



	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>All in-person events require masks!</p>	<p>National Observances in September</p> <ul style="list-style-type: none"> • Alopecia Areata Awareness • Fall Hat Month • Classical Music Month • Hispanic Heritage Month • Blood Cancer Awareness • Prostate Health Month 			<p>1. 10:00am -Coping during COVID w/ Patrick Crawford ZOOM 951 4112 0645</p> <p>11:00am-1:00pm Café Movie Showing *in-person* with If Beale Street Could Talk *Lunch and movie snacks provided*</p> <p>*Please call Ms. Michele to reserve your spot!*</p>	<p>2. 10:00am Spirit Club Fitness Zumba ZOOM 930 6671 5552</p> <p>11:00am Painting wind chimes *in-person*</p> <p>12:00pm LUNCH TIME</p> <p>1:00pm Nutrition Education with Ms. Minor *in-person*</p>
	<p>5.</p> <p>CENTER IS CLOSED</p> <p>HAPPY LABOR DAY WEEKEND!</p>	<p>6. 10:00am Coping during COVID w/ Patrick Crawford ZOOM 951 4112 0645</p> <p>11:30am ASL Education: Country signs *in-person*</p> <p>12:30pm LUNCH TIME</p> <p>1:00pm Paint nails with Michele! *In-person*</p>	<p>7. 10:00am ASL Education *In-Person* Farm Signs</p> <p>11:00am - 2:00pm Trip to Laurel Dutch Country Farmers Market</p> <p>Address: 9701 Fort Meade Road Laurel, MD 20707</p> <p>*Please call Ms. Michele Kinsey to reserve a spot for this event*</p>	<p>8. 10:00am -Coping during COVID w/ Patrick Crawford ZOOM 951 4112 0645</p> <p>11:30am Arts & crafts day! *In-person*</p> <p>12:00pm LUNCH TIME</p> <p>1:00pm Technology Tutorial: How to read a book from your electronic device *in-person*</p>	<p>9. 10:00am Spirit Club Fitness Adventure time fitness ZOOM 930 6671 5552</p> <p>11:00am Playing with playdough! *In-person*</p> <p>12:00pm LUNCH TIME</p> <p>1:00pm Nutrition Education with Ms. Minor *in-person*</p>

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