




	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>1. 10:00am ASL Education: Fall Signs *in-person*</p> <p>11:00am-2:00pm Trip to the Library of Congress</p> <p>Address 101 Independence Ave SE Washington, DC 20540</p> <p>*12 spots available- please call Ms. Michele to reserve your spot!*</p> <p>Please be at 4301 9th St at 10:40am to leave on time!</p>	<p>2. 10:00am puzzles *in-person*</p> <p>11:00am Arts of Aging Joy of Movement with Deborah Riley *in-person*</p> <p>12:00pm-1:00 LUNCH TIME</p> <p>1:00pm-2:00pm Technology Tutorial: Learn how to use a kindle (provided at center)</p> <p>*6 spots available- please call Ms. Michele to reserve your spot!*</p>	<p>3. 10:00am Pilates Fitness Class ZOOM 930 6671 5552</p> <p>11:00am-2:00pm Café Movie Showing *in-person* Lunch and snacks provided!</p> <p>Movie: Lee Daniel's The Butler</p> <p>*6 spots available- please call Ms. Michele to reserve your spot! *</p>	<p>4. 10:00am Boxing Fitness Class *in-person*</p> <p>11:00am Technology tutorial: Using the Oculus *in-person*</p> <p>12:00pm LUNCH TIME</p> <p>1:00pm Nutrition Education with Ms. Minor: How to Cook Sweet Potatoes! *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>7. 10:00am Adult coloring books *in-person*</p> <p>11:00am ASL Education: Military signs *in-person*</p> <p>12:00pm LUNCH TIME</p> <p>1:00pm Technology tutorial: How to take videos from your cellular device *in-person*</p> <p>*6 spots available- please call Ms. Michele to reserve your spot!*</p>	<p>8. 10:00am Yoga Fitness Class *in-person*</p> <p>11:00am-2:00pm Trip to Walmart</p> <p>Address 8745 Branch Ave Clinton, MD 20735</p> <p>*10 spots available- please call Ms. Michele to reserve your spot!*</p> <p>Please be at 4301 9th St at 10:40am to leave on time!</p>	<p>9. 10:00am Hip Hop Step Class *in- person*</p> <p>11:00-2:00pm Board and card games *in-person* lunch provided!</p> <p>*6 spots available- please call to reserve your spot!*</p>	<p>10. 10:00am chair exercises *in- person*</p> <p>11:00am-2:00pm Café Movie Showing *in-person* Lunch and snacks provided!</p> <p>Movie: The Color Purple</p> <p>*6 spots available- please call Ms. Michele to reserve your spot! *</p>

<p>14. 10:00am-11:00am Exploring jazz music *in-person*</p> <p>11:00am painting picture frames *in-person*</p> <p>12:00pm LUNCH TIME</p> <p>1:00pm Technology tutorial: How to make a Pinterest account *in-person*</p> <p>*6 spots available- please call Ms. Michele to reserve your spot!*</p>	<p>15. 10:00am ASL Education: Numbers Signs *in-person*</p> <p>11:00am-2:00pm Self Care Spa Day *in-person* lunch included!</p> <p>-nail painting -face exfoliation -under eye patches</p> <p>*6 spots available- please call Ms. Michele to reserve your spot!*</p>	<p>16. 10:00am Poetry Workshop *in-person*</p> <p>11:00am-2:00pm Café Movie Showing *in-person* Lunch and snacks provided!</p> <p>Movie: In our Mothers' Gardens</p> <p>*6 spots available- please call Ms. Michele to reserve your spot!*</p>	<p>17. 10:00am-2:00pm Trip for Friendship Café Thanksgiving Lunch</p> <p>Location: TBD</p> <p>*10 spots available- please call Ms. Michele to reserve!*</p> <p>Please be at 4301 9th St at 9:40am to leave on time!</p>	<p>18. 10:00am Adult coloring books *in-person*</p> <p>11:00am Visual art, poetry, and movement class with Joy Jones from Arts for the Aging</p> <p>1:00pm Nutrition Education with Ms. Minor: What does it mean to be gluten free?</p> <p>*6 spots available- please call Ms. Michele to reserve your spot! *</p>
<p>21. 10:00am Yoga fitness class ZOOM 930 6671 5552</p> <p>11:00am-2:00pm Trip to bowling</p> <p>Address: 4747 St. Barnabas Road Temple Hills, MD 20748</p> <p>*8 spots available- please call Ms. Michele to reserve your spot!*</p> <p>Please be at 4301 9th St at 9:40am to leave on time!</p>	<p>22. 10:00am-11:00am Word Searches and Crossword Puzzles *in-person*</p> <p>11:00am-2:00pm Café Movie Showing *in-person* Lunch and snacks provided!</p> <p>Movie: When They See Us</p> <p>*6 spots available- please call Ms. Michele to reserve your spot! *</p>	<p>23. 10:00am-11:00am ASL Education: Thanksgiving signs *in-person*</p> <p>11:00am-12:00pm Paint and Sip with Hot Chocolate</p> <p>*6 spots available- please call Ms. Michele to reserve your spot!*</p> <p>12:00pm LUNCH TIME</p> <p>1:00pm-2:00pm Spirit Club Yoga Class *in-person*</p>	<p>24. THANKSGIVING DAY</p> <p>CENTER IS CLOSED</p>	<p>25. 10:00am Spirit Club Mindfulness class ZOOM 930 6671 5552</p> <p>11:00am Exploration of Black country music ZOOM 930 6671 5552</p> <p>12:00pm LUNCH TIME</p> <p>1:00pm Chat & Chew with Michele! ZOOM 930 6671 5552</p>
<p>28. 10:00am-11:00am Legs-focused fitness class *in-person*</p> <p>11:00am-2:00pm Café Movie Showing *in-person* Lunch and snacks provided!</p> <p>Movie: Get On Up</p> <p>*6 spots available- please call Ms. Michele to reserve your spot!*</p>	<p>29. 10:00am Zumba Fitness Class ZOOM 930 6671 5552</p> <p>11:00am-2:00pm Tea Party with Michele & Rose *in-person* lunch provided!</p> <p>Wear your best hat and bring your own mug!</p> <p>*6 spots available- please call Ms. Michele to reserve your spot!*</p>	<p>30. 9:30am-3:30pm Trip to Toby's Dinner Theatre</p> <p>Address 5900 Symphony Woods Road Columbia, MD 21044</p> <p>Important Note: This trip is only for the members who did not get to attend in Sept. For those that this applies to, please call and confirm your spot with Ms. Michele ASAP*</p>		<p>National Observances in November:</p> <p>Gluten Free Awareness Month Lung Cancer Awareness Month National Healthy Skin Month National Caregivers/Aids Month National Candle Month National Epilepsy Awareness Month</p>