


	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>3. 10:00am Yoga Fitness Class ZOOM 930 6671 5552</p> <p>11:00am ASL Education: Health Signs ZOOM 930 6671 5552</p> <p>12:00pm LUNCH TIME</p> <p>1:00pm Jazz music ZOOM 930 6671 5552</p>	<p>4. 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>5. 10:00am Chair Stretches Class ZOOM 930 6671 5552</p> <p>11:00am-12:00pm Bracelet making with Ms. Michele</p> <p>12:00 LUNCH TIME</p> <p>1:00pm Nutrition Education with Ms. Minor</p>	<p>6. 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: The Bucket List</p> <p>*6 spots available- please call Ms. Michele to reserve your spot! *</p>	<p>7. 10:00am Boxing Fitness Class ZOOM 930 6671 5552</p> <p>11:00am Technology tutorial: Using the Oculus *in-person*</p> <p>12:00pm LUNCH TIME</p> <p>1:00pm ASL Education: Emotion Signs ZOOM 930 6671 5552</p>
	<p>10.</p> <p>INDIGENOUS PEOPLES DAY</p> <p>CENTER WILL BE CLOSED!</p>	<p>11. 10:00am Hip Hop Step Class ZOOM 930 6671 5552</p> <p>11:00am ASL Education: State signs *in-person*</p> <p>12:00pm LUNCH TIME</p> <p>1:00pm Paint nails with Michele! *In-person*</p> <p>*6 spots available- please call Ms. Michele to reserve your spot!*</p>	<p>12. 10:00am Ballet class with Rose! *in-person*</p> <p>11:00am-2:00pm Harvest Festival *in-person* lunch provided!</p> <p>-pumpkin painting -apple cider & donuts</p> <p>*6 spots available- please call to reserve your spot!*</p>	<p>13. 10:00am ADHD Awareness Presentation *in-person*</p> <p>11:00am-2:00pm Café Movie Showing *in-person* Lunch and snacks provided!</p> <p>Movie: A Jazzman's Blues</p> <p>*6 spots available- please call Ms. Michele to reserve your spot! *</p>	<p>14. 10:00am Tai Chi Fitness Class ZOOM 930 6671 5552</p> <p>11:00am Painting bird houses! *in-person*</p> <p>*6 spots available- please call to reserve your spot!*</p> <p>12:00pm LUNCH TIME</p> <p>1:00pm Nutrition Education with Ms. Minor *in-person*</p>

<p>17. 10:00am Painting wind chimes *in-person*</p> <p>11:00am Domestic Violence Awareness Presentation with Deaf DAWN *in-person*</p> <p>*6 spots available- please call Ms. Michele to reserve your spot!*</p> <p>12:00pm LUNCH TIME</p> <p>1:00pm ASL Education: Color Signs! *in-person*</p>	<p>18. 10:00am Technology Tutorial: How to listen to music! Explore music apps. ZOOM 930 6671 5552</p> <p>11:00am National Association for the Deaf Presentation: What are your rights? ZOOM 930 6671 5552</p> <p>12:00pm LUNCH TIME</p> <p>1:00pm Crossword puzzles and word searches! *In-person*</p>	<p>19. 10:00am Meditation Practice ZOOM 930 6671 5552</p> <p>11:00am Arts for the Aging: Joy of Movement with Deborah Riley *in-person*</p> <p>*6 spots available- please call Ms. Michele to reserve your spot!*</p> <p>12:00pm LUNCH TIME</p> <p>1:00pm puzzles! *in-person*</p>	<p>20. 10:00am Mental Health Awareness Presentation *in-person*</p> <p>11:00am-2:00pm Café Movie Showing *in-person* Lunch and snacks provided!</p> <p>Movie: The Pursuit of Happyness</p> <p>*Please call Ms. Michele to reserve your spot!*</p>	<p>21. 10:00am-2:00pm Trip to Dutch Country Farmers Market with KnoxHill!</p> <p>Address: 9701 Fort Meade Road Laurel, MD 20707</p> <p>*8 spots available- please call Ms. Michele to reserve!*</p> <p>Please be at 4301 9th St at 9:40 am to leave on time!</p>
<p>24. 10:00am Exploration through r & b music ZOOM 930 6671 5552</p> <p>11:30am Dental Hygiene Presentation ZOOM 930 6671 5552</p> <p>12:00pm LUNCH TIME</p> <p>1:00pm Chat & Chew with Michele! ZOOM 930 6671 5552</p>	<p>25. 10:00am Breast Cancer Awareness Presentation *in-person* wear your pink!</p> <p>12:00pm LUNCH TIME</p> <p>1:00pm Technology tutorial: Learning how to use the tablets! *in-person*</p> <p>*6 spots available- please call Ms. Michele to reserve your spot!*</p>	<p>26. 10:00am Adult coloring books *in-person*</p> <p>11:00am-12:00pm Joy of Movement with Deborah Riley *in-person*</p> <p>*6 spots available- please call Ms. Michele to reserve your spot!*</p> <p>12:00pm LUNCH TIME</p> <p>1:00pm Nutrition Education with Ms. Minor *in-person*</p>	<p>27. 10:00am-11:00am ASL Education: Halloween Signs *in-person*</p> <p>11:00am-2:00pm Café Movie Showing *in-person* Lunch and snacks provided!</p> <p>Movie: Fatherhood</p> <p>*6 spots available- please call Ms. Michele to reserve your spot!*</p>	<p>28. 10:00am-2:00pm Trip to the National Spy Museum</p> <p>Address 700 L'efant Plaza SW Washington, DC 20024</p> <p>*15 spots available- please call Ms. Michele to reserve your spot!*</p>
<p>31. 10:00am Adult coloring books *in-person*</p> <p>11:00am-2:00pm Café Movie Showing *in-person* Lunch and snacks provided!</p> <p>Movie: Nappily Ever After</p> <p>*6 spots available- please call Ms. Michele to reserve your spot!*</p>				<p>National Observances in October:</p> <p>Breast Cancer Awareness Month</p> <p>ADHD Awareness Month</p> <p>Eczema Awareness Month</p> <p>Health Literacy Month</p> <p>National Dental Hygiene Month</p> <p>National Domestic Violence Awareness Month</p>

