

August 2026 Activity Calendar

EOTR Friendship Café *PAUL LAURENCE DUNBAR* – 2001 15th STREET NW

Recreation Coordinator: Melanie Dailey 202-892-8479 Nutrition Aide: Sandra Jackson 202-699-1287

	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, including one-on-one nutrition counseling and care coordination/short-	3. 10:00am-10:30am-Coffee & Devotional 10:30am-12:00pm- Mental Health Counseling w. Maryanne 12:00pm-1:00pm LUNCH 1:00pm-2:00pm- Rupali Dewan Clear Captions Free Phone Service at No Cost Presentation	4. 10:00am-11:00am-Coffee & Devotional 11:00am-12pm Mental Health Counseling w/Dr. Crawford 12:00pm-1:00pm LUNCH 1:00pm-2:00pm- Irwin Royster Health Promotion	5. 10:00am-11:00am-Coffee & Devotional 11:00am-12:00pm- Crossword Puzzles 12:00pm-1:00pm LUNCH 1:00pm-2:00pm-JENGA Excursion: Senior Prom Eaton DC Hotel Washington DC 20005 1201 K St Nw 3pm – 6pm	6. 10:00am-11:00am-Coffee & Devotional 11:00am-12:00pm-Virtual Exercise 12:00pm-1:00pm LUNCH 1:00pm-2:00pm-SEVEN Excursion: Senior Pool Party Banneker Pool 2500 Georgia Ave Nw , Washington DC 20001 11:00 am – 2:00 pm	7. 10:00am-11:00am-Coffee & Devotional 11:00am-12:00pm- Spirit Club in Person Fitness 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Chef Demonstration UDC Herb
	10 10:00am-11:00am-Coffee & Devotional 11:00am-12:00pm- Morning Walk 12:00pm-1:00pm LUNCH 1:00pm-2:00pm-Chat Hour	11. 10:00am-11:00am-Coffee & Devotional 11:00am-12:00pm- Lillian McGilvery SMP Medicare and Changes in Residence & Medical Identity Theft 12:00pm-1:00pm LUNCH 1:00pm-2:00pm-Arts n’ Crafts	12. 10:00am-11:00am-Coffee & Devotional 11:00am-12:00pm-Music Hour 12:00pm-1:00pm LUNCH 1:00pm-2:00pm-Comedy Hour	13. 10:00am-11:00am-Coffee & Devotional 11:00am-12:00pm-Resin Art 12:00pm-1:00pm LUNCH 1:00pm-2:00pm-Resin Art	14. 10:00am-11:00am-Coffee & Devotional 11:00am-12:00pm-Reading Hour 12:00pm-1:00pm LUNCH 1:00pm-2:00pm-BINGO
	17 10:00am-11:00am-Coffee & Devotional 11:00am-12:00pm- Erin Spears Case Management W. East River 12:00pm-1:00pm LUNCH 1:00pm-2:00pm-Chat Hour	18. 10:00am-11:00am-Coffee & Devotional 11:00am-12:00pm-Ring Toss 12:00pm-1:00pm LUNCH 1:00pm-2:00pm- Irwin Royster Health Promotion	19. 10:00am-11:00am-Coffee & Devotional 11:00am-12:00pm-SPADES 12:00pm-1:00pm LUNCH 1:00pm-2:00pm-SEVEN	20. 10:00am-11:00am-Coffee & Devotional 11:00am-12:00pm 6 Essential Nutrients w. Nutritionist Tosin O. 12:00pm-1:00pm LUNCH 1:00pm-2:00pm-JENGA	21. 10:00am-11:00am-Coffee & Devotional 11:00am-12:00pm Giovanna Dementia Discussion Presentation 12:00pm-1:00pm LUNCH 1:00pm-2:00pm-BINGO

term case management services.	24. 10:00am-11:00am-Coffee & Devotional 11:00am-12:00pm-Morning Walk 12:00pm-1:00pm LUNCH 1:00pm-2:00pm-Chat Time	25. 10:00am-11:00am-Coffee & Devotional 11:00am-12pm Mental Health Counseling w/Dr. Crawford 12:00pm-1:00pm LUNCH 1:00pm-2:00pm-Crossword Puzzles	26. 10:00am-11:00am- Coffee & Devotional 11:00am-12:00pm Spades 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Comedy Hour Excursion: Holistic Horsemanship Trip 18915 Lincoln Rd, Purcellville VA 20132 8:30am-2:30pm	27. 10:00am-11:00am- Coffee & Devotional 11:00am-12:00pm Morning Walk 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Resin Art	28. 10:00am-11:00am- Coffee & Devotional 11:00am-12:00pm – Crossword Puzzles 12:00pm-1:00pm LUNCH 1:00pm-2:00pm Arts N Crafts
	31. 10:00am-11:00am-Coffee & Devotional 11:00am-12:00pm-Morning Walk 12:00pm-1:00pm LUNCH 1:00pm-2:00pm-Chat Time				

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!

