




July 2023
Activity Calendar

EOTR Deaf and Hard of Hearing Program
4301 9th St SE Washington, DC 20032
Rose Ansara, Program Director 202-744-9649
Michele Kinsey, Community Dining Site Supervisor
202-571-8351



	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>A Ms. Minor Message:</p> <p>PLEASE bring a water bottle for programming!</p>	<p>3. 10:00am Morning meditation on Zoom 930 6671 5552</p> <p>11:00am Painting *in-person*</p> <p>12:00pm Lunch</p> <p>1:00pm Technology Tutorial: How to use your Google Drive *in-person*</p>	<p>4.</p> <p>HAPPY INDEPENDENCE DAY</p> <p>OUR SITE WILL BE CLOSED!</p>	<p>5. 10:00am ASL Education: 4th of July and BBQ signs *in-person*</p> <p>11:00am-2:00pm Café Movie Showing: Missing</p> <p>*Lunch and popcorn provided in person.*</p> <p>*10 spots available, call Ms. Michele to reserve a spot!*</p>	<p>6. 10:00am Zumba class on Zoom 930 6671 5552</p> <p>11:00am-2:00pm Scrapbooking class #4 with Ms. Michele *in- person*</p> <p>*Lunch will be included!*</p> <p>*10 spots available, please call Ms. Michele to reserve a spot!*</p>	<p>7.</p> <p>9:30am-2:00pm Nutrition Education trip to USDA Market with Ms. Minor!</p> <p>Address: 14th St SW Washington, DC 20250</p> <p>*A box lunch will be provided*</p> <p>Please arrive on site at 9:15 am so we can leave at 9:30am!</p> <p>*12 spots available, call Ms. Michele to reserve a spot!*</p>
	<p>10. 10:00am ASL Education: Weather signs *in-person*</p> <p>11:00am-2:00pm Café Movie Showing: Flight</p> <p>*Lunch and popcorn will be provided!*</p> <p>*10 spots available, call Ms. Michele to reserve a spot!*</p>	<p>11. 10:00am Seated movement class on Zoom 930 6671 5552</p> <p>11:00am-2:00pm Round table talk: Talking about the struggles of parenting or being a parental figure. *in-person*</p> <p>*Lunch will be included!*</p> <p>*10 spots available, call Ms. Michele to reserve a spot!*</p>	<p>12. 10:00am Exercise ideas for the summer on Zoom 930 6671 5552</p> <p>11:00am EMS Fire Safety Presentation with Ms. Pat Everett and DC Firefighters! *in-person*</p> <p>12:00pm Lunch</p> <p>1:00pm Listening to jazz music *in- person*</p> <p>*10 spots available, call Ms. Michele to reserve a spot!*</p>	<p>13. 10:00am-2:00pm Trip to B- Thrifty Camp Springs Thrift Store</p> <p>Address: 4917 Allentown Road Camp Springs, MD 20746</p> <p>*A box lunch will be provided!*</p> <p>*12 spots available, call Ms. Michele to reserve a spot!*</p> <p>*Please arrive on site at 9:45am so we can leave at 10:00am!*</p>	<p>14. 10:00am Seated arm workout class *in-person*</p> <p>11:00am Arts for the Aging with Ms. Nephelie *in-person*</p> <p>12:00pm Lunch</p> <p>1:00pm How to make an origami bird on Zoom 930 6671 5552</p> <p>*10 spots available, call Ms. Michele to reserve a spot!*</p>

EVENT:

ERFSC Senior Prom

**When: Thursday, July 27
4:00-8:00pm**

**Where: St. Luke's Center
4923 East Capitol St SE
Washington, DC 20019**

Please reach out to Ms. Michele to sign up for the prom. Please register by July 17th!



17.
Creative writing class on ZOOM 930 6671 5552

11:00am-2:00pm Café Movie Showing: CODA with discussion afterwards!

Lunch and popcorn available in-person

10 spots available, call Ms. Michele to reserve a spot!

24.
10:00am Weekly check-in with Ms. Michele *in-person*

11:00am Arts for the Aging with Ms. Nephelie *in-person*

12:00pm Lunch

1:00pm Jenga board game tournament *in-person*

10 spots available, please call Ms. Michele to reserve a spot!

31.
10:00am Yoga on Zoom 930 6671 5552

11:00am-2:00pm Café Movie Showing: The 5 Year Engagement

Lunch and popcorn will be provided in-person

*10 spots available, call Ms. Michele to reserve a spots!

18.
10:00am-2:00pm Trip to The Smithsonian Air and Space Museum

Address: 600 Independence Ave SW Washington, DC 20560

12 spots available, call Ms. Michele to reserve a spot!

A box lunch will be provided

Please arrive on site at 9:45am so we can leave at 10:00am!

25.
10:00am Learn how to play chess on Zoom 930 6671 5552

11:00am-2:00pm Mystery Box Arts and Crafts Day *in-person*

Lunch will be included

10 spots available, call Ms. Michele to reserve a spot!

July Observances:

- National Grilling Month
- National Firework Safety Month
- Cord Blood Awareness Month
- Family Reunion Month
- National Foreign Language Month

19.
10:00am-12:00pm Round table talk: What has been the most recent lesson you have learned?

12:00pm Lunch

1:00pm Technology Tutorial: Learning how to use the iPad *in-person*

10 spots Please call Ms. Michele to reserve a spot!

26.
10:00am Listening to 70's jazz *in-person*

11:00am-2:00pm Trip to Martha's Table for Groceries

Address: 2375 Elvan's Rd SE Washington, DC 20020

A box lunch will be provided

Please arrive at 10:45 am so we can leave at 11:00 am!

12 spots available, call Ms. Michele to reserve a spots!



20.
10:00am-12:00pm Crocheting Class #3 Beginner Level with Ms. Deborah *in-person*

12:00pm Lunch

1:00pm ASL Education: Fruits and Vegetables signs *in-person*

10 spots available- please call Ms. Michele to reserve a spot!

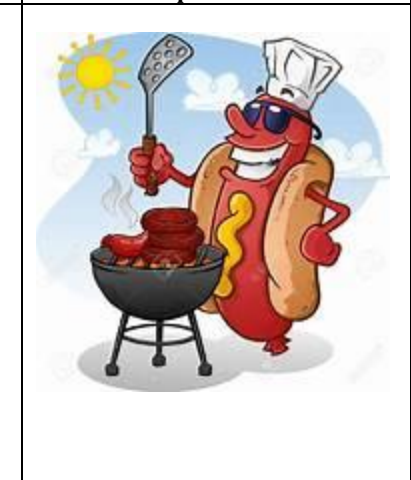
27.
10:00am ASL Education: Fashion signs *in-person*

11:00am -2:00pm Café Movie Showing: Look Both Ways

Lunch and popcorn provided in-person

*10 spots available, call Ms. Michele to reserve a spots!

EOTR SENIOR PROM
4:00pm - 8:00pm
St. Luke's Center
4923 East Capitol Street SE



21.
10:00am Seated back stretches on Zoom 930 6671 5552

11:00am Scrapbooking Class #5 with Ms. Michele *in-person*

12:00pm Lunch

10 spots available- Please call Ms. Michele to reserve your spot!

**ERFSC
DISCRETIONARY
DAY**

**SITE WILL BE
CLOSED**

