

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

## September 2022 Activity Calendar



		LIVE DOLDE!			
	Monday	Tuesday	Wednesday	Thursday	Friday
DHH ZOOM Meeting ID #930 6671 5552 CALL IN # 301-715- 8592 Happy Birthday to everyone with birthdays this month!	National Observances in September  · Alopecia Areata Awareness  · Fall Hat Month  · Classical Music Month  · Hispanic Heritage Month  · Blood Cancer Awareness  · Prostate Health Month			1. 10:00am -Coping during COVID w/ Patrick Crawford ZOOM 951 4112 0645  11:00am-1:00pm Café Movie Showing *in-person* with If Beale Street Could Talk *Lunch and movie snacks provided*  *Please call Ms. Michele to reserve your spot!*	2. 10:00am Spirit Club Fitness Zumba ZOOM 930 6671 5552  11:00am Painting wind chimes *in-person*  12:00pm LUNCH TIME  1:00pm Nutrition Education with Ms. Minor *in-person*
All in-person events require masks!	CENTER IS CLOSED  HAPPY LABOR DAY WEEKEND!	6. 10:00am Coping during COVID w/ Patrick Crawford ZOOM 951 4112 0645  11:30am ASL Education: Country signs *in-person*  12:30pm LUNCH TIME  1:00pm Paint nails with Michele! *In-person*	7. 10:00am ASL Education *In- Person* Farm Signs  11:00am - 2:00pm Trip to Laurel Dutch Country Farmers Market  Address: 9701 Fort Meade Road Laurel, MD 20707  *Please call Ms. Michele Kinsey to reserve a spot for this event*	8. 10:00am -Coping during COVID w/ Patrick Crawford ZOOM 951 4112 0645  11:30am Arts & crafts day! *In-person*  12:00pm LUNCH TIME  1:00pm Technology Tutorial: How to read a book from your electronic device *in-person*	9. 10:00am Spirit Club Fitness Adventure time fitness ZOOM 930 6671 5552  11:00am Playing with playdough! *In-person*  12:00pm LUNCH TIME  1:00pm Nutrition Education with Ms. Minor *in-person*

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	12. 10:00am Spirit Club Fitness	13. Trip to Paint This Pottery	14. 10:00am Jenga Tournament	15. 10:00am Coping during	16. 10:00am Spirit Club Fitness
	Boxing	Painting	*in-person*	COVID w/ Patrick Crawford	Positive Mindset Talk
	ZOOM 930 6671 5552	r amung	in person	ZOOM 951 4112 0645	ZOOM 930 6671 5552
	200m /30 00/1 3332	9:30am-1:00pm	11:00am Spirit Club Fitness	20011 731 4112 0043	20011 730 00/1 3332
	11:30am Arts for the Aging	2.50dili 1.00pili	Class *in person*	11:30am Pictionary game	11:00am Play Uno *in-
	with Annetta	Address:	onco in person	*in-person*	person*
	Z00M 930 4112 0645	1013 King St, Alexandria, VA	12:00pm LUNCH TIME	in person	Person
	TO CAR YOU ILLE OU IO	22314		12:00pm LUNCH TIME	12:00pm LUNCH TIME
	12:00pm LUNCH TIME		1:00pm Adult coloring books	3 F 3 - 3 - 3 - 3 - 3 - 3 - 3 - 3	
	*	*Please call Ms. Michele to	*in-person*	1:00pm Technology	1:00pm Nutrition Education
	1:00pm ASL Education:	reserve a spot for this event*	P	Tutorial: How to change my	with Ms. Minor *in-person*
	Electronic signs!			browsing privacy settings	_
	ZOOM 930 6671 5552				
	19.	20.	21.	22.	23.
	10:00am Spirit Club Fitness	10:00am Coping during	Trip to Toby's Dinner	10:00am Coping during	10:00am Spirit Club
	Sam's Workout Jam	COVID w/ Patrick Crawford	<b>Theater</b>	COVID	Fitness Healthy Cooking
	ZOOM 930 6671 5552	ZOOM 951 4112 0645		w/ Patrick Crawford	ZOOM 930 6671 5552
			<mark>9:45am-3:00pm</mark>	ZOOM 951 4112 0645	
	11:30am Exploration	11:00am Fall Prevention		_	11:00am National
	through jazz music	Presentation *in-person*	Address:	11:30am Verbal affirmation	Association for the Deaf
	ZOOM 930 6671 5552	40.00	5900 Symphony Woods Rd.	activity	Presentation: What are your
	40.00	12:00pm LUNCH TIME	Columbia, MD 21044	Zoom 930 6671 5552	rights?
	12:00pm LUNCH TIME	1.00	4D1 11 16 16 1	40.00 1101611 77757	ZOOM 930 6671 5552
	1.00mm Chat 9 Charmanith	1:00pm Crossword puzzles	*Please call Ms. Michele to	12:00pm LUNCH TIME	12.00 LUNCH TIME
	1:00pm Chat & Chew with Michele!	and word searches! *In-	reserve a spot for this event*	1.00nm Tashnalass	12:00pm LUNCH TIME
	ZOOM 930 6671 5552	person*		1:00pm Technology Tutorial: Using the oculus!	1:00pm ASL Education:
	ZOOM 930 00/1 3332			*in-person*	Nature Signs *in-person*
	26.	27.	28.	29.	30.
	10:00am Spirit Club Fitness-	Trip for Lunch at Rosa's	10:00am Spirit Club Fitness	10:00am Coping during	10:00am Spirit Club Fitness
	Zumba	Mexicano	Meditation	COVID w/Patrick Crawford	Yoga Flow
	ZOOM 930 6671 5552	Medicallo	ZOOM 930 6671 5552	ZOOM 951 4112 0645	Zoom 930 6671 5552
	20 OPI 700 0071 0002	11:00am-2:30pm	20011 700 007 1 0002	20011701 1112 0013	20011 700 0071 0002
	11:30am Arts for the Aging	21.00am 2.50pm	11:00am National Deaf	11:30am So you think you	11:00am Free Paint *in-
	Z00M 930 6671 5552	Address:	Therapy: Social Anxiety and	know DC trivia!	person*
		153 Waterfront St	what it looks like	Zoom 930 6671 5552	F
	12:00pm LUNCH TIME	Oxon Hills, MD 20745	ZOOM 930 6671 552		12:00pm LUNCH
	•			12:00pm LUNCH	
	1:00pm Sending cards for	*Please call Ms. Kinsey to	12:00pm LUNCH	_	1:00pm Nutrition Education
	local DC hospitals!	reserve a spot for this event*		1:00pm ASL Education: Food	with Ms. Minor *in-person*
	ZOOM 930 6671 5552		1:00pm Getting Hip with	Signs	
			Rose	Zoom 930 6671 5552	
			ZOOM 930 6671 5552		