

July 2026 Activity Calendar

EOTR Friendship Café Harvard Towers – 1845 Harvard St. Nw

Recreation Coordinator: Charity Freeman (202-868-3025), Nutrition Aide: Regina Ford

	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 <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.			1. 10am-10:30am Coffee Time 10:30am-11:00am Virtual Spirit Exercise 11:00am-12pm Neighborhood Walk 12pm-1pm LUNCH 1pm-2pm Chat Hour	2. 10am-10:30am Coffee Time 10:30am-11am Virtual Exercise 11am-12pm Summer Hydration w/ Nutritionist Tosin O 12pm-1pm LUNCH 1pm-2pm Strategy Games	3. Closed for the 4 th of July Holiday 
	6. 10am-10:30am Coffee Time 10:30am-11am Virtual Exercise 11am-12pm Table Games 12pm-1pm LUNCH 1pm-2pm Strategy Games	7. 10am-10:30am Coffee Time 10:30am-11:00am Virtual Spirit Exercise 11:00am-12pm Irwin Health Promotion 12pm-1pm LUNCH 1pm-2pm Painting Continued	8. 10am-10:30am Coffee Time 10:30am-11am Virtual Exercise 11am-12pm Live Chef Demo Food Jonezi Presentation: Seasoned But Low Sodium Meals 12pm-1pm LUNCH 1pm-2pm Table Games	9. 10am-10:30am Coffee Time 10:30am-11:00am Virtual Spirit Exercise 11:00 am – 12:00 pm Table Games 12:00 pm – 1:00 pm Lunch 1:00 pm – 2:00 pm Neighborhood Walk Excursion: B. Nadeau Ward 1 Senior Dance Masonic Temple 1000 U St Nw D.C 11:30 pm – 2 pm	10. 10:00 am – 11:00 am Erin Spears Case Management w. East River 11:00 am – 12:00 pm In Person Spirit Club 12:00 pm – 1:00 pm Lunch 1pm-2pm Karaoke Friday
	13. 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 Neighborhood Walk	14. 10am-10:30am Coffee Time 10:30am-11:00am Virtual Spirit Exercise 11:00am-12pm Table Games 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	16. 10am-10:30am Coffee Time 10:30am-11am Virtual Exercise 11am-12pm In Person Spirit Club 12pm-1pm LUNCH 1pm-2pm Strategy Games	17. 10am-10:30am Coffee Time 10:30am-11:00am Virtual Spirit Exercise 11:00am-12pm Table Games 12pm-1pm LUNCH 1pm-2pm Karaoke Friday

	20. 10am-10:30am Coffee Time 10:30am-11:00am Virtual Spirit Exercise 11:00am-12pm Table Games/ Word Puzzles 12pm-1pm LUNCH 1pm-2pm Chat Hour	21. 10am-10:30am Coffee Time 10:30am-11:00am Virtual Spirit Exercise 11:00am-12pm Minute to Win it 12pm-1pm LUNCH 1pm-2pm Walk around the Block	22 10am-10:30am Coffee Time 10:30am-11am Virtual Exercise 11am-12pm Word Puzzles 12pm-1pm LUNCH 1pm-2pm Strategy Games	23. 10am-10:30am Coffee Time 10:30am-11:00am Virtual Spirit Exercise 11:00am-12pm Walk Around the Block 12pm-1pm LUNCH 1pm-2pm Chat Hour	24. 10am-10:30am Coffee Time 10:30am-11:00am Virtual Spirit Exercise 11:00 am – 12:00 pm Table Games 12:00 pm – 1:00 pm Lunch 1pm-2pm Karaoke Friday Excursion: Martha Table 2375 Elvan RD SE 10 am – 1 pm
	27. 10am-10:30am Coffee Time 10:30am-11:00am Virtual Spirit Exercise 11:00am-12pm Table Games/ Word Puzzles 12pm-1pm LUNCH 1pm-2pm Walk around the Block	28. 10am-10:30am Coffee Time 10:30am- 12:00 pm Dr.Crawford Mental Health 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 Walk around the Block	30. 10am-10:30am Coffee Time 10:30am-11:00am Virtual Spirit 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 Neighborhood Walk 

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

Program Manager Ward DHH & Ward 8

Ebony Scott 202-440-2339

Email: EScott@erfsc.org

4020 Minnesota Avenue, NE, Suite 100

Washington, DC 20019

Phone: 202-397-7300

Fax: 202-397-7882



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!

