



	Monday	Tuesday	Wednesday	Thursday	Friday
<p>DHH ZOOM Meeting ID:</p> <p>930 6671 5552</p> <p>CALL IN:</p> <p>301-715-8592</p> <p>Happy Birthday to everyone with birthdays this month!</p> 	<p>National Observances:</p> <ul style="list-style-type: none"> • Diabetes Awareness • Epilepsy Awareness • Lung Cancer Awareness • Gluten-Free Diet Awareness • Native American Heritage Awareness • Stomach Cancer Awareness • Pancreatic Cancer Awareness • Family and Caregivers Appreciation 		<p>1. 10:00am-12:00pm Congress Heights Assembly Meeting *in-person*</p> <p>12:00pm Lunch</p> <p>1:00pm Technology Tutorial: How to check the amount of space you have in your phone storage with Ms. Michele *in-person*</p> <p>*8 spots available, Call Mrs. Michele to reserve a spot!*</p>	<p>2. 10:00am DHH & CH: What is an Audiologist do presentation *in-person*</p> <p>11:00am-2:00pm Round table talk: What are you thankful for?</p> <p>*Lunch encouraged to be eaten in-between*</p> <p>*8 spots available, Call Mrs. Michele to reserve a spot!*</p>	<p>3. 10:00am DHH & CH: How to protect your hearing presentation *in-person*</p> <p>11:00am-2:00pm Café Movie: Identity Theft *in-person*</p> <p>*Lunch and popcorn provided*</p> <p>*8 spots available, Call Mrs. Michele to reserve a spot!*</p>
	<p>6. 10:00am DHH & CH: What is Deaf Etiquette with Ms. Michele and Ms. Aisha *in-person*</p> <p>11:00am Diabetes Awareness Presentation *in-person</p> <p>12:00pm Lunch</p> <p>1:00pm Craft: Hand Embroidery Kit with Mrs. Michele *in-person*</p> <p>*8 spots available, Call Mrs. Michele to reserve a spot!*</p>	<p>7. 10:00am DHH & CH: All about Hearing loss presentation with Ms. Rose *in-person*</p> <p>11:00am Nutrition Education with Ms. Minor *in-person*</p> <p>12:00pm Lunch</p> <p>1:00pm Jeopardy Game *in-person*</p> <p>*8 spots available, Call Mrs. Michele to reserve a spot!*</p>	<p>8. 10:00am DHH & CH: Different ways to communicate with the Deaf community with Ms. Michele and Ms. Aisha *in-person*</p> <p>11:00am Technology Tutorial: Learn about privacy rights for your phone data *in-person*</p> <p>12:00pm Lunch</p> <p>1:00pm Meditation class *in-person*</p> <p>*8 spots available, Call Mrs. Michele to reserve a spot!*</p>	<p>9. 10:00am DHH & CH: ASL Education finger spell your name, talk about name signs with Ms. Michele *in-person*</p> <p>11:00am Brain Games Trivia with Ms. Michele *in-person*</p> <p>12:00pm Lunch</p> <p>1:00pm Seated neck stretch exercises with Ms. Michele *in-person*</p> <p>*8 spots available, Call Mrs. Michele to reserve a spot!*</p>	<p>10.</p> <p>CENTER IS CLOSED!</p> <p>HAPPY VETERANS DAY</p>
	<p>13. 10:00am DHH & CH: The history of ASL with Ms. Aisha and Ms. Michele *in-person*</p> <p>11:00am Spirit Club Fitness class with Mr. Chris! *in-person*</p> <p>12:00pm Lunch</p>	<p>14. 10:00am DHH & CH: How to sign numbers with Ms. Michele *in-person*</p> <p>11:00am Learn how to play chess *in-person*</p> <p>12:00pm Lunch</p>	<p>15. 10:00am DHH & CH: Deaf Customs with Ms. Michele and Ms. Aisha *in-person*</p> <p>11:00am-2:00pm Nail painting and face masks with Ms. Michele and Ms. Aisha *in-person*</p> <p>*Lunch is encouraged to be eaten</p>	<p>16. 10:00am DHH & CH: ASL education family and friend signs with Ms. Michele *in-person*</p> <p>11:00am Round table talk: Loneliness during the holiday season.</p> <p>12:00pm Lunch</p>	<p>17. 9:00 am-2:00pm Trip to Central Union Mission Church Senior Fellowship</p> <p>Address: 65 Massachusetts Ave NW Washington, DC 20001</p> <p>*Lunch will be provided*</p>

<p>1:00pm Play Scrabble *in-person*</p>	<p>1:00pm Arts and crafts free hour with Ms. Michele *in-person*</p> <p>*8 spots available, Call Mrs. Michele to reserve a spot!*</p>	<p>before or after nails are painted*</p> <p>*8 spots available, call Mrs. Michele to reserve a spots!*</p>	<p>1:00pm Hand exercises for stress and tension relief *in-person*</p> <p>*8 spots availble, call Mrs. Michele to reserve a spots!*</p>	<p>*12 spots available, Call Mrs. Michele to reserve an reserved a spot!*</p>
<p>20. 10:00am DHH & CH: All about hearing aids with Ms. Michele and Ms. Rose</p> <p>11:00am Cancer Awareness Month Presentation with Ms. Rose *in-person*</p> <p>12:00pm Lunch</p> <p>1:00pm Mindful meditation with Ms. Michele *in-person*</p> <p>*8 spots available, call Mrs. Michele to reserve a spot!*</p>	<p>21. 10:00am DHH & CH: What does CODA mean with Ms. Michele</p> <p>11:00am Book club meeting with Ms. Rose *in-person*</p> <p>12:00pm Lunch</p> <p>1:00pm Crossword puzzles and word searches *in-person*</p>	<p>22. 10:00am DHH & CH: Cochlear implant explanation with Ms. Michele *in-person*</p> <p>11:00am Pinpoint with Ms. Michele *in-person*</p> <p>12:00pm Lunch</p> <p>1:00pm Arts and Crafts Free Day *in-person*</p> <p>*8 spots available, call Mrs. Michele to reserve a spot!*</p>	<p>23.</p> <p>CENTER IS CLOSED!</p> <p>HAPPY THANKSGIVING</p>	<p>24.</p> <p>CENTER IS CLOSED!</p> <p>HAPPY BLACK FRIDAY</p>
<p>27. 10:00am DHH & CH: Q & A session with Ms. Michele and Ms. Aisha *in-person*</p> <p>11:00am Spirit Club Fitness class with Mr. Chris! *in-person*</p> <p>1:00pm Round table talk: Do you feel safe in your community?</p> <p>*Lunch is encouraged to be eaten during the discussion*</p> <p>*8 spots available, Call Mrs. Michele to reserve a spot!*</p>	<p>28. 10:00am DHH & CH: DST "Deaf Standard Time" with Ms. Michele *in-person*</p> <p>11:00am Technology Tutorial: How to connect with friends on Facebook with Ms. Michele *in-person*</p> <p>12:00pm Lunch</p> <p>1:00pm Gluten Free Awareness Presentation with Ms. Rose *in-person*</p> <p>*8 spots available, Call Mrs. Michele to reserve a spot!*</p>	<p>29. 10:00am DHH & CH: A Day in the life of a DeafBlind person with Ms. Michele and Ms. Aisha *in-person*</p> <p>11:00am-2:00pm Trip to Martha's Table</p> <p>Address: 2375 Elvans Road SE Washington, DC 20020</p> <p>*12 spots available, Call Mrs. Michele to reserve a spot!*</p>	<p>30. 10:00am DHH & CH: ASL Education Fall signs with Ms. Michele *in-person*</p> <p>11:00am Nutrition Education with Ms. Minor *in-person*</p> <p>12:00pm Lunch</p> <p>1:00pm Listen to r & b music *in-person*</p> <p>*8 spots available, Call Mrs. Michele to reserve a spot!*</p>	