

NEW COMMUNITIES

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JULY 2023 Calendar

| Monday | Tuesday | Wednesday | Thursday | Friday | | Saturday |
|--|---|-----------|---|----------------|-----|--------------------|
| July is National Awareness Month for: Disability Pride Month National Minority Mental Health Awareness Month African American Bone Marrow Awareness Month Social Awareness Month | July is National Awareness Month for: French-American Heritage Month Sarcoma and Bone Cancer Month UV Safety Awareness Month National Vehicle Theft Protection Month National HIV Awareness Month | | HELLO | fuly j | 1. | OUTREACH |
| 3. | INDEPENDENCE DAY HOLIDAY ERFSC OFFICE WILL BE CLOSED | 5. | 6. Cooking demo Grilled fruit demo 4 th of July Cookout 10a - 12p | 7. | 8. | |
| 10. | 11. Wellness & Fitness w/ Rodney 10a - 12p | 12. | 13. Sip & Paint 10a - 12p | 14. | 15. | Community OUTREACH |
| OUTREACH OUTREACH | 18. Stretching & Boxing w/ Greg Outlaw 10a - 112p | 19. | 20. Chat & Chew: Financial Literacy w/ Ms. Brown 10a - 12p | 21. | 22. | |
| 24. | 25. Breathing & Boxing w/ Greg Outlaw 10a - 12p | 26. | 27. EOTR SENIOR PROM "SUNRISE SERENADE" 4:00pm - 8:00pm St. Luke's Catholic Church 4923 East Capitol Street SE Register w/ Destane Richardson at 202-397-7300 | SENIOR Orom | 29. | Happy |
| 31. | | | | | | July July |