

July 2026 Activity Calendar

EOTR Friendship Café *PAUL LAURENCE DUNBAR*–2001 15th STREET NW

Recreation Coordinator: Melanie Dailey (202-892-8479) , Nutrition Aide: Sandra Jackson (202-688-1287), Program
Outreach Coordinator : Joshua Spann (202-799-8070)

	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			1. 10:00am-11:00am-Teatime w. Sandra 11:00am-12:00pm-SEVEN 12:00pm-1:00pm LUNCH 1:00pm-2:00pm-BINGO	2. 10:00am-11:00am-Teatime w. Sandra 11:00am-12:00pm-JENGA 12:00pm-1:00pm LUNCH 1:00pm-2:00pm-BINGO	3. Closed For 4th of July Holiday 
	6. 10:00am-11:00am-Teatime w. Sandra 11:00am-12:00pm-Morning Walk 12:00pm-1:00pm LUNCH 1:00pm-2:00pm-Chat Time	7. 10:00am-12:00pm Erin Spears Case Management w. East River 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Irwin Royster Health Promotion	8. 10:00am-11:00am-Teatime w. Sandra 11:00am-12:00pm-ARTS N' CRAFTS 12:00pm-1:00pm LUNCH 1:00pm-2:00pm-Spades	9. 10:00am-11:00am-Coffee & Devotional 11:00am-12:00pm-Ring toss 12:00pm-1:00pm LUNCH 1:00pm-2:00pm-Music Hour Excursion: Council Member B.Nadeau Senior Dance Mosonic Temple 12pm-2pm	10. 10:00am-11:00am-Coffee & Devotional 11:00am-12:00pm Live Chef Demo Food Jonezi Presentation: Seasoned but Low Sodium Meals 12:00pm-1:00pm LUNCH 1:00pm-2:00pm-BINGO
	13. 10:00am-11:00am-Teatime w. Sandra 11:00am-12:00pm-Candle Making 12:00pm-1:00pm LUNCH 1:00pm-2:00pm-Jewelry Making	14. 10:00am-11:00am-Teatime w. Sandra 10:30am – 12pm-Dr. Crawford Mental Health 12:00pm-1:00pm LUNCH 1:00pm-2:00pm-Board Games	15. 10:00am-11:00am-TeaTime 11:00am-12:00pm-Morning Walk 12:00pm-1:00pm LUNCH 1:00pm-2:00pm-Chat Time Excursion: Roses 7706 Marlboro Pike Forestville Maryland 10:00 am – 2:00 pm	16. 10:00am-11:00am-Teatime w. Sandra 11:00am-12:00pm-Resin Art 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Summer Hydration w. Nutritionist Tosin O.	17. 10:00am-11:00am-Teatime w. Sandra 11:00am-12:00pm-Dance Hour 12:00pm-1:00pm LUNCH 1:00pm-2:00pm-BINGO

<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.	20. 10:00am-11:00am-Teatime w. Sandra 11:00am-12:00pm-Morning Walk 12:00pm-1:00pm LUNCH 1:00pm-2:00pm-Chat Time	21. 10:00am-11:00am-Teatime w. Sandra 11:00am-12:00pm-Arts n' Crafts (Painting) 12:00pm-1:00pm LUNCH 1:00pm-2:00pm-Irwin Royster Health Promotion	22 10:00am-11:00am-Teatime w. Sandra 11:00am-12:00pm-Ring Toss 12:00pm-1:00pm LUNCH 1:00pm-2:00pm-SEVEN	23. 10:00am-11:00am-Teatime w. Sandra 11:00am-12:00pm-Painting Perfect 12:00pm-1:00pm LUNCH 1:00pm-2:00pm-Painting Perfect	24. 10:00am-11:00am-Teatime w. Sandra 11:00am-12:00pm-Dance Hour 12:00pm-1:00pm LUNCH 1:00pm-2:00pm-BINGO
	27. 10:00am-11:00am-Teatime w. Sandra 11:00am-12:00pm-Morning Walk 12:00pm-1:00pm LUNCH 1:00pm-2:00pm-Chat Hour	28. 10:00am-11:00am-Teatime w. Sandra 11:00am-12:00pm-Dance Hour 12:00pm-1:00pm LUNCH 1:00pm-2:00pm-Music Hour	29. 10:00am-11:00am-Teatime w. Sandra 11:00am-12:00pm-Arts n' Craft 12:00pm-1:00pm LUNCH 1:00pm-2:00pm-SEVEN	30. 10:00am-11:00am-Teatime w. Sandra 11:00am-12:00pm-SPADES 12:00pm-1:00pm LUNCH 1:00pm-2:00pm-MUSIC HOUR	31. 10:00am-11:00am-Teatime w. Sandra 11:00am-12:00pm-In Person Spirit Club 12:00pm-1:00pm LUNCH 1:00pm-2:00pm-BINGO

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

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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!

