

July 2026 Activity Calendar

EOTR Friendship Café SARAH'S CIRCLE – 2551 – 17TH STREET, NW

Recreation Coordinator: Ms.Delores Ford, Nutrition Aide: Mr. Lewis Fountain,
Outreach Coordinator: Joshua Spann (202-799-8070)

	Monday	Tuesday	Wednesday	Thursday	Friday
Men's Group will take place every Tuesday 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.			1. 10:00am- 12:00 pm Erin Spears Case Management w. East River 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Virtual Spirit Club Fitness	2. 10:00am-11:00am Coffee & Calendar Review 11:00am-12:00am Arts and Crafts Creativity 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Karaoke singing, dancing and movement	3. Closed For 4th of July Holiday 
	6. 10:00am-11:00am Coffee & Daily News 11:00am-12:00am Weigh-In Challenge/Menu 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Board Games	7. 10:00am-11:00am Coffee & Daily News 11am-12:00am Dr. Crawford Mental Health 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Jenga/LargeBlock	8. 10:00am-11:00am Coffee & Daily News 11:00am-12:00am Make Scented Soap 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Dominoes	9. 10:00am-11:00am Coffee & Daily News 11:00 am – 12:00 pm Arts and Crafts 12:00pm-1:00pm LUNCH Excursion: CouncilMember B. Nadeau Senior Dance Mosonic Temple 1000 U ST NW D.C 12pm-2pm	10. 10:00am-11:00am Coffee & Daily News 11:00am-12:00pm GoDCGo in person presentation 12:00pm-1:00pm LUNCH 1:00pm2:00pm GoDCGo Virtual Excursion
	13. 10:00am-11:00am Coffee & Daily News 11:00am-12:00am Weigh-In Challenge/Menu 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Board Games	14. 10:00am-11:00am Coffee & Daily News 11:00 am- 12:00pm Carls Mens Initiative Activity 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Board Games	15. 10:00am-11:00am Coffee & Daily News 11:00am-12:00am Make Scented Soap 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Dominoes Excursion: Rose's Discount Store 7706 Marlboro Pike, Forestville MD 10:00 am – 2pm	16. 10:00am-11:00am Coffee & Daily News 11:0am-12:00am Arts &Crafts 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Karaoke	17. 10:00am-11:00am Coffee & Daily News 11:00am-12:00pm Spirit Club in-Person Fitness 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Movie & Snack

Taste of Summer Produce Spotlight.  Strawberries Blueberries Cherries Peaches Watermelon Tomatoes Cucumbers Zucchini Corn Green beans Lettuce Squash Spinach Cabbage Carrots <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 Coffee & Daily News 11:00am-12:00am Weigh-In Challenge/Menu 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Board Games	21. 10:00am-11:00am Coffee & Daily News 11:00 am- 12:00pm Carls Mens Initiative Activity 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Jenga/LargeBlock	22. 10:00am-11:00am Coffee & Daily News 11:00am-12:00am Make Scented Soap 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Dominoes	23. 10:00am-11:00am & Devotion 11:00am-12:00pm Live Chef Demo Food Jonezi Presentation: Seasoned but Low Sodium Meals 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Karaoke singing, dancing and movement	24. 10:00am-11:00am Coffee & Daily News 11:00am-12:00pm Design Jewelry 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Movie & Snack
	27. 10:00am-11:00am Coffee & Daily News 11:00am-12:00am Weigh-In Challenge/Menu 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Board Games	28. 10:00am-11:00am Coffee & Daily News 11:00 am- 12:00pm Carls Mens Initiative Activity 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Irwin Royster – Health Promotions	29. 10:00am-11:00am Coffee & Daily News 11:00am-12:00am Make Scented Soap 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Dominoes	30. 10:00am-11:00am Coffee & Daily News 11:00am-12:00pm Summer Hydration w. Nutritionist Tosin O. 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Karaoke singing, dancing and movement	31. 10:00am-11:00am Coffee & Daily News 11:00am-12:00pm Design Jewelry 12:00pm-1:00pm LUNCH  1:00pm-2:00pm Movie & Snack

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!