




EOTR / Deaf and Hard of Hearing Program  
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## October 2023 Activity Calendar



	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>2. 10:00am Yoga on ZOOM 930 6671 5552</p> <p>11:00am ASL Education Signs for Halloween *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>3. 10:00am Zumba class on Zoom 930 6671 5552</p> <p>11:00am Nutrition Education with Ms. Minor *in-person*</p> <p>12:00pm Lunch</p> <p>1:00pm Listen to r &amp; b music *in- person*</p> <p>*8 spots available, Call Mrs. Michele to reserve a spot!*</p>	<p>4. 10:00am Hand stretches on Zoom 930 6671 5552</p> <p>11:00am Meet and Greet with our DHH Intern, Aisha H.! *in-person*</p> <p>12:00pm Lunch</p> <p>1:00pm Technology Tutorial: How to check the amount of space you have in your email with Ms. Michele *in-person*</p> <p>*8 spots available, Call Mrs. Michele to reserve a spot!*</p>	<p>5. 10:00am Meditation Practice on Zoom 930 6671 5552</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>*8 spots available, Call Mrs. Michele to reserve a spot!*</p>	<p>6. 10:00am Hip-Hop Step Aerobics for Seniors ZOOM 930 6671 5552</p> <p>11:00am-2:00pm Café Movie Showing: Miss Congeniality *in- person*</p> <p>*Lunch and popcorn provided*</p> <p>*8 spots available, Call Mrs. Michele to reserve a spot!*</p>
	<p>9.</p> <p><b>CENTER IS CLOSED HAPPY INDIGINEOUS PEOPLES DAY!</b></p>	<p>10. 10:00am Core Balance Class on Zoom 930 6671 5552</p> <p>11:00am Round table discussion: Cold weather and isolation on Zoom 930 6671 5552</p> <p>12:00 Chat &amp; Chew Virtual Lunch on Zoom 930 6671 5552</p> <p>1:00pm Virtual Jeopardy on Zoom 930 6671 5552</p>	<p>11. 10:00am Thai Chi class for seniors on Zoom 930 6671 5552</p> <p>11:00am Online Scrabble on Zoom 930 6671 5552</p> <p>12:00 Chat &amp; Chew Virtual Lunch on Zoom 930 6671 5552</p> <p>1:00pm Ear protection and awareness with Ms. Rose on Zoom 930 6671 5552</p>	<p>12. 10:00am Seated leg exercises on Zoom 930 6671 5552</p> <p>11:00 Hand Embroidery Kit with Mrs. Michele on Zoom 930 6671 5552</p> <p>12:00 Chat &amp; Chew Virtual Lunch on Zoom 930 6671 5552</p> <p>1:00pm Technology Tutorial: How to use your phone voicemail box with Mrs. Michele on Zoom 930 6671 5552</p>	<p>13. 10:00am Ballet class on ZOOM 930 6671 5552</p> <p>11:00am Arts for the Aging with Ms. Sandy and Ms. Casey on Zoom 930 6671 5552</p> <p>12:00 Chat &amp; Chew Virtual Lunch on Zoom 930 6671 5552</p> <p>1:00pm Sit and Knit on Zoom 930 6671 5552</p>
	<p>16. 10:00am Seated Hip Exercises for Seniors ZOOM 930 6671 5552</p> <p>11:00am Brain Games DHH Game on Zoom 930 6671 5552</p> <p>12:00pm Chat &amp; Chew Virtual Lunch on Zoom 930 6671 5552</p>	<p>17. 10:00am Tour of the new facility! *in-person*</p> <p>11:00am Making beaded bracelets with Mrs. Michele *in-person*</p> <p>12:00pm Lunch</p>	<p>18. 10:00am Light cardio for seniors on Zoom 930 6671 5552</p> <p>11:00am-2:00pm Watch CODA and discuss on Zoom 930 6671 5552</p> <p>*Lunch is encouraged to be eaten during the movie*</p>	<p>19. 10:00am-12:00pm Crocheting Class with Ms. Deborah *in- person*</p> <p>12:00pm Lunch</p> <p>1:00pm DC Trivia with Mrs. Michele *in-person*</p>	<p>20. 10:00am Diabetes Prevention Presentation with Ms. Rose on Zoom 930 6671 5552</p> <p>12:00 Chat &amp; Chew Virtual Lunch on Zoom 930 6671 5552</p>

	<p>1:00pm "BYOP" Bring Your Own Puzzle with Mrs. Michele on Zoom 930 6671 5552</p>	<p>1:00pm ASL Education: Reviewing signs you know with Mrs. Michele *in-person*</p> <p>*8 spots available, Call Mrs. Michele to reserve a spot!*</p>		<p>*8 spots available, call Mrs. Michele to reserve a spots!*</p>	<p>11:00am Arts for the Aging with Ms. Casey and Ms. Sandy on Zoom 930 6671 5552</p> <p>1:00pm Talks about relationships with Dr. Kallil on Zoom 930 6671 5552</p>
	<p>23. 10:00am Meditation for Seniors with Ms. Michele *in-person*</p> <p>11:00am ASL Education Breast cancer signs *in-person*</p> <p>12:00pm Lunch</p> <p>1:00pm Free paint with Ms. Michele *in-person*</p> <p>*8 spots available, call Mrs. Michele to reserve a spot!*</p>	<p>24. 10:00am-12:00pm Book club meeting with Ms. Rose on Zoom 930 6671 5552</p> <p>12:00 Chat &amp; Chew Virtual Lunch on Zoom 930 6671 5552</p> <p>1:00pm Crossword puzzles and word searches on Zoom 930 6671 5552</p>	<p>25. 10:00am Stretches with Ms. Michele *in-person*</p> <p>11:00am Pinpoint with Mrs. Michele *in-person*</p> <p>12:00pm Lunch</p> <p>1:00PM Protecting your information and data with Ms. Rose *in-person*</p> <p>*8 spots available, call Mrs. Michele to reserve a spot!*</p>	<p>26. 10:00am Crocheting 101 class on Zoom 930 6671 5552</p> <p>11:00am-2:00pm Round table talk: What is ADHD on Zoom 930 6671 5552</p> <p>*Lunch is encouraged to be eaten during the discussion*</p>	<p>27. 9:00 am-2:00pm Trip to Central Union Mission Church Senior Fellowship</p> <p>Address: 65 Massachussets Ave NW Washington, DC 20001</p> <p>*Lunch will be provided*</p> <p>*12 spots available, Call Mrs. Michele to reserve an reserved a spot!*</p>
	<p>30. 10:00am Arthritis awareness presentation with Ms. Rose on Zoom 930 6671 5552</p> <p>11:00am Nutrition Education with Ms. Minor *in-person*</p> <p>12:00pm Lunch</p> <p>1:00pm Painting pumpkins *in-person*</p> <p>*8 spots available, Call Mrs. Michele to reserve a spot!*</p>	<p>31. 10:00am Technology Tutorial: How to connect with friends on Facebook *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>National Observances:</p> <ul style="list-style-type: none"> <li>• Breast Cancer Awareness</li> <li>• ADHD Awareness</li> <li>• Eczema Awareness</li> <li>• Blind Awareness</li> <li>• Healthy Lung Awareness</li> <li>• National Domestic Violence Month</li> </ul>	