





	Monday	Tuesday	Wednesday	Thursday	Friday
<p>DHH ZOOM Meeting ID # 930 6671 5552</p> <p>CALL IN # 301-715-8592</p> <p>Happy Birthday to everyone with birthdays this month!</p> 	<p>December Month Observances:</p> <p>Handwashing awareness month Awareness Month National Identity Theft Prevention & Awareness Month World Aids Awareness Month National check on your neighbors Month Read a New Book Month</p>			<p>1. 10:00am Yoga Fitness Class on ZOOM 930 6671 5552</p> <p>11:00am-2:00pm Café Movie Showing: Operation Christmas Drop *Lunch and popcorn available in-person*</p> <p>*6 spots available- please call Ms. Michele to reserve your spot! *</p>	<p>2. 10:00am Pilates fitness class on ZOOM 930 6671 5552</p> <p>11:00am Nutrition Education with Ms. Minor *in-person*</p> <p>12:00pm LUNCH TIME</p> <p>1:00pm Holiday trivia *in-person*</p> <p>*6 spots available- please call Ms. Michele to reserve your spot! *</p>
	 <p>All in-person events require masks!</p> <p>5. 10:00am ASL Education: Winter signs *in-person*</p> <p>11:00am Arts for the Aging Poetry and Visual Arts with Joy Jones *in-person*</p> <p>12:00pm LUNCH TIME</p> <p>1:00pm Technology Tutorial: How to use your webcam and facetime</p> <p>*6 spots available- please call Ms. Michele to reserve your spot! *</p>	<p>6. 10:00am-2:00pm Trip to Mayor Bowser's Annual Holiday Party at Stadium Armory</p> <p>Address: 2001 E Capitol St SE, Washington, DC 20003</p> <p>We will be waiting for DACL to give us the time for transportation. Once you have reserved your spot, you will be told what time to arrive on-site.</p> <p>*All spots have been filled for this event.*</p>	<p>7. 10:00am Puzzles *in-person*</p> <p>11:00am Wreath craft decorating *in-person*</p> <p>12:00pm LUNCH TIME</p> <p>1:00pm Exploring holiday music *in-person*</p> <p>*6 spots available- please call to reserve your spot!*</p>	<p>8. 10:00am Seated chair exercises ON ZOOM 930 6671 5552</p> <p>11:00am-2:00pm Café Movie Showing: The Holiday Calendar *lunch and popcorn available in-person*</p> <p>*6 spots available- please call Ms. Michele to reserve your spot! *</p>	<p>9. 10:00am Meditation practice on ZOOM 930 6671 5552</p> <p>11:00am Nutrition Education with Ms. Minor *in-person*</p> <p>12:00pm LUNCH TIME</p> <p>1:00pm Holiday trivia *in-person*</p> <p>*6 spots available- please call Ms. Michele to reserve your spot! *</p>

<p>12. 10:00am Cardio class on ZOOM 930 6671 5552</p> <p>11:00am Bracelet making *in-person*</p> <p>12:00pm LUNCH TIME</p> <p>1:00pm Listening to classical music on ZOOM 930 6671 5552</p>	<p>13. 10:00am Board games with Michele *in-person*</p> <p>11:00am-2:00pm Seasons greetings party! *in-person*</p> <p>-Decorate & paint ornaments -write holiday cards -served with hot chocolate</p> <p>*8 spots available- please call Ms. Michele to reserve your spot!*</p>	<p>14. 10:00am ASL Education: Body Language</p> <p>11:00am Arts for the Aging Joy of Movement class with Deborah Riley *in-person*</p> <p>12:00pm LUNCH TIME</p> <p>1:00pm Chit Chat with Rose: Let's talk about grief</p> <p>*6 spots available- please call Ms. Michele to reserve your spot!*</p>	<p>15. 10:00am Arm exercises with Michele *in-person*</p> <p>11:00am-2:00pm Café Movie Showing: Christmas with You *lunch and popcorn available in-person*</p> <p>*6 spots available- please call Ms. Michele to reserve your spot!*</p>	<p>16. 10:00am-2:00pm Trip to East River Holiday Party at Fort Stanton</p> <p>Address: 1812 Eerie St SE Washington, DC</p> <p>Please arrive at 9:30am to leave around 9:45am!</p> <p>*13 spots available- please call Ms. Michele to reserve!*</p>
<p>19. 10:00am ASL Education: Facial Expressions *in-person*</p> <p>11:00am Arts for the Aging Poetry and Visual Arts with Joy Jones *in-person*</p> <p>12:00pm LUNCH TIME</p> <p>1:00pm Nutrition Education with Ms. Minor</p> <p>*6 spots available- please call Ms. Michele to reserve your spot!*</p>	<p>20. 10:00am Cardio class on ZOOM 930 6671 5552</p> <p>11:00am Finance Safety class on ZOOM 930 6671 5552</p> <p>12:00pm LUNCH TIME</p> <p>1:00pm Holiday recipe ideas on ZOOM 930 6671 5552</p>	<p>21. 10:00am Technology tutorial: sending text messages</p> <p>11:00am-12:00pm Joy of Movement with Deborah Riley *in-person*</p> <p>12:00pm LUNCH TIME</p> <p>1:00pm Chit Chat with Michele: Let's talk about Loneliness during the holidays *in-person* & on ZOOM 930 6671 5552</p> <p>*6 spots available- please call Ms. Michele to reserve your spot!*</p>	<p>22. 10:00am Adult coloring books *in-person*</p> <p>11:00am-2:00pm Café Movie Showing: Christmas Inheritance *lunch and popcorn available in-person*</p> <p>*6 spots available- please call Ms. Michele to reserve!*</p>	<p>23. 10:00am Yoga exercises on ZOOM 930 6671 5552</p> <p>11:00am Free paint on canvases *in-person*</p> <p>12:00pm LUNCH TIME</p> <p>1:00pm Using Pinterest and making a new board together *in-person*</p> <p>*6 spots available- please call Ms. Michele to reserve your spot!*</p>

	<p>26.</p> <p>CENTER WILL BE CLOSED HAPPY HOLIDAYS TO YOU AND YOUR FAMILY!</p>	<p>27.</p> <p>10:00am ASL Education: Holiday Signs on ZOOM 930 6671 5552</p> <p>11:00am Stretching on ZOOM 930 6671 5552</p> <p>12:00pm LUNCH TIME</p> <p>1:00pm Listening to r & b music on ZOOM 930 6671 5552</p> <p>*6 spots available- please call Ms. Michele to reserve your spot!*</p>	<p>28.</p> <p>10:00am Making bracelets *in-person*</p> <p>11:00am writing New Year's resolutions workshop *in- person*</p> <p>12:00pm LUNCH TIME</p> <p>1:00pm Technology tutorial: How to find volunteer work</p> <p>*6 spots available- please call Ms. Michele to reserve your spot!*</p>	<p>29.</p> <p>10:00am Listening to jazz music *in-person*</p> <p>11:00am 11:00am-2:00pm Café Movie Showing: LOVING *lunch and popcorn available in-person*</p> <p>*6 spots available- please call Ms. Michele to reserve your spot!*</p>	<p>30.</p> <p>10:00am Play card games *in-person*</p> <p>11:00am-2:00pm Trip to Botanical Gardens Holiday Display</p> <p>Address: 100 Maryland Avenue SW Washington, DC 20001</p> <p>Please arrive at 10:20 am so we can leave by 10:40 am!</p> <p>*8 spots available- please call Ms. Michele to reserve your spot!*</p>
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