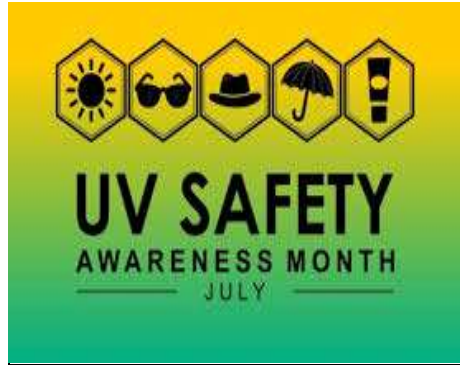




EOTR Friendship Zion/DHH
1234 Kenilworth Ave NE Washington DC, 20019
DHH Recreation Coordinator - Jessica Bryant 202-441-1537
PT Recreation Coordinator- Lia Elder 202-631-6005

July Activity Calendar 2026



	Monday	Tuesday	Wednesday	Thursday	Friday
			1. 10am-Chat&Chew 11am- Spirit Fitness w/ Chris 12pm Lunch 1pm- Health Promotion w/Irwin	2. 10am- Body wise w/ UDC Ms. Vernette 11am- Coffee/ Teatime 12pm – Lunch 1pm- Activity of Choice	3. SITE CLOSED 
	6. 10am-Coffee/Chat&Chew 10:30-ASL Spring w/ Rebekah 12pm –Lunch 1pm- Tic Tac Toe	7. 10am- Body wise w/ UDC Ms. Vernette 11am-Coffee/Teatime 12pm- Lunch 1pm –Table Talk: Safety in the Sun	8. 10am-Chat&Chew 11am- Spirit Fitness w/ Chris 12pm Lunch 1pm- Bingo	9. 10am- Body wise w/ UDC Ms. Vernette 11am- Coffee/ Teatime 12pm – Lunch 1pm- Arts&Crafts: Bracelets	10. 10am– Coffee/Chat&Chew 11am- Mental Health Sessions w/ Dr. Crawford 12pm – Lunch 1pm- Candle Making

	13. 10am -Coffee/Chat&Chew 11am- Moove&Groove 12pm- Lunch/Nutrition Ed. w/ Ms. Minor 1pm- Activity of Choice	14. 10am- Body wise w/ UDC Ms. Vernette 11am- Coffee/ Teatime 12pm- Lunch 1pm- Karaoke	15. 10am- Coffee/Chat&Chew 11am- Spirit Fitness w/ Chris 12pm-Lunch 1pm- Health Promotion w/Irwin	16. 10am- Body wise w/ UDC Ms. Vernette 11am- Coffee/ Teatime 12pm-Lunch 1pm- Checkers	17. Roses 7706 Marlboro Pike, Forestville, MD 20747 10AM-12PM 10:am- Coffee/Chat&Chew 11am- Move&Groove 12pm – Lunch 1pm-Brain Games
	20. 10am -Coffee/Chat&Chew 10:30-ASL Spring w/ Rebekah 12:00pm Lunch/Scrumptious Watermelon Feast w/Ms.Minor 1pm- Cross Word Puzzles	21. 10am-Body wise w/ UDC Ms. Vernette 11am -Coffee/Teatime 12pm -Lunch 1pm- Table Talk: Historical Milestones	22. 10am- Coffee/Chat&Chew 11am- Spirit Fitness w/ Chris 12pm-Lunch 1pm- Art's&Crafts: Fill in the Paint	23. 10am-Body wise w/ UDC Ms. Vernette 11am - Coffee/Teatime 12pm -Lunch 1pm- Boggle	24. 10am– Coffee/Chat&Chew 11am- Mental Health Sessions w/ Dr. Crawford 12pm – Lunch 1pm- Horseshoes
	27. 10am -Coffee/Chat&Chew 11am- Move&Groove 12pm - Lunch 1pm- Birthday's Celebration	28. 10am- Body wise w/ UDC Ms. Vernette 11am - Coffee/Teatime 12pm -Lunch 1pm- Table Talk: Family Traditions	29. 10am-Coffee/Chat&Chew 11am- Spirit Fitness w/ Chris 12pm Lunch 1pm- Ping Pong	30. 10am-Body wise w/ UDC Ms. Vernette 11am - Coffee/Teatime 12pm -Lunch 1pm-Arts&Crafts: Pottery	31. Anacostia Community Museum 1901 Fort Pl SE 10AM-12:30PM 10:am- Coffee/Chat&Chew 11am- Move&Groove 12pm – Lunch 1pm- Checkers

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