



	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>All in-person events require masks!</p>	<p><b>February Observances:</b> American Heart Health Month Black History Month National Eating Disorder Awareness Month National Snack Food month</p>		<p>1. 10:00am Meditation class on ZOOM 930 6671 5552</p> <p>11:00am Painting on Canvases *in-person*</p> <p>12:00pm LUNCH</p> <p>1:00pm Valentine's Day Trivia * in-person*</p> <p>*6 spots available, call Ms. Michele to reserve a spot!*</p>	<p>2. 10:00am Cardio Class on ZOOM 951 4112 0645</p> <p>11:00am-2:00pm Café Movie Showing: Perfect Pairing *Lunch and popcorn available in-person*</p> <p>*6 spots available, call Ms. Michele to reserve a spot!*</p>	<p>3. 10:00 am-2:00 pm Trip to Dutch County Farmer's Market</p> <p>Address: 9701 Fort Meade Rd Laurel, MD 20707</p> <p>*10 spots available, call Ms. Michele Kinsey to reserve a spot for this event*</p> <p>Please arrive on site at 9:45am so we can leave at 10:00am!</p>
	<p>6. 10:00am Learning about ASL poetry and music interpretations with Michele *in-person*</p> <p>11:00am Arts for the Aging with Marcie Hubbard *in-person*</p> <p>12:30pm LUNCH TIME</p> <p>1:00pm Play Pictionary *in-person*</p> <p>*6 spots available, call Ms. Michele to reserve a spot!*</p>	<p>7. 10:00am Play Bingo with prizes *in-person*</p> <p>11:30am ASL Education: Valentine Colors and Hearts *in-person*</p> <p>12:30pm LUNCH TIME</p> <p>1:00pm Nutrition Education with Ms. Minor * in-person*</p> <p>*6 spots available, call Ms. Michele to reserve a spot!*</p>	<p>8. 10:00am Board Games *in-person*</p> <p>11:30am Trip to the WSWC for a townhall meeting on DC human service budgeting</p> <p>Address: 3001 Alabama Ave SE Washington, DC 20020</p> <p>*10 spots available, call Ms. Michele to reserve a spot!*</p> <p>Please arrive on site at 11:15am so we can leave at 11:30am!</p>	<p>9. 10:00am Full Body workout on ZOOM 930 6671 5552</p> <p>11:00am-2:00pm Café Movie Showing: Crazy, Stupid, Love. *Lunch and popcorn available in-person*</p> <p>1:00pm Technology Tutorial: How to find apps for Apple products *in-person*</p> <p>*6 spots available, call Ms. Michele to reserve a spot!*</p>	<p>10. 9:30am-2:00pm Trip to Public Playhouse: Black History in Motion</p> <p>Address: 5445 Landover Rd Hyattsville, MD 20784</p> <p>*10 spots available, call Ms. Michele to reserve a spot!*</p> <p>Please arrive on site at 9:15am so we can leave at 10:00am!</p>
	<p>13. 9:30am-2:00pm Trip to Valentine's Day Brunch at Bus Boys and Poets</p> <p>Address: 235 Caroll St NW Washington, DC 20012</p>	<p>14. 10:00am Deep Breathing Exercises on ZOOM 930 6671 5552</p> <p>11:00am Decorate picture frames *in-person*</p>	<p>15. 10:00am Talk with a licensed therapist about eating disorders *in-person*</p> <p>11:00am Spirit Club Fitness *in-person*</p>	<p>16. 10:00am Presidents Day Weekend Trivia ZOOM 930 6671 5552</p> <p>11:00am ASL Education: You ask, I'll teach the sign!</p>	<p>17. 10:00am ASL Education: Black History Month signs *in-person*</p> <p>11:00am-2:00pm Café Movie Showing: Day Shift</p>

<p><b>*8 spots available, call Ms. Michele Kinsey to reserve a spot for this event*</b></p> <p><b>Please arrive on site by 9:15 am so we can leave at 9:30 am!</b></p>	<p><b>12:00pm LUNCH TIME</b></p> <p><b>1:00pm Presentation on heart health with Ms. Michele *in-person*</b></p> <p><b>*6 spots available, call Ms. Michele to reserve a spot! *</b></p>	<p><b>12:00pm LUNCH TIME</b></p> <p><b>1:00pm Technology Tutorial: Learn how to use facetime.</b></p> <p><b>*6 spots Please call Ms. Michele to reserve a spot!*</b></p>	<p><b>12:00pm LUNCH TIME</b></p> <p><b>1:00pm Talk about helping and giving friend in needs.</b></p> <p><b>Please call Ms. Michele to reserve a spot!*</b></p> <p><b>*6 spots available, call Ms. Michele to reserve a spot!*</b></p>	<p><b>*in-person* Lunch and popcorn provided.</b></p> <p><b>*6 spots available- Please call Ms. Michele to reserve your spot!</b></p>
<p><b>20</b></p> <p><b>SITE IS CLOSED HAPPY PRESIDENTS DAY</b></p>	<p><b>21.</b></p> <p><b>10:00am-2:00 pm Trip to the National Portrait Gallery</b></p> <p><b>Address: 8<sup>th</sup> and G Street NW</b></p> <p><b>Washington, DC 20001</b></p> <p><b>*10 spots available, call Ms. Michele Kinsey to reserve a spot for this event*</b></p> <p><b>Please arrive at 9:45 am so we can leave at 10:00am!</b></p>	<p><b>22.</b></p> <p><b>10:00am Play Jenga with Ms. Michele *in person*</b></p> <p><b>11:00am Spirit Club Fitness *in-person*</b></p> <p><b>12:00pm LUNCH TIME</b></p> <p><b>1:00pm Technology tutorial: How to read books online *in-person*</b></p> <p><b>*6 spots available, call Ms. Michele to reserve a spot!*</b></p>	<p><b>23.</b></p> <p><b>10:00am Chair workouts on ZOOM 930 6671 5552</b></p> <p><b>11:00am Black History Month Spotlight Presentation: about Ms. Robbie Cheatham</b></p> <p><b>12:00pm LUNCH TIME</b></p> <p><b>1:00pm UNO Card game with Michele! *In-person*</b></p> <p><b>*6 spots available, call Ms. Michele to reserve a spot!*</b></p>	<p><b>24.</b></p> <p><b>10:00am Arm workouts on ZOOM 930 6671 5552</b></p> <p><b>11:00 am Virtual Oculus *in-person*</b></p> <p><b>12:00pm LUNCH TIME</b></p> <p><b>1:00pm Learning about stigmas and stereotypes in the Deaf community *in-person*</b></p> <p><b>*6 spots: Please call Ms. Michele to reserve a spot!*</b></p>
<p><b>27.</b></p> <p><b>10:00am Stress relief class on ZOOM 930 6671 5552</b></p> <p><b>11:00am Arts for the Aging with Ms. Marcie *in-person*</b></p> <p><b>12:00pm LUNCH TIME</b></p> <p><b>1:00pm Card games *in-person*</b></p> <p><b>*6 spots: Please call Ms. Michele to reserve a spot!*</b></p>	<p><b>28.</b></p> <p><b>10:00am Thai Chi class on ZOOM 930 6671 5552</b></p> <p><b>11:00am Group encouragement activity</b></p> <p><b>12:00pm LUNCH TIME</b></p> <p><b>1:00pm Nutrition Education with Ms. Minor * in-person*</b></p> <p><b>*6 spots: Please call Ms. Michele to reserve a spot!*</b></p>	