





**EOTR / Deaf and Hard of Hearing Program**  
 4301 9th St. SE, Washington D.C 20032  
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 202-571-8351

## May 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>1. 10:00am Seated Hip exercises on ZOOM 930 6671 5552</p> <p>11:00am-2:00pm Board game tournament with Ms. Michele *in-person*</p> <p>*Lunch included*</p> <p>10 spots available, call Ms. Michele to reserve a spot!</p>	<p>2. 10:00am-2:00pm Trip to Marshall's</p> <p>Address: 1201 D S Hayes Street Arlington, VA 22202</p> <p>*12 spots available, call Ms. Michele to reserve a spot*</p> <p>Please arrive on site at 9:45 am so we can leave on time!</p>	<p>3. 10:00am Puzzles with Ms. Michele *in-person*</p> <p>11:00am Spirit Fitness with Mr. Chris *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 spot!*</p>	<p>4. 10:00am Standing Warm-up on ZOOM 930 6671 5552</p> <p>11:00am EMS Safety Presentation Q &amp; A with firefighters *in-person*</p> <p>12:00pm LUNCH</p> <p>1:00pm Technology Tutorial: Learn how to clean your iPad</p> <p>*10 spots available, call Ms. Michele to reserve a spot!*</p>	<p>5. 10:00am ASL Education: Emergency Signs *in-person*</p> <p>11:00am-2:00pm Café Movie Showing: This is Where I Leave You</p> <p>*Lunch &amp; popcorn available in person. *</p> <p>*10 spots available, call Ms. Michele to reserve a spot!</p>
	<p>8. 10:00am ASL Education: Farm signs *in-person*</p> <p>11:00 am Arts and crafts: Paint floral suncatchers</p> <p>12:00pm Lunch</p> <p>1:00pm Transportation Outreach Info session with DACL</p> <p>*10 spots available, please call Ms. Michele to reserve your spot*</p>	<p>9. 10:00am Arm exercises on ZOOM 930 6671 5552</p> <p>11:00am Café movie showing: Diary of a Black Woman</p> <p>*Lunch &amp; popcorn available in person*</p> <p>*10 spots available, please call Ms. Michele to reserve*</p>	<p>10. 10:00am Meditation Practice on Zoom 930 6671 5552</p> <p>11:00am Spirit Club Fitness with Mr. Chris *in-person*</p> <p>12:00pm LUNCH</p> <p>1:00pm Technology tutorial: How to create a signature on your email.</p> <p>*10 spots available, please call Ms. Michele to reserve*</p>	<p>11. 9:30am-2:00pm Trip to Publick Playhouse: Amazing Grace: Aretha Franklin's Life</p> <p>5445 Landover Road Cheverly, MD 20784</p> <p>*12 spots available, call Ms. Michele to reserve a spot!*</p> <p>Please arrive on site at 9:15 am so we can leave on time!</p>	<p>12. 10:00am Cozy Flow exercises on ZOOM 930 6671 5552</p> <p>11:00am-2:00pm Nutrition Education with Ms. Minor and Chef Herb *in-person, lunch included! *</p>
	<p>15. 10:00am ASL Education: Mother's Day signs *in-person*</p> <p>11:00am-2:00pm A Mother's Day Tea Party</p> <p>Painting flowerpots, planting seeds, and enjoying tea and cookies. Lunch is included!</p>	<p>16. 10:00am Thai Chi on Zoom 930 6671 5552</p> <p>11:00am-2:00pm Nutrition Education Trip to Martha's Table for Groceries with Ms. Minor</p> <p>Address: 2375 Elvan's Rd SE Washington, DC 20020</p>	<p>17. 10:00am Technology tutorial: How to use Google</p> <p>11:00am Spirit Club Fitness with Mr. Chris *in-person*</p> <p>12:00pm LUNCH</p> <p>1:00pm Breathing exercises on ZOOM 930 6671 5552</p>	<p>18. 10:00am Yoga on ZOOM 930 6671 5552</p> <p>11:00am-2:00pm Round table talk reflecting on being a mother, or mother figure with a therapist! *Lunch provided, in-person*</p>	<p>19. 10:00am Listen to piano music on Zoom 930 6671 5552</p> <p>11:00am-2:00pm Café' Movie Showing: The Wedding Year</p> <p>*Lunch &amp; popcorn available *in-person*</p>

<p>Wear your best tea party hat!</p> <p>*14 spots available, please call Ms. Michele to reserve your spot*</p>	<p><b>*12 spots available, call Ms. Michele to reserve a spot! *</b></p> <p><b>Please arrive on site at 10:45am so we can leave.</b></p>	<p>*10 spots available, call Ms. Michele to reserve a spot!*</p>	<p>*10 spots available, call Ms. Michele *</p>	<p>*10 spots available, call Ms. Michele to reserve a spot!</p>
<p>22. 10:00am Yoga on ZOOM 930 6671 5552</p> <p>11:00am Financial Literacy Workshop: All about Identity Theft *in-person*</p> <p>12:00pm LUNCH</p> <p>1:00pm ASL Education: Conversation signs *in-person*</p> <p>*10 spots available, call Ms. Michele to reserve a spot!*</p>	<p>23. 10:00am Zumba Cardio on ZOOM 930 6671 5552</p> <p>11:00am-2:00pm Pick your own artwork day!</p> <p>*In-person, lunch available*</p> <p>*10 spots available, call Ms. Michele to reserve a spot!*</p>	<p>24. 10:00am Mental Health Awareness presentation on ZOOM 930 6671 5552</p> <p>11:00am Spirit Club Fitness with Mr. Chris *in-person*</p> <p>12:00 LUNCH</p> <p>1:00pm Technology Tutorial: Learn how to use your technology safely with screen settings *in-person*</p> <p>*10 spots available, call Ms. Michele to reserve a spot!*</p>	<p>25. <b>9:00am-2:00pm Trip to Older Americans Cultural Tasting Event at the Chevy Chase Community Center</b></p> <p><b>Address: 5601 Connecticut Ave NW Washington, DC 20015</b></p> <p><b>*14 spots available, call Ms. Michele to reserve a spot!*</b></p> <p><b>*Please arrive at 8:50 am so we can leave on time!*</b></p>	<p>26. 10:00am Stretching workout on ZOOM 930 6671 5552</p> <p>11:00am-2:00pm Café Movie Showing: A Sunday Affair</p> <p>*Lunch &amp; popcorn available in person*</p> <p>*10 spots available, call Ms. Michele to reserve a spot! *</p>
<p>29.</p> <p><b>MEMORIAL DAY CENTER WILL BE CLOSED. ENJOY THE HOLIDAY!</b></p>	<p>30 10:00am Meditation on Zoom 930 6671 5552</p> <p>11:00am Spirit Club Fitness with Mr. Chris *in-person*</p> <p>12:00pm Lunch</p> <p>1:00pm Pictionary game *in-person*</p> <p>*10 spots available, call Ms. Michele to reserve a spot!*</p>	<p>31. <b>9:40am-3:00pm Trip to DACL Senior Fest at the Gateway DC Pavilion</b></p> <p><b>Address: 2700 Martin Luther King Jr Ave Washington, DC 20032</b></p> <p><b>*Please arrive at 9:30 am so we can leave on time!*</b></p> <p><b>*12 spots available, call Ms. Michele to reserve a spot*</b></p>	<p><u>National Month Observances:</u></p> <ul style="list-style-type: none"> <li>• Fire Safety Month</li> <li>• Mental Health Month</li> <li>• Asian American Month</li> <li>• Lyme Disease Awareness Month</li> <li>• National Pet Month</li> <li>• National Photo Month</li> </ul>	 <p>HAPPY Mother's DAY</p>