




EOTR / Deaf and Hard of Hearing Program
 4301 9th St. SE, Washington D.C 20032
 Rose Ansara, DHH Program Director 202-744-9649
 Michele Kinsey, DHH Community Dining Site Supervis
 202-571-8351

April 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>3. 10:00am Breathing exercises on Zoom 930 6671 5552</p> <p>11:00 am-2:00 pm Games tournament *in-person*</p> <p>*10 spots available, call Ms. Michele to reserve a spot!*</p>	<p>4. 10:00am Trip to Lidl Grocery Store</p> <p>Address: 7200 Marlboro Pike Forestville, MD 20747</p> <p>Please arrive by 9:45am so we can leave at 10:00am!</p> <p>*12 spots available, call Ms. Michele to reserve a spot!*</p>	<p>5. 10:00am Puzzles with Ms. Michele *in-person*</p> <p>11:00am Fitness class with Mr. Chris *in-person*</p> <p>12:00pm LUNCH</p> <p>1:00pm Your pick arts & crafts *in-person*</p> <p>*10 spots available, call Ms. Michele to reserve a spot!*</p>	<p>6. 10:00am Stretching on Zoom 930 6671 5552</p> <p>11:00am-2:00pm Café Movie Showing: The Age of Adaline *Lunch and popcorn provided in person*</p> <p>*10 spots available, call Ms. Michele to reserve a spot!*</p>	<p>7. 10:00am Daily intentions conversations on Zoom 930 6671 5552</p> <p>11:00am ASL Education: Home signs *in-person*</p> <p>12:00pm LUNCH</p> <p>1:00pm Technology Tutorial: Help with the iPad.</p> <p>*10 spots available, call Ms. Michele to reserve a spot!*</p>
	<p>10. 10:00am ASL Education: Spring/Easter Signs</p> <p>11:00am-2:00pm Café Movie Showing: The Lost Husband</p> <p>*Lunch and popcorn provided in person*</p> <p>*10 spots available, call Ms. Michele to reserve a spot!*</p>	<p>11. 10:00am Trip to Laurel Thrift Superstore</p> <p>Address: 201 Fort Meade Rd Laurel, MD 20707</p> <p>Please arrive by 9:45am so we can leave at 10:00am!</p> <p>*12 spots available, call Ms. Michele to reserve a spot!*</p>	<p>12. 10:00am Financial Literacy Class with CEO of DMV Benefits Center, Mr. Kyle Sterns *in-person*</p> <p>11:00am Spirit Club Fitness with Mr. Chris *in-person*</p> <p>12:00pm LUNCH</p> <p>1:00pm Round table talk about trauma on Zoom 930 6671 5552</p> <p>*10 spots available, call Ms. Michele to reserve a spot!*</p>	<p>13. 10:00am Yoga on Zoom 930 6671 5552</p> <p>11:00am Arts for the Aging with Ms. Sandra and Ms. Kathy *in-person*</p> <p>12:00pm LUNCH</p> <p>1:00pm Technology Tutorial: How to determine which internet browser to use</p> <p>*10 spots available, call Ms. Michele to reserve a spot!*</p>	<p>14. 10:00am Core Workout on Zoom 930 6671 5552</p> <p>11:00am Cross word puzzled with Ms. Michele *in-person*</p> <p>12:00pm LUNCH</p> <p>1:00pm Family Feud competition *in-person*</p> <p>*10 spots available, call Ms. Michele to reserve a spot!*</p>

<p>17. 10:00am Arm workouts on Zoom 930 6671 5552</p> <p>11:00am-2:00pm Learn about plants, and plant & pot your</p> <p>*lunch included*</p> <p>*10 spots available, call Ms. Michele to reserve a spot*</p>	<p>18. 10:00am ASL Education: Talk about what to wear for easy ASL communication.</p> <p>11:00am-2:00pm Nutrition Education trip to Martha's Table for Groceries with Ms. Minor</p> <p>Address: 2375 Elvan's Rd SE Washington, DC 20020</p> <p>Please arrive at 10:45 am so we can leave at 11:00 am!</p> <p>*12 spots available, call Ms. Michele to reserve a spot!*</p>	<p>19. 10:00am Technology tutorial: How to use YouTube *in-person*</p> <p>11:00am Spirit Club Fitness with Mr. Chris *in-person*</p> <p>12:00pm LUNCH</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>20. 10:00am Thai Chi workout on Zoom 930 6671 5552</p> <p>11:00am -2:00pm In-House Spa Day</p> <p>-face masks -nails</p> <p>*Lunch provided!*</p> <p>*10 spots available, call Ms. Michele to reserve a spot!</p>	<p>21. Stress Relief on Zoom 930 6671 5552</p> <p>11:00am-2:00pm Café' Movie Showing: Love in the Villa</p> <p>*Lunch & popcorn available in-person*</p> <p>*10 spots available, call Ms. Michele to reserve a spot!</p>	
<p>24. 10:00am Aerobics workout on Zoom 930 6671 5552</p> <p>11:00am-2:00pm Café Movie Showing: Still Time</p> <p>*Lunch & popcorn available in person*</p>	<p>25. 10:00am-2:00pm Trip to Big Lots</p> <p>Address: 1731 Ritchie Station Ct Capitol Heights, MD 20743</p> <p>Please arrive at 9:45 am so we can leave at 10:00am!</p> <p>*12 spots available, call Ms. Michele to reserve a spot!*</p>	<p>26. 10:00am Technology tutorial: Help with any technology *in-person*</p> <p>11:00am Spirit Club Fitness with Mr. Chris *in-person*</p> <p>12:00pm LUNCH</p> <p>1:00pm Talk about mental health *in-person*</p> <p>*10 spots available, call Ms. Michele to reserve a spot!*</p>	<p>27. 10:00am Stretches for Hands exercises for Arthritis on Zoom 930 6671 5552</p> <p>11:00am Arts for the Aging with Ms. Sandra and Ms. Kathy *in-person*</p> <p>12:00pm LUNCH</p> <p>1:00pm ASL Education: Deaf Etiquette</p> <p>*10 spots available, call Ms. Michele to reserve a spot!*</p>	<p>28. 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</p> <p>1:00pm Listen to classic r&b music *in-person*</p> <p>*10 spots: Please call Ms. Michele to reserve a spot!*</p>	