

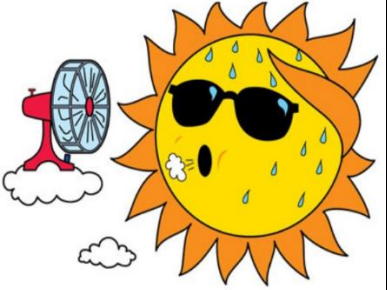


EOTR Friendship Zion/DHH
1234 Kenilworth Ave NE Washington DC, 20019
DHH Recreation Coordinator - Jessica Bryant 202-441-1537
PT Recreation Coordinator- Lia Elder 202-631-6005

August Activity Calendar 2026



 	Monday	Tuesday	Wednesday	Thursday	Friday
	3. 10am-Coffee/Chat&Chew 10:30-ASL Spring w/ Rebekah 12pm –Lunch 1pm- Brain Games	4. 10am- Body wise w/ UDC Ms. Vernette 11am- Current Events 12pm- Lunch 1pm- Arts&Crafts: Jewelry	5. Senior Prom Eaton Hotel 1201 K St NW, Washington, DC 20005 2pm-6pm 10am-Coffee/Chat&Chew 11am- Spirit Fitness w/ Chris 12pm – Lunch 1pm- Health Promotion w/Irwin	6. 10am- Body wise w/ UDC Ms. Vernette 11am- Coffee/ Teatime 12pm – Lunch 1pm-Checkers	7. 10am– Coffee/Chat&Chew 11am- Move&Groove 12pm – Lunch 1pm- Cornhole

	10. 10am -Coffee/Chat&Chew 11am-Moove&Groove 12pm- Lunch 1pm- Boggle	11. 10am- Body wise w/ UDC Ms. Vernette 11am- Moove&Groove 12pm- Lunch 1pm- Table Talk: How do you beat the heat	12. 10am- Coffee/Chat&Chew 11am- Spirit Fitness w/ Chris 12pm – Lunch/Movie&Popcorn 1pm- Movie&Popcorn continued	13. 10am- Body wise w/ UDC Ms. Vernette 11am- Coffee/ Teatime 12pm-Lunch 1pm- Ping Pong	14. 10am– Coffee/Chat&Chew 11am- Mental Health Sessions w/ Dr. Crawford 12pm – Lunch 1pm- Arts&Craft: Sewing
	17. 10am -Coffee/Chat&Chew 10:30-ASL Spring w/ Rebekah 12pm- Lunch/Nutritious Pantry Food Ed. w/ Ms. Minor 1pm- Activity of Choice	18. 10am-Body wise w/ UDC Ms. Vernette 11am -Cofee/Chat&Chew 12pm -Lunch 1pm- Outdoor Planting	19. 10am-Coffee/Chat&Chew 11am- Spirit Fitness w/ Chris 12pm – Lunch 1pm- Health Promotion w/Irwin	20. 10am-Body wise w/ UDC Ms. Vernette 11am - Coffee/Teatime 12pm -Lunch 1pm- Tic Tac Toe	21. African Art Museum 950 Independence Ave SW, Washington, DC 20560 10:00am to 12:30pm 10am– Coffee/Chat&Chew 11am- Move&Groove 12pm – Lunch 1pm- Puzzles
	24. 10am -Coffee/Chat&Chew 11am-Moove&Groove 12pm- Lunch 1pm- Scrabble	25. 10am- Body wise w/ UDC Ms. Vernette 11am - Coffee/Teatime 12pm -Lunch 1pm- Cornhole	26. 10am-Coffee/Chat&Chew 11am- Spirit Fitness w/ Chris 12pm – Lunch 1pm- Bingo	27. 10am-Body wise w/ UDC Ms. Vernette 11am - Coffee/Teatime 12pm -Lunch 1pm-Checkers	28. 10am– Coffee/Chat&Chew 11am- Mental Health Sessions w/ Dr. Crawford 12pm – Lunch 1pm- Horseshoes

 AUGUST IS NATIONAL PSORIASIS AWARENESS MONTH	31. 10am -Coffee/Chat&Chew 11am-Moove&Groove 12pm- Lunch Nutrition Assessments/ Ed. w/ Ms. Minor 1pm- Checkers				
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Part of the Senior Services Network – Supported by the Department of Aging and Community Living.