

August 2026 Activity Calendar

EOTR Friendship Café MAYFAIR – 3477 Hayes Street NE

Recreation Coordinator, Ciara Crawford 202-631-4409 Nutrition Aide, Mrs. Ruth

	Monday	Tuesday	Wednesday	Thursday	Friday
<u>Did You Know?</u> <u>Ward 1:</u> U Street Corridor was called “Black Broadway” because it became one of the most important Black entertainment districts in the country during segregation. <u>Ward 7:</u> Kenilworth Park & Aquatic Gardens is the only National Park Service site in the U.S. dedicated to aquatic plants. <u>Ward 8:</u> Barry Farm was created after the Civil War to help formerly enslaved Black families buy land and become homeowners. <u>Friendly Reminder:</u> Please be sure to speak with your Recreation Coordinators to learn more about available support,	3. ** CLOSED**	4. 10:00am-10:30am Coffee, Chat & Chew 10:30am-12:00pm Mental Health Session w/Crawford 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Decorate Site	5. 10:00am-10:10am Coffee, Chat & Chew 11:00am-12:00pm adding Bonsai Trees to our Garden! 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Garden Growth Senior Prom Eaton Hotel 1201 KST NW WDC 20005 2PM TO 6:00PM	6. 10:00am-11:00am Fitness w/ Rodney 11:00am-12:00pm Mayfair Drafthouse: 12:00pm-1:00pm LUNCH & Nutritious Pantry Foods w/Minor 1:00pm-2:00pm Crossword	7. ** CLOSED**
	10 ** CLOSED**	11. 10:00am-11:00am Coffee, Chat & Chew 11:00am-12:00pm Mind Games “Come Unscramble Your Mind” 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Arts & Crafts w. Papers	12. 10:00am-11:00am Coffee, Chat & Chew 11:00am-12:00pm Embroidery Class 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Health Promo w/ Irwin	13. 10:00am-11:00am Fitness w/ Rodney 11:00am-12:00pm Pipe Cleaner flowers DIY 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Music Hour	14. ** CLOSED**
	17 ** CLOSED**	18. 10:00am-11:00am Coffee, Chat & Chew 11:00am-12:00pm DIY Clay Earrings 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Discuss Trips for next month	19. 10:00am-11:00am Coffee, Chat & Chew 11:00am-12:00pm Healthy Heart w/YMCA 12:00pm-1:00pm LUNCH & Nutrition Assessments w/Minor 1:00pm-2:00pm Puzzles and games	20. 10:00am-11:00am Fitness w/ Rodney 11:00am-12:00pm Memory Club w. Sibley Memorial 12:00pm-1:00pm LUNCH 1:00pm-2:00pm <i>Music hour and open discussion</i>	21. ** CLOSED**

including one-on-one nutrition counseling and care coordination/short-term case management services.

24. ** CLOSED**	25. 10:00am-11:00am Coffee, Chat & Chew 11:00am-12:00pm DIY Clay Lanterns 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Continue Lanterns	26. 10:00am-11:00am Coffee, Chat & Chew 11:00am-12:00pm Crossword Puzzles 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Health Promotion w/ Irwin	27. 10:00am-11:00am Fitness w/ Rodney 11:00am-12:00pm Chair Exercises 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Cross word Amish Market 5030 Brown Station Rd Upper Marlboro, MD 10:00am to 1:30pm	28. ** CLOSED**
31. ** CLOSED**				

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 August!



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!