







September 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><u>A Ms. Minor Message:</u></p> <p>PLEASE bring a water bottle for programming!</p>	<p>September Observances:</p> <ul style="list-style-type: none"> National Suicide Prevention month National Intergeneration Month National Fruits and Vegetables Month National Sickle Cell Awareness Month National Sewing Month 				<p>1. 10:00am Listen to 90's hip-hop music 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 Play Family Feud *in-person*</p> <p>*10 spots available, call Ms. Michele to reserve a spot!*</p>
	<p>4.</p> <p>LABOR DAY SITE WILL BE CLOSED</p>	<p>5. 10:00am Hand and wrist exercises on Zoom 930 6671 5552</p> <p>11:00am Round table talk: The weight of being a caregiver</p> <p>12:00pm Lunch</p> <p>1:00pm Technology Tutorial: Learn about different iPad features (bring your iPad in-person)</p> <p>*10 spots available, call Ms. Michele to reserve a spot!*</p>	<p>6. 10:00am Hand, wrist and finger stretches on Zoom 930 6671 5552</p> <p>11:00am-2:00pm Café Movie Showing: Fast and Furious *in-person*</p> <p>*Lunch and popcorn will be included!*</p> <p>*10 spots available, call Ms. Michele to reserve a spot!*</p> <p>9:00am - 2:00pm (Transportation is not provided for this event) If you would like to attend the DACL Brain Games Rise Demonstration Center 2730 Martin Luther King Jr. Ave SE Included Continental Breakfast & Lunch</p>	<p>7. 10:00am Thai Chi class on Zoom 930 6671 5552</p> <p>11:00am EMS Fire Safety Presentation with Ms. Pat Everett and DC Firefighters! *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>8. 10:00am Seated arm workout class *in-person*</p> <p>11:00am Painting on Canvases/Paint Touch-Up Day *in-person*</p> <p>12:00pm Lunch</p> <p>1:00pm ASL Education: Back to school signs *in-person*</p> <p>*10 spots available, call Ms. Michele to reserve a spot!*</p>

<p>11. 10:00am ASL Education: Fingerspelling months</p> <p>11:00am Round table talk: Gender Norms and what they mean to you *in-person*</p> <p>12:00pm Lunch</p> <p>1:00pm Nutrition Education with Ms. Minor *in-person*</p> <p>*10 spots available, call Ms. Michele to reserve a spot!*</p>	<p>12. 10:00am Meditation practice on Zoom 930 6671 5552</p> <p>11:00am-2:00pm Café Movie Showing: Fatale *in-person*</p> <p>*Lunch and popcorn will be included!*</p> <p>*10 spots available, call Ms. Michele to reserve a spot!</p>	<p>13. 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: Learn how to order groceries online *in-person*</p> <p>*10 spots Please call Ms. Michele to reserve a spot!*</p>	<p>14. 10:00am Stretching class on Zoom 930 6671 5552</p> <p>11:00am-2:00pm Presentation with Ms. Walker and her team from AARP! *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 Play Board games *in-person*</p> <p>11:00am Crossword puzzles *in-person*</p> <p>12:00pm Lunch</p> <p>1:00pm Listen to 80's r & b *in-person*</p> <p>*10 spots available, call Ms. Michele to reserve a spot!*</p>
<p>18. 10:00am Breathing exercises on Zoom 930 6671 5552</p> <p>11:00am-2:00pm Round table talk: Fear and the way it impacts you *in-person*</p> <p>*Lunch will be included*</p> <p>*10 spots available, please call Ms. Michele to reserve a spot!*</p>	<p>19. 10:00am Learn how to play chess on Zoom 930 6671 5552</p> <p>11:00am Chat and Chew with Ms. Minor *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>20. 10:00am Paint nails with Michele *in-person*</p> <p>11:00am-2:00pm Café Movie Showing: Poms *in-person*</p> <p>*Lunch will be included*</p> <p>*10 spots available, call Ms. Michele to reserve a spots!</p>	<p>21. 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: Fall signs *in-person*</p> <p>*10 spots available- please call Ms. Michele to reserve a spot!*</p>	<p>22. 10:00am Scrapbooking with Michele *in-person*</p> <p>11:00am Arts for the Aging with Ms. Sandy and Ms. Casey *in-person*</p> <p>12:00pm Lunch</p> <p>1:00pm Making sun catchers *in-person*</p> <p>*10 spots available- please call Ms. Michele to reserve a spot!*</p>
<p>25. 10:00am Yoga on Zoom 930 6671 5552</p> <p>11:00am-2:00pm Café Movie Showing: The Starling *in-person*</p> <p>*Lunch will be included*</p> <p>*10 spots available, call Ms. Michele to reserve a spot!</p>	<p>26. 10:00am Creative writing class *in-person*</p> <p>11:00am-2:00pm Round table talk: Losing a loved one *in-person*</p> <p>*Lunch will be included*</p> <p>*10 spots available, call Ms. Michele to reserve a spot!</p>	<p>27. 10:00am Back stretches on Zoom 930 6671 5552</p> <p>11:00am -2:00pm Café Movie Showing: CODA with discussion afterwards! *in-person*</p> <p>*Lunch will be included*</p> <p>*10 spots available, call Ms. Michele to reserve a spot!</p>	<p>28. 10:00am Dance class on Zoom 930 6671 5552</p> <p>11:00am-12:00pm Crocheting Class #2 Beginner Level with Ms. Deborah *in-person*</p> <p>1:00pm Make beaded bracelets *in-person*</p> <p>*10 spots available, call Ms. Michele to reserve a spot!</p>	<p>29. 10:00am Yoga class on Zoom 930 6671 5552</p> <p>11:00am Arts for the Aging with Ms. Sandy and Ms. Casey *in-person*</p> <p>12:00pm Lunch</p> <p>1:00pm Technology tutorial: How to post pictures on Facebook with Michele *in-person*</p> <p>*10 spots available, please call Ms. Michele to reserve a spot!*</p>

