

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																										
Seabury  at Friendship Terrace Senior Living			August  		1 10:00 Chair Yoga 5th 6:00 Movie Night 5th No Brunch on Saturday																											
2 8:15 Catholic Communion & Worship Service 2nd 12:00 Brunch DR	3 11:30 Balance Group 5th 12:00 Quick Trivia 2nd 1:30 Reminiscences Group 4th 5:30 Mints & Music 2nd	4 10:00 Stretch & Tone w/ Mary 5th 1:30 Sip & Paint 2nd 6:30 Bingo Night 3rd	5 5:30 Mints & Music 2nd 6:30 Trivial Pursuit 2nd 7:00 Support Group 3rd	6 10:00 Chair Yoga 5th 11:30 Balance Group 5th 6:30 Bingo Night 3rd	7 11:30 Balance Group 5th 2:00 Catholic Mass 3rd	8 10:00 Chair Yoga 5th 6:00 Movie Night 5th No Brunch on Saturday																										
9 8:15 Catholic Communion 2nd 12:00 Brunch DR	10 11:30 Balance Group 5th 12:00 Quick Trivia 2nd 1:00 Chaplaincy 1:1 Sessions LI 5:30 Mints & Music 2nd	11 10:00 Stretch & Tone w/ Mary 5th 2:30 Current Event LI 6:30 Bingo Night 3rd	12 11:00 Prayer Service 2nd 5:30 Mints & Music 2nd 6:30 Trivial Pursuit 2nd	13 10:00 Chair Yoga 5th 11:30 Balance Group 5th 6:30 Bingo Night 3rd	14 11:30 Balance Group 5th 1:00 Bingo w/ Cindy 2nd	15 10:00 Chair Yoga 5th 6:30 Movie Night 5th No Brunch on Saturday																										
16 8:15 Catholic Communion 2nd 12:00 Brunch DR	17 11:30 Balance Group 5th 12:00 Quick Trivia 2nd 1:30 Reminiscences Group 4th 5:30 Mints & Music 2nd	18 10:00 Stretch & Tone w/ Mary 5th 1:30 Sip & Paint 2nd 6:30 Bingo Night 3rd	19 11:00 Coffee Chat 2nd 5:30 Mints & Music 2nd 6:30 Trivial Pursuit 2nd 7:00 Support Group 3rd	20 10:00 Chair Yoga 5th 11:30 Balance Group 5th 2:00 Episcopal Eucharist 3rd 6:30 Bingo Night 3rd	21 11:30 Balance Group 5th 12:30 Hawaiian Luau DR 	22 10:00 Chair Yoga 5th 1:30 Seabury Book Club 5th 6:30 Movie Night No Brunch on Saturday																										
23 8:15 Catholic Communion 2nd 12:00 Brunch DR	24 11:30 Balance Group 5th 12:00 Quick Trivia 2nd 5:30 Mints & Music 2nd	25 10:00 Stretch & Tone w/ Mary 5th 6:30 Bingo Night 3rd	26 1:00 Book Buzz 4th 5:30 Mints & Music 2nd 6:30 Trivial Pursuit 2nd	27 10:00 Chair Yoga 5th 11:30 Balance Gorup 5th 6:30 Bingo Night 3rd	28 11:30 Balance Group 5th 1:00 Terrace Talks DR 3:30 Shabbat Gathering 3rd 6:00 Wine & Cheese Hr 4th	29 10:00 Chair Yoga 5th 6:30 Movie Night 5th No Brunch on Saturday																										
30 8:15 Catholic Communion 2nd 12:00 Brunch DR	31 11:30 Balance Group 5th 12:00 Quick Trivia 2nd 5:30 Mints & Music 2nd	 Happy Birthday  Samson N. 3-Aug Barbara B. 4-Aug Iris C. 6-Aug Phyllis N. 12-Aug David R. 13-Aug Ketsela M. 15-Aug Addis M 15-Aug Sandra B. 17-Aug Hiwet T. 21-Aug Shelia F. 23-Aug Jamie D. 29-Aug Mary Jane K. 29-Aug Yung Y. 29-Aug Carmen G. 30-Aug		Happy Birthday  Calendar Subject To Change	LEGEND <table><tr><td>FL</td><td>Front Lobby, 2nd Floor</td><td>GH</td><td>Green House, 5th Floor</td></tr><tr><td>DR</td><td>Dining Room, 2nd Floor</td><td>RTD</td><td>Roof Top Deck, 6th Floor</td></tr><tr><td>LI</td><td>Library, 3rd Floor</td><td>ER</td><td>Exercise Room, 1st Floor</td></tr><tr><td>OS</td><td>Outside</td><td>PT</td><td>Pantry, 1st Floor</td></tr><tr><td>2nd</td><td>2nd Floor Lounge</td><td rowspan="4"></td><td rowspan="4">Activity Color Keycode: AD- Green RSC - Blue FTRA - Black FT - Burgundy</td></tr><tr><td>3rd</td><td>3rd Floor Lounge</td></tr><tr><td>4th</td><td>Game Room</td></tr><tr><td>5th</td><td>5th Floor Lounge</td></tr></table>		FL	Front Lobby, 2nd Floor	GH	Green House, 5th Floor	DR	Dining Room, 2nd Floor	RTD	Roof Top Deck, 6th Floor	LI	Library, 3rd Floor	ER	Exercise Room, 1st Floor	OS	Outside	PT	Pantry, 1st Floor	2nd	2nd Floor Lounge		Activity Color Keycode: AD- Green RSC - Blue FTRA - Black FT - Burgundy	3rd	3rd Floor Lounge	4th	Game Room	5th	5th Floor Lounge
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FTRA COUNCIL MEMBERS			
President	Lillian Van Order	202-285-9404	lillvanorder@gmail.com
1st Vice President	Eda Valero-Figueira	305-546-9556	recomienzo@yahoo.com
2nd Vice President	Joan McDermott	202-751-0806	
Treasurer	David Rivera	202-302-0069	
Assistant Treasurer	Penny Nance	202-515-8788	
Secretary	Martha Smith	202-413-0086	microbiome81@gmail.com
At-Large # 1	Ruth Yoshpe	202-607-0121	
At-Large # 2	Josephine Cooke	202-802-6174	
LIST OF COMMITTEES			
Green House	Iris C & Heather M	540-471-1539	917-703-4322 (Heather M)
Bingo	Josephine Cooke	202-802-6174	
FRTA Activities	Eda V & Ruth Y	305-546-9556	202-607-0121
Hospitality : 1st & 2nd Floor	Iris C & Penny N.	540-471-1539	202-515-8788
Hospitality : 3rd Floor	Sharon Majarowitz	202-510-8044	sharonmaj@aol.com
Hospitality : 4th Floor	Eda V & Martha S	305-546-9556	202-413-0086 (Martha S)
Hospitality : 5th Floor	Joan McDermott	202-758-2944	
Hospitality : 6th Floor	Rita Piester	518-751-0806	
Library	Vance Gage	202 -386 -0926	
Mints and Music	David Rivera	202-302-0069	
TV-Movies	Ella Kelly	202-441-5652	



Activity Calendar

AUGUST, 2026



Fun for Seniors