





August 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>August Observances:</p> <ul style="list-style-type: none"> National friendship month National smile month National fraud prevention month American artist appreciation month National eye wellness month 	<p>1. 10:00am-2:00pm Nutrition Education trip to Starbucks with Ms. Minor!</p> <p>Address: 625 H St NE Washington, DC 20002</p> <p>*A box lunch will be provided.*</p> <p>Please arrive on site at 9:45 am so we can leave at 10:00 am!</p> <p>*12 spots available, call Ms. Michele to reserve a spot!*</p>	<p>2. 10:00am-12:00pm Visit with MPD DC from the DHH Department *in-person*</p> <p>12:00pm Lunch</p> <p>1:00pm ASL Safety signs *in-person*</p> <p>*10 spots available, call Ms. Michele to reserve a spot!*</p>	<p>3. 10:00am Yoga class on Zoom 930 6671 5552</p> <p>11:00am Presentation on fraud prevention with Rose *in-person*</p> <p>12:00pm Lunch</p> <p>1:00pm Make beaded bracelets *in-person*</p> <p>*10 spots available, please call Ms. Michele to reserve a spot!*</p>	<p>4. 10:00am Jazz music on Zoom 930 6671 5552</p> <p>11:00am Arts for the Aging with Ms. Nephelie *in-person*</p> <p>12:00-2:00pm Café Movie Showing: The Perfect Find</p> <p>*Lunch and popcorn will be provided!*</p> <p>*10 spots available, call Ms. Michele to reserve a spot!*</p>
	<p>7. 10:00am ASL Education: Food signs *in-person*</p> <p>11:00am-2:00pm Any help with your technology with Ms. Rose *in-person*</p> <p>*Lunch will be included!*</p> <p>*10 spots available, call Ms. Michele to reserve a spot!*</p>	<p>8. 10:00am Zumba class on Zoom 930 6671 5552</p> <p>11:00am-12:00pm EMS Fire Safety Presentation with Ms. Pat Everett and DC Firefighters! *in-person*</p> <p>12:00pm Lunch</p> <p>1:00pm Play Family Feud *in-person*</p> <p>*10 spots available, call Ms. Michele to reserve a spot!*</p>	<p>9. 10:00am Zumba class on Zoom 930 6671 5552</p> <p>11:00am-2:00pm Round table talk: Dating as a senior</p> <p>*Lunch will be included!*</p> <p>*10 spots available, call Ms. Michele to reserve a spot!*</p>	<p>10. 10:00am-2:00pm Trip to Dutch County Farmers Market</p> <p>Address: 9701 Fort Meade Rd Laurel, MD 20707</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>11. 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>

<p>14. 10:00am Creative writing class on ZOOM 930 6671 5552</p> <p>11:00am-2:00pm Round table talk: Lonliness *in-person*</p> <p>*Lunch will be included!*</p> <p>*10 spots available, call Ms. Michele to reserve a spot!*</p>	<p>15. 10:00am-12:00pm DACL and DHH Transportation Outreach Fair *on-site, in-person*</p> <p>-Transportation vendors with tables and resources -Light refreshments -Live entertainment</p> <p>*Lunches will still be provided to take home*</p> <p>*20 spots available, call Ms. Michele to reserve a spot!*</p>	<p>16. 10:00am Tai Chi class on Zoom 930 6671 5552</p> <p>11:00am Jeopardy game *in-person*</p> <p>12:00pm Lunch</p> <p>1:00pm Technology Tutorial: Learning how to use the iPad *in-person*</p> <p>*10 spots Please call Ms. Michele to reserve a spot!*</p>	<p>17. 10:00am ASL Education: Technology signs *in-person*</p> <p>11:00am -2:00pm Café Movie Showing: CODA with discussion afterwards! *in-person*</p> <p>*Lunch and popcorn provided in-person*</p> <p>*10 spots available, call Ms. Michele to reserve a spots!</p>	<p>18. 10:00am Seated arm stretches on Zoom 930 6671 5552</p> <p>11:00am-2:00pm Scrapbooking Class #1 with Ms. Michele *in-person*</p> <p>*Lunch will be included*</p> <p>*10 spots available- Please call Ms. Michele to reserve your spot!</p>
<p>21. 10:00am Breathing exercises on Zoom 930 6671 5552</p> <p>11:00am-2:00pm Round table talk: Elder Abuse *in-person*</p> <p>*Lunch will be included*</p> <p>*10 spots available, please call Ms. Michele to reserve a spot!*</p>	<p>22. 10:00am Learn how to play chess on Zoom 930 6671 5552</p> <p>11:00am Paint on canvases *in-person*</p> <p>12:00pm Lunch</p> <p>1:00pm Technology tutorial: Learn how to use Video Relay Services and how the call works. *in-person*</p> <p>*10 spots available, call Ms. Michele to reserve a spot!*</p>	<p>23. 10:00am Listening to 70's jazz *in-person*</p> <p>11:00am-2:00pm Trip to Martha's Table for Groceries</p> <p>Address: 2375 Elvan's Rd SE Washington, DC 20020</p> <p>*A box lunch will be provided*</p> <p>*Please arrive at 10:45 am so we can leave at 11:00 am!*</p> <p>*12 spots available, call Ms. Michele to reserve a spots!*</p>	<p>24. 10:00am-12:00pm Crocheting Class #1 Beginner Level with Ms. Deborah *in-person*</p> <p>12:00pm Lunch</p> <p>1:00pm ASL Education: Beach signs *in-person*</p> <p>*10 spots available- please call Ms. Michele to reserve a spot!*</p>	<p>25. 10:00am-2:00pm Café Movie Showing: Titanic *in-person*</p> <p>*Lunch and popcorn will be provided.*</p> <p>*10 spots available, call Ms. Michele to reserve a spots!</p>
<p>28. 10:00am Yoga on Zoom 930 6671 5552</p> <p>11:00am-2:00pm Round table talk: Mental health stigmas *in-person*</p> <p>*Lunch will be included*</p> <p>*10 spots available, call Ms. Michele to reserve a spots!</p>	<p>29. 10:00am Creative writing class *in-person*</p> <p>11:00am-2:00pm Technology Tutorial: Learn how to use Amazon Fire Tablets *in-person*</p> <p>*Lunch will be included*</p> <p>*10 spots available, call Ms. Michele to reserve a spots!</p>	<p>30. 10:00am Back stretches 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 Make beaded bracelets *in-person*</p> <p>*10 spots available, call Ms. Michele to reserve a spots!</p>	<p>31. 10:00am Dance class on Zoom 930 6671 5552</p> <p>11:00am-2:00pm Café Movie Showing: Pride & Prejudice *in-person*</p> <p>*Lunch and popcorn will be provided!*</p> <p>*10 spots available, call Ms. Michele to reserve a spots!</p>	

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