



EOTR Friendship Café / P.T. Johnson
 3440 Minnesota Ave NE
 Washington, D.C. 20019
 George Marrow Sr. 202-701-7394

July 2023
Activity Calendar



	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Happy Birthday to all clients celebrating this month!!!</p> <p>Register for Senior Prom: Sunset Serenade by July 17th with your Dining Site Supervisor. Donation of \$20 requested.</p> <p>SENIOR PROM Thursday July 27th 4pm-8pm St. Luke's Catholic Church 4923 E. Capitol St SE Washington DC 20019</p>	<p>3.</p>	<p>4.</p> <p>Our office will be closed July 4th in observance of Independence Day.</p>	<p>5.</p> <p>Unique Thrift Store 10:00am-2:00pm 10141 New Hampshire Ave Silver Spring, MD 20903 (Boxed Lunch will be provided)</p>	<p>6.</p> <p>10:00am BODYWISE in person Fitness w. UDC's Ms. Vernetta 11:00am Music Appreciation 12:00pm LUNCH TIME 1:00pm Wind Down Hour</p>	<p>7.</p> <p>10:00am Current Events 11:00am Coffee Hour 12:00pm LUNCH TIME 1:00pm TV Time</p>
	<p>10.</p> <p>10:00am Chat & Chew 11:00am Nutrition Education w/ Ms. Minor 12:00pm LUNCH TIME 1:00pm Card Games</p>	<p>11.</p> <p>10:00am BODYWISE in person Fitness w. UDC's Ms. Vernetta 11:00am Wind Down Hour 12:00pm LUNCH TIME 1:00pm Trivia</p>	<p>12.</p> <p>10:00am Coffee Hour 11:00am Puzzles 12:00pm LUNCH TIME 1:00pm Open Game Time</p>	<p>13.</p> <p>10:00am BODYWISE in person Fitness w. UDC's Ms. Vernetta 11:00am Safe stretching 12:00pm LUNCH TIME 1:00pm Oldies & Goodies</p>	<p>14.</p> <p>Dutch Village Farmers Market 10:00am-2:00pm 5030 Brown Station Rd Upper Marlboro, MD 20772 (Boxed Lunch will be provided)</p>
	<p>17.</p>	<p>18.</p> <p>10:00am BODYWISE in person Fitness w. UDC's Ms. Vernetta Van Gogh: The Immersive Experience (\$32 per person) 11:00am-2:00pm 524 Rhode Island Ave NE Washington, DC 20002 (Boxed Lunch will be provided)</p>	<p>19.</p> <p>10:00am Current Events 11:00am Arts & Crafts 12:00pm LUNCH TIME 1:00pm Oldies & Goodies</p>	<p>20.</p> <p>10:00am BODYWISE in person Fitness w. UDC's Ms. Vernetta 11:00am Card Games 12:00pm LUNCH TIME 1:00pm Wind Down Hour</p>	<p>21.</p> <p>10:00am Chat & Chew 11:00am Movie 12:00pm LUNCH TIME 1:00pm Movie Continued</p>
	<p>24.</p> <p>10:00am Puzzles 11:00am Nutrition Education w/ Ms. Minor 12:00pm LUNCH TIME 1:00pm Oldies & Goodies</p>	<p>25.</p> <p>10:00am BODYWISE in person Fitness w. UDC's Ms. Vernetta 11:00am Dr. Crawford in-Person counseling 12:00pm LUNCH TIME 1:00pm Crossword Puzzles</p>	<p>26.</p> <p>10:00am Word Search 11:00am Bean Bag Toss 12:00pm LUNCH TIME 1:00pm Dual Choice Program Mental Health presentation with Amesha</p>	<p>27.</p> <p>Prom Day 10:00am BODYWISE in person Fitness w. UDC's Ms. Vernetta 11:00am Arts & Crafts 12:00pm LUNCH TIME 1:00pm TV Time</p>	<p>28.</p>
<p>31.</p> <p>10:00am Current Events 11:00am Word Search 12:00pm LUNCH TIME 1:00pm TV Time</p>	<p>NATIONAL MINORITY MENTAL HEALTH AWARENESS MONTH</p>	<p>UV SAFETY AWARENESS MONTH</p>	<p>PLASTIC FREE JULY</p>	<p>JULY 15 SARCOMA & BONE CANCER</p>	

Part of the Senior Services Network – Supported by the Department of Aging and Community Living.