







**EOTR Friendship PT Johnson/DHH**  
**3440 Minnesota Avenue SE, Washington, DC 20019**

**July Activity Calendar 2024**



	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
 	<p>1</p> <p><b><u>CLOSED</u></b></p>	<p>2</p> <p><b>10am-Bodywise w/UDC</b> <b>Ms. Vernette</b></p> <p>11am- Mindful Coloring 12pm-<u>Lunch</u> 1pm-Open Table Games</p>	<p>3</p> <p>10am-Coffee &amp; Tea Cards and Open Games <b>11am- Spirit Club Fitness</b> 12pm- Lunch 1pm- Bean Bag Toss <b>* Box Lunches will be provided due to the site being closed Friday 7/5/2024.</b></p>	<p>4</p>  <p><b><u>CLOSED</u></b></p>	<p>5</p> <p><b><u>CLOSED</u></b></p>
	<p>8</p> <p>10am – Coffee and Tea <b>11am- Spirit Club Fitness</b> 12pm- Lunch 1pm- Mindful Coloring</p>	<p>9</p> <p><b>10am-Bodywise w/UDC</b> <b>Ms. Vernette</b></p> <p>11am- Word Search 12pm- Lunch 1pm- Music Hour</p>	<p>10.</p> <p><b>Martha Table</b> <b>11am-1pm</b> <b>2375 Elvans Rd SE,</b> <b>WDC 20020</b></p> <p>10am- Chat and Chew <b>11am- Spirit Club Fitness</b> 12pm-Lunch 1pm- Oldies and Open Games</p>	<p>11</p> <p><b>10am-Bodywise w/UDC</b> <b>Ms. Vernette</b></p> <p>11am- Open Games 12pm-Lunch 1pm- Open Discussion</p>	<p>12.</p> <p>10am- Youtube Music Hour <b>10:30 to 12pm- Group Mental Health Session w/Patrick Crawford</b> 12pm- Lunch 1pm- TV TIME</p>

<p><b>Happy Birthday to All in July</b></p>  	<p>15. <b><u>CLOSED</u></b></p>	<p>16 <b>10am-Bodywise w/UDC</b> <b>Ms. Vernette</b> 11am- Art Hour/ Coloring 12pm- Lunch 1pm- Open Games</p>	<p>17 10am- Coffee &amp; Music <b>11am- Spirit Club Fitness</b> 12pm-Lunch 1pm-Cards/Dominos</p>	<p>18 <b>10am-Bodywise w/UDC</b> <b>Ms. Vernette</b>  11am- Open Games 12pm- Lunch 1pm- Music Time</p>	<p>19 <b>Tanger Outlets</b> <b>10:30am-12:30pm</b> <b>6800 Oxon Hill Rd</b> <b>National Harbor, Md 20745</b>  10am- Coffee 11am Open Games 12pm Lunch 1pm Music and Chat</p>
	<p>22 10am-Coffee and Crafts <b>11am- Spirit Club Fitness</b> 12pm- Lunch 1pm- Bingo</p> 	<p>23 <b>10am-Bodywise w/UDC</b> <b>Ms. Vernette</b> 11am- Coffee and Music 12pm-Lunch 1pm- Open Games</p>	<p>24. <b>Dollar Tree</b> <b>11am-1pm</b> <b>3014 Donnell Dr,</b> <b>Forestville Md 20747</b>  10am- Coffee and Tea <b>11am- Spirit Club Fitness</b> 12pm-Lunch 1pm- Mindful Coloring Soft Jazz Music</p>	<p>25 <b>10am-Bodywise w/UDC</b> <b>Ms. Vernette</b> 11am Word Search 12pm-Lunch 1pm-Open Discussion</p>	<p>26 10am-Coffee &amp; Tea Time <b>10:30 to 12pm- Group Mental</b> <b>Health Session w/Patrick Crawford</b> <b>12pm-Lunch/Nutrition ED</b> <b>w/Ms.Minor</b> 1pm-Music Time</p>
	<p>29 10am – Coffee and Music <b>11am- Spirit Club Fitness</b> 12pm- Lunch 1pm- Open Games</p>	<p>30 <b>10am – Bodywise w/ UDC</b> <b>Ms. Vernette</b> 11am- Coffee and Games 12pm- Lunch 1pm- Open Discussion</p>	<p>31 10am- Coffee and Chat <b>11am- Spirit Club Fitness</b> 12pm-Lunch 1pm-Open Discussion</p>		

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