

August 2026 Activity Calendar

EOTR Friendship Café Columbia Heights– 2900 14th st. NW

Recreation Coordinator, Tiffany Jackson Nutrition Aide , Cheryl Perry

	Monday	Tuesday	Wednesday	Thursday	Friday
Men’s Group will take place every Monday 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>Did You Know?</u> Ward 1: U Street Corridor was called “Black Broadway” because it became one of the most important Black entertainment districts in	3. 10am-10:30am Coffee Time 10:30am-11am Virtual Exercise 11am-12pm DIY Key Chains 12pm-1pm LUNCH 1pm-2pm DIY Key Chains Continued *Men’s Group will take place 11:00am-12:00pm*	4. 10am-10:30am Coffee Time 10:30am-11:00am Virtual Spirit Exercise 11:00am-12pm Heath Promotion w/ Irwin Royster 12pm-1pm LUNCH 1pm-2pm Chat Hour	5. 10am-10:30am Coffee Time 10:30am-11am Virtual Exercise 11am-12pm Brain Games 12pm-1pm LUNCH 1pm-2pm Strategy Games Excursion: Senior Prom Eaton DC Hotel Washington DC 1201 K St Nw 3pm – 6pm	6. 10am-10:30am Coffee Time 10:30am-11:00am Virtual Spirit Exercise 11:00am-12pm Minute to Win It 12pm-1pm LUNCH Excursion: Senior Pool Party Banneker Pool 2500 Georgia Ave Nw , Washington DC 20001 11:00 am – 2:00 pm	7. 10am-10:30am Coffee Time 10:30am-11:00am Virtual Spirit Exercise 11:00am-12pm Table Games 12pm-1pm LUNCH 1pm-2pm Karaoke Friday
	10 10am-10:30am Coffee Time 10:30am-11am Virtual Exercise 11am-12pm Erin Spears Case Management W. East River 12pm-1pm LUNCH 1pm-2pm Picture Frames *Men’s Group will take place 11:00am-12:00pm*	11. 10am-10:30am Coffee Time 10:30am-11:00am Virtual Spirit Exercise 11:00am-12pm Hang Man 12pm-1pm LUNCH 1pm-2pm Chat Hour	12. 10am-10:30am Coffee Time 10:30am-11:00am Virtual Spirit Exercise 11:00am-12pm Minute to Win It 12pm-1pm LUNCH 1pm-2pm Word Puzzles	13. 10am-10:30am Coffee Time 10:30am-11:00am Virtual Spirit Exercise 11:00am-12pm 6 Essential Nutrients w. Nutritionist Tosin O 12pm-1pm LUNCH	14. 10am-10:30am Coffee Time 10:30am-11:00am Virtual Spirit Exercise 11:00am-12pm Painting 12pm-1pm LUNCH 1pm-2pm Karaoke Friday EXCURSION: Amish Market/Dollar Tree 9701 Fort Meade Rd Laurel MD 10am – 2 pm

the country during segregation.

Ward 7: Kenilworth Park & Aquatic Gardens is the only National Park Service site in the U.S. dedicated to aquatic plants.

Ward 8: Barry Farm was created after the Civil War to help formerly enslaved Black families buy land and become homeowners.

Friendly Reminder: 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.

17. 10am-10:30am Coffee Time 10:30am-11am Virtual Exercise 11am-12pm Giovanna Dementia Discussion Presentation 12pm-1pm LUNCH 1pm-2pm Summer Coasters Continued *Men's Group will take place 11:00am-12:00pm*	18. 10am-10:30am Coffee Time 10:30am-11:00am Virtual Spirit Exercise 11:00am-12pm Heath Promotion w/ Irwin Royster 12pm-1pm LUNCH 1pm-2pm Chat Hour	19. 10am-10:30am Coffee Time 10:30am- 12 pm Mental Health Counseling w. Maryanne 12pm-1pm LUNCH 1pm-2pm Table Games	20. 10am-10:30am Coffee Time 10:30am-11am Virtual Exercise 11am-12pm Painting 12pm-1pm LUNCH 1pm-2pm Painting Continued	21. 10am-10:30am Coffee Time 10:30am-11:00am Virtual Spirit Exercise 11:00am-12pm Dr. Crawford Mental Health 12pm-1pm LUNCH 1pm-2pm Karaoke Friday
24. 10am-10:30am Coffee Time 10:30am-11:00am Virtual Spirit Exercise 11:00am-12pm UNO 12pm-1pm LUNCH 1pm-2pm Chat Hour *Men's Group will take place 11:00am-12:00pm*	25. 10am-10:30am Coffee Time 10:30am-11am Virtual Exercise 11am-12pm Velvet Posters 12pm-1pm LUNCH 1pm-2pm Velvet Posters Continued	26. 10am-10:30am Coffee Time 10:30am-11:00am Virtual Spirit Exercise 11:00am-12pm Renters Right 101 with Nicole Dc.Gov 12pm-1pm LUNCH 1pm-2pm Word Puzzles Excursion: Holistic Horsemanship Trip 18915 Lincoln Rd, Purcellville VA 20132 8:30am-2:30pm	27. 10am-11am Coffee Time 11am – 12pm SPY with Me: Program with the International Spy Museum 12pm-1pm LUNCH 1pm-2pm Rupali Dewan Clear Captions Free Phone Service at No Cost Presentation	28. 10am-10:30am Coffee Time 10:30am-11:00am Virtual Spirit Exercise 11:00am-12pm Chef Demonstration UDC Herb 12pm-1pm LUNCH 1pm-2pm Karaoke Friday
31. 10am-10:30am Coffee Time 10:30am-11:00am Virtual Spirit Exercise 11:00am-12pm Table Games/ Word Puzzles 12pm-1pm LUNCH 1pm-2pm BINGO *Men's Group will take place 11:00am-12:00pm*				

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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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!

