





EOTR / Deaf and Hard of Hearing Program
 4301 9th St. SE, Washington D.C 20032
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 Michele Kinsey, DHH Community Dining Site Supervisor
 202-571-8351

March 2023 Activity Calendar



	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>March Observances:</p> <p>Women's History Month</p> <p>National Nutrition Month</p> <p>National Kidney Month</p> <p>Eye Wellness Month</p> <p>Bleeding Disorder Awareness Month</p> 		<p>1. 10:00am Deep breathing exercises on ZOOM 930 6671 5552</p> <p>11:00am Spirit Club Fitness with Mr. Chris *in-person*</p> <p>12:00pm LUNCH</p> <p>1:00pm ASL Education: Spring signs</p> <p>*10 spots available, call Ms. Michele to reserve a spot!*</p>	<p>2. 10:00am Yoga class on ZOOM 930 6671 5552</p> <p>11:00am Create and Thrive: visual art and poetry with Ms. Ida and Mr. Rodney *in-person*</p> <p>12:00pm LUNCH TIME</p> <p>1:00pm Technology Tutorial: Help with any technology.</p> <p>*10 spots available, call Ms. Michele to reserve a spot!*</p>	<p>3. 10:00 am-2:00 pm Trip to Roses Discount Store</p> <p>Address: 7706 Marlboro Pike Forestville, MD 20747</p> <p>*12 spots available, call Ms. Michele Kinsey to reserve a spot*</p> <p>Please arrive on site at 9:45am so we can leave at 10:00am!</p>
	<p>6. 10:00am ASL Education: Work Signs</p> <p>11:00am-2:00pm Café Movie Showing: You People *Lunch & popcorn available in person*</p> <p>*10 spots available, call Ms. Michele to reserve a spot!*</p>	<p>7. 10:00am Thai Chi class on ZOOM 930 6671 5552</p> <p>11:30am Chef Katrell cooking demonstration *in-person*</p> <p>12:00pm LUNCH TIME</p> <p>1:00pm Teatime with Ms. Michele *in-person* (bring your mug!)</p> <p>*10 spots available, call Ms. Michele to reserve a spot!*</p>	<p>8. 10:00am Meditation practice on ZOOM 930 6671 5552</p> <p>11:00am Spirit Club Fitness with Mr. Chris *in-person*</p> <p>12:00pm LUNCH</p> <p>1:00pm Make bird houses *in-person*</p> <p>*10 spots available, call Ms. Michele to reserve a spot!*</p>	<p>9. 10:00am Eye wellness presentation *in-person*</p> <p>11:00am Create and Thrive: visual art and poetry with Ms. Ida and Mr. Rodney *in-person*</p> <p>1:00pm Technology Tutorial: How to use iPad.</p> <p>*10 spots available, call Ms. Michele to reserve a spot!*</p>	<p>10. 10:00am-2:00pm Nutrition Ed Trip to Martha's Table for Groceries with Ms. Minor!</p> <p>Address: 2375 Elvans Rd SE Washington, DC 20020</p> <p>*12 spots available, call Ms. Michele to reserve a spot!*</p> <p>Please arrive on site at 10:00 am so we can leave at 10:30am!</p>
	<p>13. 10:00am ASL Education: Deaf, HH, Deaf-blind, hearing loss explanation *in-person*</p> <p>11:00am Arts for the Aging with Ms. Marcie *in-person</p>	<p>14. 10:00am-2:00pm Trip to Dollar Tree</p> <p>Address: 3014 Donnell Dr. Forestville, MD 20747</p> <p>*12 spots available, call Ms. Michele to reserve a spot! *</p>	<p>15. 10:00am Technology tutorial: How to find a smartphone best for me</p> <p>11:00am Spirit Club Fitness with Mr. Chris *in-person*</p>	<p>16. 10:00am Full Body workout on ZOOM 930 6671 5552</p> <p>11:00am Create and Thrive: visual art and poetry with Ms. Ida and Mr. Rodney *in-person*</p>	<p>17. 10:00am-2:00pm Women's History Month: Self-Care Spa Day! *Lunch & bubbly included*</p> <p>-nails -face masks -hair</p>

<p>12:00pm LUNCH TIME</p> <p>1:00pm Decorate picture frames *in-person*</p> <p>*10 spots available, call Ms. Michele to reserve a spot*</p>	<p>Please arrive on site at 9:45 am so we can leave at 10:00am!</p>	<p>12:00pm LUNCH TIME</p> <p>1:00pm Mindfulness conversation on ZOOM 930 6671 5552</p> <p>*10 spots available, call Ms. Michele to reserve a spot!*</p>	<p>12:00pm LUNCH TIME</p> <p>1:00pm National Kidney Month Presentation *in-person*</p> <p>Please call Ms. Michele to reserve a spot!*</p> <p>*10 spots available, call Ms. Michele to reserve a spot!*</p>	<p>*10 spots available, call Ms. Michele to reserve a spot!</p>
<p>20</p> <p>10:00am Yoga workout on ZOOM 930 6671 5552</p> <p>11:00am-2:00pm Café Movie Showing: Your place or mine? *Lunch & popcorn available in person*</p> <p>*10 spots available, call Ms. Michele to reserve a spot!*</p>	<p>21.</p> <p>10:00am-2:00 pm Trip to Walmart Supercenter</p> <p>Address: 6303 Richmond Highway Alexandria, VA 22306</p> <p>*12 spots available, call Ms. Michele Kinsey to reserve a spot for this event*</p> <p>Please arrive at 9:45 am so we can leave at 10:00am!</p>	<p>22.</p> <p>10:00am Talks about anxiety on ZOOM 930 6671 5552</p> <p>11:00am Spirit Club Fitness with Mr. Chris *in-person*</p> <p>12:00pm LUNCH TIME</p> <p>1:00pm Technology tutorial: How to pay your bills online *in-person*</p> <p>*10 spots available, call Ms. Michele to reserve a spot!*</p>	<p>23.</p> <p>10:00am Arm workouts on ZOOM 930 6671 5552</p> <p>11:00am Create and Thrive: visual art and poetry with Ms. Ida and Mr. Rodney *in-person*</p> <p>12:00pm LUNCH TIME</p> <p>1:00pm Oculus Training *in-person*</p> <p>*10 spots available, call Ms. Michele to reserve a spot!*</p>	<p>24.</p> <p>10:00am Dance class on ZOOM 930 6671 5552</p> <p>11:00 am Nutrition Education with Ms. Minor and Chef Herb *in-person*</p> <p>12:00pm LUNCH TIME</p> <p>1:00pm ASL Education: Family signs</p> <p>*10 spots: Please call Ms. Michele to reserve a spot!*</p>
<p>27.</p> <p>10:00am ASL Education: ASL vs English word order *in-person*</p> <p>11:00am Arts for the Aging with Ms. Marcie *in-person*</p> <p>12:00pm LUNCH TIME</p> <p>1:00pm Technology tutorial: Ask about any technology.</p> <p>*10 spots: Please call Ms. Michele to reserve a spot!*</p>	<p>28.</p> <p>10:00am Stretching class on ZOOM 930 6671 5552</p> <p>11:00am Learn about Disability Rights and Accessibility Presentation on ZOOM 930 6671 5552</p> <p>12:00pm LUNCH TIME</p> <p>1:00pm Listening to 80's classics *in-person*</p> <p>*10 spots: Please call Ms. Michele to reserve a spot!*</p>	<p>29.</p> <p>10:00am Talks about hardships *in-person*</p> <p>11:00am Spirit Club Fitness with Mr. Chris *in-person*</p> <p>12:00pm LUNCH TIME</p> <p>1:00pm Family feud game *in-person*</p> <p>*10 spots available, call Ms. Michele to reserve a spot</p>	<p>30.</p> <p>10:00am Leg workouts on ZOOM 930 6671 5552</p> <p>11:00am-2:00pm Café Movie Showing: Eat, Pray, Love *Lunch & popcorn available in person*</p> <p>*10 spots available, call Ms. Michele to reserve a spot!*</p>	<p>31.</p> <p>10:00am Listening to R&B hits *in-person*</p> <p>10:30am-2:00pm Trip to the Wiz Dansical</p> <p>Address: 1901 Mississippi Ave SE Washington, DC 20020</p> <p>*8 spots available, call Ms. Michele Kinsey to reserve a spot*</p> <p>Please arrive at 10:15 am so we can leave at 10:30am!</p>