




	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>2.</p> <p>CENTER IS CLOSED HAPPY NEW YEAR!</p>	<p>3.</p> <p>10:00am ASL Education “Happy New Year” signs *in person*</p> <p>11:00am Arts for the Aging Poetry and Visual Arts with Joy Jones *in-person*</p> <p>12:00pm LUNCH TIME</p> <p>1:00pm Technology Tutorial: How to copy and paste on a phone, tablet, or computer! *in-person*</p> <p>*6 spots please call Ms. Michele to reserve your spot! *person*</p>	<p>4.</p> <p>10:00am BINGO *in-person*</p> <p>11:00am Painting canvases *in-person*</p> <p>12:00pm LUNCH TIME</p> <p>1:00pm Chit Chat with Michele: How to be more empathetic</p> <p>*6 spots available- please call to reserve your spot! *</p>	<p>5.</p> <p>10:00am Chair workout for Seniors on ZOOM 930 6671 5552</p> <p>11:00am-2:00pm Cafe’ movie showing: “From Scratch” *Lunch and popcorn available*</p> <p>*6 spots available- please call Ms. Michele to reserve your spot! *</p>	<p>6.</p> <p>10:00am Meditation practice on ZOOM 930 6671 5552</p> <p>11:00am Play Family Feud *in-person*</p> <p>12:00pm LUNCH TIME</p> <p>1:00pm Nutrition Education with Ms. Minor * in-person*</p> <p>*6 spots available- please call Ms. Michele to reserve your spot! *</p>
	<p>9.</p> <p>10:00am Listen to r & b music *in-person*</p> <p>11:00am-2:00pm DHH Town Hall Meeting *offered in person AND online*</p> <p>To discuss concerns, suggestions, and feedback for the DHH program. Rose and Michele will introduce new policies and procedures for the DHH program.</p> <p>For those who cannot attend the event, clients will need to sit down and schedule an appointment for a makeup day.</p> <p>ZOOM 930 6671 5552</p>	<p>10.</p> <p>10:00am ASL Education *in-person* How to communicate with a Deaf person</p> <p>11:00am-2:00pm Trip to Starbucks</p> <p>Address: 625 H Street NE B Washington, DC 20002</p> <p>Please arrive by 10:45am so we can leave on time at 11:00am!</p> <p>*10 spots available- please call Ms. Michele to reserve your spot! *</p>	<p>11.</p> <p>10:00am Stretches on ZOOM 930 6671 5552</p> <p>11:00am Arts of the Aging Poetry and Visual Arts with Joy Jones *in-person*</p> <p>12:00pm LUNCH</p> <p>1:00pm Technology Tutorial: How to take pictures by send via text and email *in-person*</p> <p>*6 spots available-please call Ms. Michele to reserve your spot!</p>	<p>12.</p> <p>10:00am seated arm exercises on ZOOM 930 6671 5552</p> <p>11:00am-2:00pm Café Movie Showing *in-person* Lunch and snacks provided!</p> <p>Movie: The Last Laugh</p> <p>*6 spots available- please call Ms. Michele to reserve your spot! *</p>	<p>13.</p> <p>10:00am-12:00pm Board game tournaments with Michele</p> <p>12:00pm LUNCH TIME</p> <p>1:00pm Chit Chat with Michele: New Year’s Goals and Reflections</p>

<p>16.</p> <h1 style="text-align: center;">CENTER IS CLOSED HAPPY MLK DAY</h1>	<p>17. 10:00am Zumba workout on ZOOM 930 6671 5552</p> <p>11:00am Chit Chat with Rose and Michele: Talk about Grief</p> <p>12:00pm LUNCH TIME</p> <p>1:00pm Technology tutorial: how to clean out your voicemail box and setup a voicemail</p> <p>*6 spots available- please call Ms. Michele to reserve your spot! *</p>	<p>18. 10:00am ASL Education Phrases with Michele *in-person*</p> <p>11:00am Play USA Jeopardy *in-person*</p> <p>12:00pm LUNCH TIME</p> <p>1:00pm Puzzles *in-person*</p> <p>*6 spots available- please call Ms. Michele to reserve your spot! *</p>	<p>19. 10:00am Exploring oldies music *in-person*</p> <p>11:00am-2:00pm Café Movie Showing *in-person* Lunch and snacks provided!</p> <p>Movie: MAID</p> <p>1:00pm-2:00pm 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>20. 10:00am Adult coloring books *in-person*</p> <p>11:00am Trip to Roses Discount store</p> <p>Address: 3737 Branch Ave Suite #203 Hillcrest Heights, MD 20748</p> <p>Please arrive by 10:45am so we can leave on time at 11:00am!</p> <p>*10 spots available- please call Ms. Michele to reserve your spot! *</p>
<p>23. 10:00am Thai Chi on ZOOM 930 6671 5552</p> <p>11:00am Arts for the Aging Poetry and Visual Arts with Joy Jones *in-person*</p> <p>12:00pm LUNCH TIME</p> <p>1:00pm Technology tutorial: How to play games on tablet, cellphone and laptop *in-person*</p>	<p>24. 10:00am ASL Education: Work signs</p> <p>11:00am-2:00pm Trip to Laurel Thrift Superstore</p> <p>Address: 201 Fort Meade Rd Laurel, MD 20707</p> <p>Please arrive by 10:45am so we can leave on time!</p> <p>*6 spots available please call Ms. Michele to reserve your spot!</p>	<p>25. 10:00am Jazz dance exercise on ZOOM 930 6671 5552</p> <p>11:00am-2:00pm Chit Chat with Michele: How to take care of your mental health & making a self-care list</p> <p>12:00pm LUNCH TIME</p> <p>*6 spots available- please call Ms. Michele to reserve your spot! *</p>	<p>26. 10:00am Yoga class on ZOOM 930 6671 5552 *in-person*</p> <p>11:00am-2:00pm Café Movie Showing *in-person* Lunch and snacks provided!</p> <p>Movie: Rush Hour</p> <p>*6 spots available- please call Ms. Michele to reserve your spot! *</p>	<p>27. 10:00am Playing cards with Ms. Michele *in-person*</p> <p>11:00am-2:00pm Pick your own craft day!</p> <p>12:00pm LUNCH TIME</p>
<p>30. 10:00am ASL Education: Sick signs</p> <p>11:00am-2:00pm Trip to Walmart</p> <p>Address: 7910 Richmond Highway Alexandria, VA 22306</p> <p>Please arrive by 10:45am so we can leave on time at 11:00am!</p> <p>*10 spots available- please call Ms. Michele to reserve your spot! *</p>	<p>31. 10:00am Play Scrabble *in-person*</p> <p>11:00am-2:00pm Café Movie Showing: Hampstead lunch and popcorn available *in-person*</p> <p>*6 spots available- please call Ms. Michele to reserve your spot! *</p>			<p>National Observances in January:</p> <ul style="list-style-type: none"> Gluten Free Awareness Month Lung Cancer Awareness Month National Healthy Skin Month National Caregivers/Aids Month National Candle Month National Epilepsy Awareness Month

