

July 2026 Activity Calendar

EOTR Friendship Café Columbia Heights – 2900 14th St. Nw

Recreation Coordinator: Tiffany Jackson (240-455-8542) , Nutrition Aide: Cheryl Perry, Program Outreach Coordinator: Joshua Spann (202-799-8070)

	Monday	Tuesday	Wednesday	Thursday	Friday
Men's Group will take place every Monday 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.			1. 10am-10:30am Coffee Time 10:30am-11:00am Virtual Spirit Exercise 11:00am-12pm Painting 12pm-1pm LUNCH 1pm-2pm Painting Continued	2. 10am-10:30 am Coffee Time 10:30am-11am Virtual Exercise 11am-12pm Brain Games 12pm-1pm LUNCH 1pm-2pm Strategy Games	3. Closed For 4th of July Holiday 
	6. 10am-10:30am Coffee Time 10:30am-11 am Virtual Spirit Exercise 11:00am – 12:00 pm Resin w. Tiffany 12pm-1pm LUNCH 1pm-2pm Strategy Games *Men's Group will take place 11:00am-12:00pm*	7. 10am-10:30am Coffee Time 10:30am-11:00am Virtual Spirit Exercise 11:00am-12pm Heath Promotion w/ Irwin Royster 12pm-1pm LUNCH 1pm-2pm Chat Hour	8. 10am-10:30am Coffee Time 10:30am-11am Virtual Exercise 11am-12pm Brain Games 12pm-1pm LUNCH 1pm-2pm Table Games	9. 10am-10:30 am Coffee Time 10:30am-11am Virtual Exercise 11am-12pm Brain Games 12pm-1pm LUNCH 1pm-2pm Strategy Games Excursion: Councilmember B. Nadeau Senior Dance Masonic Temple 12pm-2pm	10. 10am-10:30am Coffee Time 10:30am-11:00am Virtual Spirit Exercise 11:00am-12pm Strategy Games 12pm-1pm LUNCH 1pm-2pm Karaoke Friday

Taste of Summer Produce Spotlight.  Strawberries Blueberries Cherries Peaches Watermelon Tomatoes Cucumbers Zucchini Corn Green beans Lettuce Squash Spinach Cabbage Carrots <u>Friendly Reminder:</u> 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. 10am-10:30am Coffee Time 10:30am-11:00am Virtual Exercise 11:00am – 12:00 pm Resin w. Tiffany 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Word Puzzles *Men’s Group will take place 11:00am-12:00pm*	14. 10am-10:30am Coffee Time 10:30am-12:00pm Erin Spears Case Management w. East River 12pm-1pm LUNCH 1pm-2pm Chat Hour	15. 10am-10:30am Coffee Time 10:30am-11:00am Virtual Spirit Exercise 11:00am-12pm Table Games 12pm-1pm LUNCH 1pm-2pm Chat Hour EXCURSION: Hibachi Grill Seafood & Buffet 6867 New Hampshire Ave. Takoma Park MD 10am-2Pm	16. 10am-10:30 am Coffee Time 10:30am-11am Virtual Exercise 11am-12pm Brain Games 12pm-1pm LUNCH 1pm-2pm Strategy Games	17. 10am-10:30am Coffee Time 10:30am-11:00am Virtual Spirit Exercise 11:00am-12:00pm Live Chef Demo Food Jonezi Presentation: Seasoned but Low Sodium Meals 12pm-1pm LUNCH 1pm-2pm Karaoke Friday
	20. 10am-10:30am Coffee Time 10:30am-11:00am Virtual Spirit Exercise 11:00am – 12:00 pm Resin w. Tiffany 12pm-1pm LUNCH 1pm-2pm Chat Hour *Men’s Group will take place 11:00am-12:00pm*	21. 10am-10:30am Coffee Time 10:30am-11:00am Virtual Spirit Exercise 11:00am-12pm Mental Health Counseling w/Dr. Crawford 12pm-1pm LUNCH 1pm-2pm Table Games	22 10am-10:30am Coffee Time 10:30am-11am Virtual Exercise 11eam-12pm DIY Charm Bracelets 12pm-1pm LUNCH 1pm-2pm Strategy Games	23. 10am-10:30 am Coffee Time 10:30am-11am Virtual Exercise 11:00am-12pm Walk Around the Block 12pm-1pm LUNCH 1pm-2pm Summer Hydration w. Nutritionist Tosin O.	24. 10am-10:30am Coffee Time 10:30am-11:00am Virtual Spirit Exercise 11am-12pm In Person Spirit Club 12pm-1pm LUNCH 1pm-2pm Karaoke Friday
	27. 10am-10:30am Coffee Time 10:30am-11:00am Virtual Spirit Exercise 11:00am – 12:00 pm Resin w. Tiffany 12pm-1pm LUNCH 1pm-2pm Minute to Win It *Men’s Group will take place 11:00am-12:00pm*	28. 10am-10:30am Coffee Time 10:30am-11:00am Virtual Spirit Exercise 11:00am-12pm Heath Promotion w/ Irwin Royster 12pm-1pm LUNCH 1pm-2pm Chat Hour	29. 10am-10:30am Coffee Time 10:30am-11:00am Virtual Spirit Exercise 11:00am-12pm Table Games/ Word Puzzles 12pm-1pm LUNCH 1pm-2pm UNO	30. 10am-10:30 am Coffee Time 10:30am-11am Virtual Exercise 11:00am-12pm Table Games 12pm-1pm LUNCH 1pm- 2pm Monthly BINGO	31. 10am-10:30am Coffee Time 10:30am-11:00am Virtual Exercise 11:00am-12:00pm Table Games 12:00pm-1:00pm LUNCH 1:00pm-2:00pm UNO 

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

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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!

