

August 2026 Activity Calendar

EOTR Friendship Café SARAH’S CIRCLE – 2551-17th Street, NW

Recreation Coordinator, Name Delores Ford Nutrition Aide , Name Lewis Fountain

	Monday	Tuesday	Wednesday	Thursday	Friday
Men’s Group will take place every Tuesday 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	3. 10:00am-11:00am Coffee & Devotion 11:00am-12:00pm Giovanna Dementia Discussion Presentation 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Movie & Snacks Fresh Farm Produce Day: 1st & 3rd Monday of Each Month. Reserve your bag w. Rec Coordinator	4. 10:00am-10:30am Coffee & Devotion 10:30am-12:00pm Mental Health Counseling w. Maryanne 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Board Games *Men’s Group will take place 11:00am-12:00pm*	5. 10:00am-11:00am Coffee & Devotion 11:00am-12:00pm Paint & Sip 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Janga (Large Blocks) Excursion: Senior Prom Eaton DC Hotel Washington DC 1201 K St Nw 3pm – 6pm	6. 10:00am-11:00am Coffee & Devotion 11:00am-12:00pm Design Jewelry 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Virtual Spirit Club Fitness Excursion: Senior Pool Party Banneker Pool 2500 Georgia Ave Nw , Washington DC 20001 11:00 am – 2:00 pm	7. 10:00am-11:00am Coffee & Devotion 11:00am-12:00pm Dr. Crawford Mental Health 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Karaoke singing, music and dance

activities in a welcoming environment. <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. <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.	10. 10:00am-11:00am Coffee & Devotion 11:00am-12:00pm Renters Right 101 with Nicole Dc.Gov 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Movie & Snacks	11. 10:00am-11:00am Coffee & Devotion 11:00am-12:00pm Weigh-in, Menu 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Irwin Royster-Health Promotion *Men’s Group will take place 11:00am-12:00pm*	12. 10:00am-11:00am Coffee & Devotion 11:00am-12:00pm Lillian McGilvery SMP Medicare and Changes in Residence & Medical Identity Theft 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Janga (Large Blocks)	13. 10:00am-11:00am Coffee & Devotion 11:00am-12:00pm Erin Spears Case Management W. East River 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Virtual Spirit Club Fitness	14. 10:00am-11:00am Coffee & Devotion 11:00am-12:00pm Create Perfume & Cologne 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Karaoke Excursion: Amish Market 9701 Ft. Meade Rd, Laurel MD 20707 10:00 am – 2:00 pm
	17 10:00am-11:00am Coffee & Devotion 11:00am-12:00pm Weigh-in, Healthy Menu Chats 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Movie & Snacks Fresh Farm Produce Day: 1st & 3rd Monday of Each Month. Reserve your bag w. Rec Coordinator	18. 10:00am-11:00am Coffee & Devotion 11:00am-12:00pm Weigh-in, Healthy Menu Chats 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Movie & Snacks *Men’s Group will take place 11:00am-12:00pm*	19. 10:00am-11:00am Coffee & Devotion 11:00am-12:00pm Chef Demonstration UDC Herb 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Janga (Large Blocks)	20. 10:00am-11:00am Coffee & Devotion 11:00am-12:00pm Design Jewelry 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Rupali Dewan Clear Captions Free Phone Service at No Cost Presentation	21. 10:00am-11:00am Coffee & Devotion 11:00am-12:00pm Spirit Club in-Person Fitness 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Karaoke singing, music and dance
	24. 10:00am-11:00am Coffee & Devotion 11:00am-12:00pm Weigh-in, Healthy Menu Chats 12:00pm-1:00pm LUNCH	25. 10:00am-11:00am Coffee & Devotion 11:00am-12:00pm Weigh-in, Healthy Menu Chats 12:00pm-1:00pm LUNCH	26. 10:00am-11:00am Coffee & Devotion 11:00am-12:00pm Paint & Sip 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Janga (Large	27. 10:00am-11:00am Coffee & Devotion 11:00am-12:00pm 6 Essential Nutrients w. Nutritionist Tosin O.	28. 10:00am-11:00am Coffee & Devotion 11:00am-12:00pm Create Perfume & Cologne 12:00pm-1:00pm LUNCH

	1:00pm-2:00pm Movie & Snacks Fresh Farm Produce Day: 2nd & 4th Monday of Each Month. Reserve your bag w. Rec Coordinator	1:00pm-2:00pm Irwin Royster-Health Promotion *Men’s Group will take place 11:00am-12:00pm*	Blocks)	12:00pm-1:00pm LUNCH 1:00pm-2:00pm Virtual Spirit Club Fitness	1:00pm-2:00pm Karaoke singing, music and dance
	31. 10:00am-11:00am Coffee & Devotion 11:00am-12:00pm Weigh-in, Healthy Menu Chats 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Movie & Snacks				

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

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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!

