

# August 2026 Activity Calendar

## EOTR Friendship Café \*PABC\* 3000 Penn Ave SE, DC

Recreation Coordinator, Madeline Harris-Ferrell Nutrition Aide, Shelia Wormely

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | Monday                                                                                                                                                                       | Tuesday                                                                                                                                                                                                                                                                                                       | Wednesday                                                                                                                                                                                                                                                                                                                                                     | Thursday                                                                                                                                                                                                                                                                                          | Friday                                                                                                                                                                                                               |
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| <p><u>Men's Group will take place every Wednesday from 11:00 AM – 12:00 PM. We encourage men ages 60 and older to come out and join activities designed specifically with you in mind. This is a great opportunity to connect with other men, build friendships, share experiences, and participate in engaging discussions and activities in a welcoming environment.</u></p> <p><u>Did You Know?</u></p> <p><u>Ward 1:</u> U Street Corridor was called “Black Broadway” because it became one of the most important Black entertainment districts in</p> | <p>3.<br/><b>10:00am-11:00am</b><br/><b>Fitness w. Ms. Vernetta</b><br/>11:00am-12:00pm<br/>Hot Topics<br/>12:00pm-1:00pm<br/>LUNCH<br/>1:00pm-2:00pm<br/>Upcoming trips</p> | <p>4.<br/>10:00am-10:30am<br/>Coffee &amp; Devotional<br/>10:30am-11:00am<br/>Virtual Exercise<br/>11:00am-12:00pm<br/>Arts &amp; Crafts<br/>LUNCH<br/>1:00pm-2:00pm<br/>Arts &amp; Crafts</p> <p><b>Excursion:<br/>Martha's Table<br/>2375 Elvans Rd SE<br/>Washington, DC 20020<br/>10:30am-12:30pm</b></p> | <p>5.<br/><b>10:00am-11:00am</b><br/><b>Fitness w. Ms. Vernetta</b><br/>11:00am-12:00pm<br/>Soap Making<br/>12:00pm-1:00pm<br/>LUNCH<br/>1:00pm-2:00pm<br/>Music &amp; Games</p> <p><b>Excursion:<br/>Senior Prom<br/>Eaton DC Hotel Washington<br/>DC<br/>1201 K St NW<br/>3pm – 6pm</b></p> <p><b>*Men's Group will take place<br/>11:00am-12:00pm*</b></p> | <p>6.<br/>10:00am-10:30am<br/>Coffee &amp; Devotional<br/>10:30am-11:00am<br/>Virtual Exercise<br/>11:00am-12:00pm<br/>Balance<br/>LUNCH<br/>1:00pm-2:00pm<br/>Trivia</p>                                                                                                                         | <p>7.<br/><b>10:00am-11:00am</b><br/><b>Fitness w. Ms. Vernetta</b><br/>11:00am-12:00pm<br/>Zoom (WildTech)<br/>12:00pm-1:00pm<br/>LUNCH<br/><b>1:00pm-2:00pm</b><br/><b>Diabetes Awareness w. Irwin Royster</b></p> |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | <p>10.<br/><b>10:00am-11:00am</b><br/><b>Fitness w. Ms. Vernetta</b><br/>11:00am-12:00pm<br/>Hot Topics<br/>12:00pm-1:00pm<br/>LUNCH<br/>1:00pm-2:00pm<br/>Walk it off</p>   | <p>11.<br/>10:00am-10:30am<br/>Coffee &amp; Devotional<br/>10:30am-11:00am<br/>Virtual Exercise<br/>11:00pm-12:00pm<br/>Perfume Making<br/>12:00pm-1:00pm<br/>LUNCH<br/>1:00pm-2:00pm<br/>Lets make A Deal</p>                                                                                                | <p>12.<br/><b>10:00am-11:00am</b><br/><b>Fitness w. Ms. Venetta</b><br/>11:00am-12:00pm<br/>Movie pt.1<br/>12:00pm-1:00pm<br/>LUNCH<br/>1:00pm-2:00pm<br/>Movie pt.2</p> <p><b>*Men's Group will take place<br/>11:00am-12:00pm*</b></p>                                                                                                                      | <p>13.<br/>10:00am-10:30am<br/>Coffee &amp; Devotional<br/>10:30am-11:00am<br/>Virtual Exercise<br/>11:00pm-12:00pm<br/>Mosaic Tile making<br/>12:00pm-1:00pm<br/>LUNCH<br/><b>1:00pm-2:00pm Rupali Dewan</b><br/><b>Clear Captions Free Phone</b><br/><b>Service at No Cost Presentation</b></p> | <p>14.<br/><b>10:00am-11:00am</b><br/><b>Fitness w. Ms. Vernetta</b><br/>11:00am-12:00pm<br/>Zoom (WildTech)<br/>12:00pm-1:00pm LUNCH<br/>1:00pm-2:00pm<br/>Sip &amp; Paint</p>                                      |

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| <div>  </div> <p>the country during segregation.</p> <p><b>Ward 7:</b> Kenilworth Park &amp; Aquatic Gardens is the only National Park Service site in the U.S. dedicated to aquatic plants.</p> <p><b>Ward 8:</b> Barry Farm was created after the Civil War to help formerly enslaved Black families buy land and become homeowners.</p> <p><b>Friendly Reminder:</b> Please be sure to speak with your Recreation Coordinators to learn more about available support, including one-on-one nutrition counseling and care coordination/short-term case management services.</p> | <div> 17<br/> 10:00am-11:00am<br/> Fitness w. Ms. Vernetta<br/> 11:00am-12:00pm- Lillian McGilvery SMP Medicare and Changes in Residence &amp; Medical Identity Theft<br/> 12:00pm-1:00pm LUNCH<br/> 1:00pm-2:00pm Walk it off </div> | <div> 18.<br/> 10:00am-10:30am Coffee &amp; Devotional<br/> 10:30am- 11:30 am Protect Your Rights and Stay Connected Presentation<br/> Kimberely Walker AARP<br/> 11:30 am – 12:00 pm Hot Topics<br/> 12:00pm-1:00pm LUNCH<br/> 1:00pm-2:00pm Woodstock Documentary pt.2<br/> Excursion:<br/> Anacostia Community Museum<br/> 1901 Ft Pl Se Washington, DC 20020<br/> 10:30 am – 12:30 pm </div> | <div> 19.<br/> 10:00am-11:00am<br/> Fitness w. Ms. Vernetta<br/> 11:00am-12:00pm Trivia<br/> 12:00pm-1:00pm LUNCH<br/> 1:00pm-2:00pm Upcoming Events<br/> Men’s Group will take place 11:00am-12:00pm* </div>       | <div> 20.<br/> 10:00am-10:30am Coffee &amp; Devotional<br/> 10:30am-12:00pm Mental Health Counseling w. Maryanne<br/> 12:00pm – 1:00 pm LUNCH<br/> 1:00pm-2:00pm Pampering Time </div>            | <div> 21.<br/> 10:00am-11:00am<br/> Fitness w. Ms. Vernetta<br/> 11:00am-12:00pm Zoom (WildTech)<br/> 12:00pm-1:00pm LUNCH<br/> 1:00pm-2:00pm Diabetes Awareness w. Irwin Royster </div> |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | <div> 24.<br/> 10:00am-11:00am<br/> Fitness w. Ms. Vernetta<br/> 11:00am-12:00pm Hot Topics<br/> 12:00pm-1:00pm LUNCH<br/> 1:00pm-2:00pm Walk it off </div>                                                                           | <div> 25.<br/> 10:00am-10:30am Coffee &amp; Devotional<br/> 10:30am-11:00am Virtual Fitness<br/> 11:00am-12:00pm Group Debate<br/> 12:00pm-1:00pm Nutrition Assessments<br/> W. Mrs.Minor East River<br/> 1:00pm-2:00pm Music &amp; Games </div>                                                                                                                                                 | <div> 26.<br/> 10:00am-11:00am<br/> Fitness w. Ms. Vernetta<br/> 11:00am-12:00pm Who Am I?<br/> 12:00pm-1:00pm LUNCH<br/> 1:00pm-2:00pm To do list (Goals)<br/> Men’s Group will take place 11:00am-12:00pm* </div> | <div> 27.<br/> 10:00am-10:30am Coffee &amp; Devotional<br/> 10:30am-11:00am Virtual Exercise<br/> 11:00am-12:00pm Sharing Talents<br/> 12:00pm-1:00pm LUNCH<br/> 1:00pm-2:00pm Memory Game </div> | <div> 28.<br/> 10:00am-11:00am<br/> Fitness w. Ms. Vernetta<br/> 11:00am-12:00pm Zoom (WildTech)<br/> 12:00pm-1:00pm LUNCH<br/> 1:00pm-2:00pm Bingo with Prizes </div>                   |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | <div> 31.<br/> 10:00am-11:00am<br/> Fitness w. Ms. Vernetta<br/> 11:00am-12:00pm Hot Topics<br/> 12:00pm-1:00pm LUNCH<br/> 1:00pm-2:00pm Walk it off </div>                                                                           |                                                                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                     |                                                                                                                                                                                                   |                                                                                                                                                                                          |

## Welcome to August!

**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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### Program Manager Ward DHH & Ward 8

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As August arrives here in Washington, D.C., the city is still buzzing with the energy of summer. From music in the parks to neighborhood cookouts and community gatherings, this time of year brings plenty of opportunities to enjoy the sunshine and spend time with others. The longer days encourage us to get outside, stay active, and take advantage of all the fun

and fellowship the season has to offer.

August is also a wonderful time to focus on wellness while enjoying summer favorites. Fresh fruits like peaches, watermelon, and berries are in season, and staying hydrated remains especially important during these warmer days. Whether it's taking a morning walk, attending a fitness class, dancing to good music, or simply relaxing with friends, every small activity can help support a healthy mind and body.

As summer begins winding down, August can also be a time to reflect, recharge, and appreciate the moments that bring us joy. Sharing laughter, learning something new, and staying connected to the community all play an important role in healthy aging and overall well-being.

We encourage everyone to continue participating in the exciting activities, wellness programs, and special events planned throughout the month. Be sure to check in with your Recreation Coordinator to hear about upcoming outings, celebrations, and opportunities to stay engaged.

May this August bring sunshine to your days, positivity to your spirit, and many memorable moments with those around you.

Wishing you a fun, healthy, and uplifting August!

