





EOTR / Deaf and Hard of Hearing Program  
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# January 2024 Activity Calendar



|   | Monday   | Tuesday  | Wednesday  | Thursday   | Friday   |
|---|--|--|--|--|--|
| <p><b>Happy Birthday to everyone with birthdays this month!</b></p>  | <p>1.<br/>10:00am ASL Topic: Numbers 1-21</p> <p>11:00am Talk about New Years Resolutions</p> <p>12:00pm Lunch</p> <p>1:00pm Craft: Play chess "In-person"</p> <p>*10 spots available, Call Ms. Rose to reserve a spot! *</p>                | <p>2.<br/>10:00am DHH Topic: What does Big D vs. Little d mean in the DHH community?</p> <p>11:00am Craft Hand Embroidery Kit with Ms. Rose</p> <p>12:00pm Lunch</p> <p>1:00pm Exercise in Gym *for those with completed waivers only*</p> <p>*10 spots available, Call Ms. Rose to reserve a spot! *</p>        | <p>3.<br/>10:00am ASL Topic: Fingerspelling the Alphabet</p> <p>11:00am Technology tutorial: Learn how to use Instagram</p> <p>12:00pm Lunch</p> <p>1:00pm Nutrition Education with Ms. Minor *in-person*</p> <p>*10 spots available, Call Ms. Rose to reserve a spot! *</p> | <p>4.<br/>10:00am DHH Topic: What does OTC hearing aids mean?</p> <p>11:00am Arts for Aging Kit: Create your own Craft *in-person*</p> <p>12:00pm Lunch</p> <p>1:00pm Listen to 80's disco music *in-person*</p> <p>*10 spots available, Call Ms. Rose to reserve a spot! *</p>                              | <p>5.<br/>10:00am Numbers and Fingerspelling Review ASL signs</p> <p>11:00am-2:00pm Café Movie Showing: Burning Betrayal</p> <p>*Lunch and popcorn provided*</p> <p>*10 spots available, Call Ms. Rose to reserve a spot! *</p>  |
|   | <p>8.<br/>10:00am ASL Topic: Grammar</p> <p>11:00am Spirit Club Fitness workout with Mr. Chris *in-person*</p> <p>12:00pm Lunch</p> <p>1:00pm Play card games *in-person*</p> <p>*10 spots available, Call Ms. Rose to reserve a spot! *</p> | <p>9.<br/>10:00am-2:00pm<br/>Trip to 2<sup>nd</sup> Ave Thrift Store</p> <p>Address: 6307 Allentown Road<br/>Camp Springs, MD 20748</p> <p>*Lunches will be provided after the trip*</p> <p>Please arrive at 9:45 am so we can leave on time!</p> <p>*10 spots available, Call Ms. Rose to reserve a spot! *</p> | <p>10.<br/>10:00am ASL Topic: Sentences</p> <p>11:00am Play scrabble with Rose *in-person*</p> <p>12:00pm Lunch</p> <p>1:00pm Adult coloring books with Ms. Rose *in-person*</p> <p>*10 spots available, Call Ms. Rose to reserve a spot! *</p>                              | <p>11.<br/>10:00 am DHH Topic: How to use assistive DHH technology in your home</p> <p>11:00 am - 2:00pm Round table talk: Speaking about violence in the community</p> <p>*Lunch will be encouraged to be eaten during the conversation*</p> <p>*10 spots available, Call Ms. Rose to reserve a spot! *</p> | <p>12.<br/>10:00am Grammar and Sentences in ASL Review</p> <p>11:00am Technology tutorial: Learn how to delete your voicemails from your phone</p> <p>12:00 Lunch</p> <p>1:00pm Hand embroidery kit *in-person*</p> <p>*10 spots available, Call Ms. Rose to reserve a spot! *</p> |
|   | <p>15.<br/>10:00am ASL Topic: Family</p> <p>11:00am-2:00pm Round table talk: Self Care and what it means to you</p>  | <p>16.<br/>10:00am DHH Topic: What is noise cancelling headphones?</p> <p>11:00am Painting canvas with Mrs. Michele</p> <p>12:00pm Lunch</p>   | <p>17.<br/>10:00am ASL Topic: Friends</p> <p>11:00am-2:00pm Cafe Movie Showing: The Perfect Find</p> <p>*Lunch is encouraged to be eaten during the movie*</p>   | <p>18.<br/>10:00am DHH Topic: How to schedule a hearing test</p> <p>11:00 am Thai Chi practice *in-person*</p> <p>12:00pm Lunch</p>  | <p>19.<br/>10:00am ASL Topic: Family &amp; Friends Review signs</p> <p>11:00 am-2:00 pm Cafe Movie Showing: No Hard Feelings</p> <p>*10 spots available, Call Ms. Rose to reserve a spot! *</p>  |

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|   |   | 1:00pm Hand stretches in-person*<br><br>*10 spots available, Call Ms. Rose to reserve a spot! *   | *10 spots available, Call Ms. Rose to reserve a spot! *  | 1:00pm Crocheting *in-person*<br><br>*10 spots available, Call Ms. Rose to reserve a spot! *   |  |
| 22.<br>10:00am ASL Topic: Months<br><br>11:00am Spirit Club Fitness with Mr. Chris *in-person*<br><br>12:00pm Lunch<br><br>1:00pm Pick your own craft day!<br><br>*10 spots available, Call Ms. Rose to reserve a spot! *                                       | 23.<br>10:00am DHH Topic: What is a personal sound amplifier?<br><br>11:00am-2:00pm Round Table Talk: Dating<br><br>*Lunch will be encouraged to be eaten during the conversation*<br><br>*10 spots available, Call Ms. Rose to reserve a spot! *   | 24.<br>10:00am ASL Topic: Colors<br><br>11:00am Deaf Culture with DHH Intern, Ms. Aisha H. *in-person*<br><br>12:00pm Lunch<br><br>1:00pm Technology Tutorial: Learn how to protect your information and data<br><br>*10 spots available, Call Ms. Rose to reserve a spot! *  | 25.<br>10:00 am DHH Topic: What are the different ranges of hearing loss?<br><br>11:00am BYOP: Bring Your Own Puzzle<br><br>12:00pm Lunch<br><br>1:00pm Listen to 90's r& b music *in-person*<br><br>*10 spots available, Call Ms. Rose to reserve a spot! * | 26.<br>10:00am Months & Colors Review ASL Signs<br><br>11:00am Family feud game<br><br>12:00pm Lunch<br><br>1:00pm Mindful meditation<br><br>*10 spots available, Call Ms. Rose to reserve a spot! * |  |
| 28.<br>10:00am ASL Topics: Review all topics discussed this month<br><br>11:00am Nutrition Education with Ms. Minor *in-person*<br><br>12:00pm Lunch<br><br>1:00pm Painting canvases *in-person*<br><br>*10 spots available, Call Ms. Rose to reserve a spot! * | 29.<br>10:00am DHH Topic: What is the history of Gallaudet University?<br><br>11:00am Technology tutorial: How to create an email account<br><br>12:00pm Lunch<br><br>1:00pm Exercise in gym *for those with completed waivers only*<br><br>*10 spots available, Call Ms. Rose to reserve a spot! * | 30.<br>10:00am ASL topics: Review all topics discussed this month<br><br>11:00am-2:00pm Trip to Martha's Table<br><br>Address: 2375 Elvans Road SE Washington, DC 20020<br><br>*Lunches will be provided after the trip*<br><br>Please arrive at 10:45 am so we can leave on time!<br><br>*10 spots available, Call Ms. Rose to reserve a spot! * | 31.<br>10:00am DHH Topic: Is Sign Language Universal?<br><br>11:00am-2:00pm Round Table Talk: Physical health and how it impacts your mental health<br><br>*10 spots available, Call Ms. Rose to reserve a spot! *   |    |  |