







East River Family Strengthening Collaborative Deaf and  
 Hard of Hearing Program  
 3500 Martin Luther King Jr Ave SE  
 Rose Ansara, DHH Program Director 202-744-9649

December 2023  
 Activity Calendar



	Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>DHH ZOOM Meeting ID:</b> <b>930 6671 5552</b></p> <p><b>CALL IN:</b> <b>301-715-8592</b></p> <p><b>Happy Birthday to everyone with birthdays this month!</b></p> 	<p><b>December Observances:</b></p> <ul style="list-style-type: none"> <li>• Hanukkah</li> <li>• Kwanza</li> <li>• Christmas</li> <li>• World AIDS Awareness</li> <li>• Handwashing Awareness</li> <li>• Identity Theft Awareness</li> </ul>				<p>1. 10:00am DHH &amp; CH: Fingerspelling signs with Ms. Michele</p> <p>11:00am-2:00pm Café Movie: Identity Theft *in-person*</p> <p>*Lunch and popcorn provided*</p> <p>*8 spots available, Call Ms. Rose to reserve a spot!*</p>
	<p>4. 10:00am DHH &amp; CH: Specialized Equipment Overview with Ms. Rose</p> <p>11:00am AIDS Awareness presentation with Ms. Rose</p> <p>12:00pm Lunch</p> <p>1:00pm Craft: Hand Embroidery Kit *in-person*</p> <p>*8 spots available, Call Ms. Rose to reserve a spot!*</p>	<p>5. 10:00am DHH &amp; CH: Hearing loss Q &amp; A session with Ms. Rose</p> <p>11:00am Nutrition Education with Ms. Minor *in-person*</p> <p>12:00pm Lunch</p> <p>1:00pm Family Feud Game *in-person*</p> <p>*8 spots available, Call Ms. Rose to reserve a spot!*</p>	<p>6. 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 tablet storage with Ms. Rose *in-person*</p> <p>*8 spots available, Call Ms. Rose to reserve a spot!*</p>	<p>7. 10:00am DHH &amp; CH: What is a name sign?</p> <p>11:00am Round table talk: What do the holidays mean to you?</p> <p>12:00pm Lunch</p> <p>1:00pm Seated back stretch with Ms. Rose *in-person*</p> <p>*8 spots available, Call Ms. Rose to reserve a spot!*</p>	<p>8. 10:00am DHH &amp; CH: Negative stereotypes and miseducation about the DHH community.</p> <p>11:00am Technology Tutorial: Learn about privacy rights for your Facebook account *in-person*</p> <p>12:00pm Lunch</p> <p>1:00pm Meditation class *in-person*</p> <p>*8 spots available, Call Ms. Rose to reserve a spot!*</p>
	<p>11. 10:00am DHH &amp; CH: The history of Gallaudet University with Ms. Rose</p> <p>11:00am Spirit Club Fitness class with Mr. Chris! *in-person*</p> <p>12:00pm Lunch</p>	<p>12. 10:00am DHH &amp; CH: Review: Practice signing #1-21.</p> <p>11:00am Brain Games Trivia with Ms. Rose *in-person*</p> <p>12:00pm Lunch</p> <p>1:00pm Arts and crafts free hour</p>	<p>13. 9:00 am-2:00pm Trip to Mayor's Annual Senior Holiday Celebration</p> <p>Address: 2001 East Capitol St. SE</p> <p>*Lunch will be provided*</p> <p>*15 spots available, Call Mrs. Rose to reserve an reserved a spot!*</p>	<p>14. 10:00am DHH &amp; CH: ASL education practice signing the alphabet *in-person*</p> <p>11:00am Learn how to play checkers *in-person*</p> <p>12:00pm Lunch</p>	<p>15. 10:00am DHH &amp; CH: What is the difference between an interpreter and a translator?</p> <p>11:00am-2:00pm Nail painting with Ms. Rose</p> <p>*Lunch is encouraged to be eaten before or after nails are painted*</p>

	<p>1:00pm Play Scrabble *in-person* *8 spots available, Call Ms. Rose to reserve a spot!*</p>	<p>with Ms. Michele *in-person* *8 spots available, Call Ms. Rose to reserve a spot!*</p>		<p>1:00pm Hand exercises for stress and tension relief *in-person*  *8 spots available, Call Ms. Rose to reserve a spot!*</p>	<p>*8 spots available, Call Ms. Rose to reserve a spot!*</p>
	<p>18. 10:00am DHH &amp; CH: All about personal sound amplifiers with Ms. Rose  11:00am All about Hanakah Presentation  12:00pm Lunch  1:00pm Mindful meditation with Ms. Michele *in-person*  *8 spots available, Call Ms. Rose to reserve a spot!*</p>	<p>19. 10:00am DHH &amp; CH: Learn community signs in ASL.  11:00am Nutrition Education with Ms. Minor  12:00pm Lunch  1:00pm Crossword puzzles and word searches *in-person*  *8 spots available, Call Ms. Rose to reserve a spot!*</p>	<p>20. 10:00am DHH &amp; CH: Why do I have hearing loss with Ms. Rose  11:00am Stomach cancer presentation with Ms. Rose  12:00pm Lunch  1:00pm Arts and Crafts Free Day *in-person*  *8 spots available, Call Ms. Rose to reserve a spot!*</p>	<p>21. 10:00am DHH &amp; CH: Insurance coverage for hearing loss information with Ms. Rose  11:00am-2:00pm Round table talk: Violence in the community.  *Lunch encouraged to be eaten in-between*  *8 spots available, Call Ms. Rose to reserve a spot!*</p>	<p>22. 10:00am DHH &amp; CH: Winter signs in ASL  11:00am Technology Tutorial: How to create an Instagram Account  12:00pm Lunch  1:00pm Listen to soul music *in-person*  *8 spots available, Call Ms. Rose to reserve a spot!*</p>
	<p>25.  <b>CLOSED!</b>  <b>HAPPY</b>  <b>HOLIDAYS</b></p>	<p>26. 10:00am DHH &amp; CH: Learning colors in ASL  11:00am Technology Tutorial: What are texting abbreviations with Ms. Rose  12:00pm Lunch  1:00pm Native American Heritage Month Presentation with Ms. Rose  *8 spots available, Call Ms. Rose to reserve a spot!*</p>	<p>27. 10:00am DHH &amp; CH: How do Deaf people listen to music?  <b>11:00am-2:00pm Trip to Martha's Table</b>  <b>Address: 2375 Elvans Road SE Washington, DC 20020</b>  *8 spots available, Call Ms. Rose to reserve a spot!*</p>	<p>28. 10:00am DHH &amp; CH: Learning different kinds of food signs in ASL  11:00am All about Kwanza presentation  12:00pm Lunch  1:00pm Listen to r &amp; b music *in-person*  *8 spots available, Call Ms. Rose to reserve a spot!*</p>	<p>29. 10:00am DHH &amp; CH: What is hereditary and what is not in ASL  11:00am Spirit Club Fitness class online access with Ms. Rose  1:00pm Round table talk: Do you feel safe in your community?  *Lunch is encouraged to be eaten during the discussion*  *8 spots available, Call Ms. Rose to reserve a spot!*</p>

*Part of the Senior Services Network – Supported by the Department of Aging and Community Living*