUNCH & Scrumptious Watermelon Feast w/Ms. Minor 1:00pm-2:00pm Brain Games	10. ** CLOSED **

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.	13.	** CLOSED**	14. 10:00am-11:00am Coffee, Chat & Chew 11:00am-12:00pm Cup Stacking contest (Fastest time wins) 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Music and chat hour	15. 10:00am-11:00am Coffee, Chat & Chew 11:00am-12:00pm Pressed flower Frame 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Cont' Frames	16. 10:00am-11:00am Fitness w/Rodney 11:00am-12:00pm Mayfair draft house: 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Cont' Movie	17.	* * CLOSED**
	21	* * CLOSED**	21. 10:00am-10:30am Coffee, Chat & Chew 10:30am-12:00pm Mental Health w. Dr. Crawford. 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Check on Mayfair Garden	22 10:00am-11:00am Coffee, Chat & Chew 11:00am-12:00pm Punch Needle DIY 12:00pm-1:00pm LUNCH 12:30pm-1:30pm Health Promotion w/Irwin	23. 10:00am-11:00am Fitness w/Rodney 11:00am-12:00pm 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Music and chat hour	24.	* * CLOSED**
		* * CLOSED**	28. 10:00am-11:00am Coffee, Chat & Chew 11:00am-12:00pm 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Birthday Celebration Go Go Museum 1920 MLK Jr. Ave SE 10:00am – 12:30pm	29. 10:00am-11:00am Coffee, Chat & Chew 11:00am-12:00pm Heart Health w/YMCA DC 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Mind Games	30. 10:00am-11:00am Fitness w/Rodney 11:00am-12:00pm 12:00pm-1:00pm LUNCH & Vegetarian Meals for Seniors w/Ms. Minor 1:00pm-2:00pm Bingo 	31.	* * CLOSED**

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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Welcome to July!



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!

