



# REOCCURRING PROGRAMS/CLUBS/CLASSES



PROGRAM NAME and DESCRIPTION Note: Virtual events are highlighted	INFORMATION (Location, times, dates, virtual/in-person options)	CRITERIA (residency, ages, price)	HOW TO SIGN UP
<b>Pinochle Club</b>	Check signup for available dates/times  <b>Location:</b> Fort Stevens Senior Center	DMV residents ages 55+	dprprograms.com
<b>Aerobics: Senior Chair dance classes</b>	Check sign up for available dates and times:  <b>Virtual</b>	DC residents 18-99  Free	dprprograms.com
<b>Aerobics: Senior Chair Classes (In-person)</b>	Check sign up for available dates and times  <b>Locations:</b> Palisades Rec Center Riggs LaSalle Rec	DMV residents ages 55+  Free	dprprograms.com
<b>Senior Bingo</b>	Check sign-up for available dates  <b>Rec Center:</b> Fort Stevens Deanwood Ferebee Hope	DMV Residents <u>Fort Stevens:</u> ages 50+ <u>Deanwood :</u> ages 55+ <u>Ferebee Hope:</u> ages 55+  Free	dprprograms.com
<b>Exploring Art for Seniors</b>	Check sign-up for available dates  1pm-2pm Fort Stevens Senior Center	DMV Residents 55+  Free	dprprograms.com

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<b>Senior Film Viewing and Discussion Panel</b>	Check sign up for dates  Th 1-3:30pm Fort Stevens Senior Center	DMV residents 50+  Free	<i>dprprograms.com</i>
<b>Basic Computer Skills Training for Seniors</b>	Check sign-up for available dates  F 1pm-2pm Riggs-LaSalle Recreation Center	DC Residents ages 50-99  Free	<i>dprprograms.com</i>
<b>Senior Crochet Class</b>	Check sign-up for available dates  F 10am-11am Fort Stevens Senior Center	DC Residents ages 50-99 Free	<i>dprprograms.com</i>
<b>Senior Arts &amp; Crafts</b>	Check signup for dates and times  <u>Location:</u> Columbia Heights Rec Center	DMV Residents ages 50+	<i>dprprograms.com</i>
<b>Woodworking for Seniors</b>	Check signup for dates and times  <u>Location:</u> Chevy Chase Community Center	DMV residents 55+	<i>dprprograms.com</i>
<b>Jewelry Making Club (age 45 and over)</b>	Required to bring own jewelry-making supplies  <u>Location:</u> Kalorama Rec Center	DC residents age 45+ Free	<i>dprprograms.com</i>  For questions: email <a href="mailto:julio.perez@dc.gov">julio.perez@dc.gov</a>

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<b>Senior Yoga</b>	Check signup for dates and times  Virtual	DC seniors  Free for DC residents \$30 for nonresidents	<a href="http://dprprograms.com">dprprograms.com</a>
<b>Senior Yoga (In-person)</b>	Check signup for dates and times  <u>Rec Centers:</u> Fort Stevens Chevy Chase Guy Mason	DMV residents <u>Fort Stevens/Guy Mason:</u> Ages 50+ <u>Chevy Chase:</u> Ages 55+	<a href="http://dprprograms.com">dprprograms.com</a>
<b>Senior Mindful Meditation</b>	Check signup for dates and times  Virtual	Available to DMV Seniors  Free	<a href="http://dprprograms.com">dprprograms.com</a>
<b>Senior Strength Training</b>	Check signup for dates and times  Virtual	Available to DMV Seniors  Free for DC residents, \$30 for non-residents	<a href="http://dprprograms.com">dprprograms.com</a>
<b>Senior Wellness</b>	Light fitness, strength training, stretching, and walking  Check sign-up for available dates  Tu, Th 8am-9am Edgewood Rec Center	DC Residents ages 50-99  Free	<a href="http://dprprograms.com">dprprograms.com</a>
<b>Senior Day Program I</b>	Check sign-up for available dates <i>*Most are M-F, 10am-2pm*</i>  **Available at most community centers in DC, check signup for options**	DC Residents ages 55-99  Free	<a href="http://dprprograms.com">dprprograms.com</a>

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<b>Senior Swim I: Learning the basics</b>	Check sign-up for available dates  <u>Aquatic Centers:</u> Barry Farm AC Wilson AC	DC Residents 55+  NOT FREE: \$10 for DC residents	<i>dprprograms.com</i>
<b>Senior Swim II: Improving skills and swimming strokes</b>	Check sign-up for available dates  <u>Location:</u> Barry Farm Aquatic Center	DC Residents 60+  NOT FREE: \$10 for DC residents	<i>dprprograms.com</i>
<b>UDC Senior Body wise Water Aerobics</b>	Check signup for dates and times  <u>Aquatic Centers:</u> Barry Farm AC Wilson Aquatic Center	DMV residents 60+	<i>dprprograms.com</i>
<b>Senior Tennis All Levels</b>	Check sign-up for available dates  <u>Location:</u> Southeast Tennis and Learning Center	DC Residents 55+  NOT FREE: \$16 for DC residents, \$24 for non-DC residents	<i>dprprograms.com</i>
<b>Water Wizards Senior Swim Team I</b>	Check sign-up for available dates  <u>Location:</u> William H. Rumsey Center	DC Residents 50+  Free	<i>dprprograms.com</i>
<b>YMCA Senior Water Aerobics</b>	Check signup for dates and times  <u>Locations:</u> Barry Farm Aquatic Center Wilson Aquatic Center	DC Residents 55+  Free	<i>dprprograms.com</i>
<b>Line Dancing For Seniors</b>	Check sign-up for available dates	DMV Residents 50+  Free	<i>dprprograms.com</i>

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	W 12pm-1pm Virtual		
<b>Line Dancing For Seniors (In-Person)</b>	Check sign-up for available dates  <u>Locations:</u> Fort Davis Rec Center Lamond Rec Center Emery Rec Center Turkey Thicket	DMV Residents <u>Fort Davis:</u> ages 55+ <u>Emery, Turkey Thicket, &amp; Lamond:</u> ages 50+  Free	<i>dprprograms.com</i>
<b>Movie Night</b>	Check sign-up for available dates  Th 6pm-8pm Brentwood Rec Center	DMV Residents all ages Free	<i>dprprograms.com</i>
<b>Bid Whist Card Game Club</b>	Check sign-up for available dates  <u>Locations:</u> Takoma Rec Center N Michigan Park	DC residents ages 18-99 Free	<i>dprprograms.com</i>
<b>Bingo Nights</b>	Check sign-up for available dates  Tu and Fri 6pm-7pm Emery Heights Rec Center	DC Residents ages 7-99 Free	<i>dprprograms.com</i>
<b>Game Night (Adults)</b>	Check sign-up for available dates and times  <u>Location:</u> Barry Farm	DC Residents ages 30-99 Free	<i>dprprograms.com</i>

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<b>Game Night (Young adults)</b>	Check sign-up for available dates  <u>Locations:</u> Barry Farm Rec Center Edgewood Rec Center	DC Residents <u>Edgewood:</u> ages 12-16 <u>Barry Farm:</u> ages 14-19 (Free	dprprograms.com
<b>Game Night (All ages)</b>	Check sign up for available dates  *Locations include most DC rec/community centers- check signup for details.*	DC residents 0-99 Free	dprprograms.com
<b>Cookery202 (w/ Virtual options)</b>	In-person cooking demonstrations provided through DC Central kitchen, with samples included!  Check sign up for available dates and times  <u>Location:</u> Kenilworth Rec Center or Virtual options	DC residents 15-99	dprprograms.com
<b>Chicken and Waffles</b> “Where youth can come and freely express feelings to adults that care”	Check sign-up for available dates  W 6:30pm-8pm Park View Community Center	DC Residents ages 15-99 Free	dprprograms.com

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<b>Nutrition &amp; Wellness Class</b>	Check signup for available dates  M 6pm-7pm Virtual	D Residents ages 18+ Free	<a href="http://dprprograms.com">dprprograms.com</a>
<b>Community Garden Book Club (Option to be virtual participant)</b>	New book every 3 months, meet either virtually or at garden to discuss topics  Check sign up dates  W 6:30pm-7:30pm Club Lederer Gardens	Dc residents 13-99 Free	<a href="http://dprprograms.com">dprprograms.com</a>  <i>For info on Microsoft teams link, email: <a href="mailto:kehMari.norman@dc.gov">kehMari.norman@dc.gov</a></i>
<b>Amala Lives Institute's Culinary Certificate Program: Offers training and certification</b>	Check signup for available dates and times  <u>Location:</u> Kenilworth Rec Center	DC residents 18+  Free	<a href="http://dprprograms.com">dprprograms.com</a>
<b>Computer Training (Level 1)</b>	Check sign-up for available dates  W, Th 11am-12:30pm Emery Heights Community Center	DC Residents ages 18-99  Free	<a href="http://dprprograms.com">dprprograms.com</a>
<b>Wine Down Jazz Night</b>	Bi-monthly event  Two locations: -Library Tavern DC -426 Oglethorpe St NW  **Dates and times vary, check sign-up information for specifics**	DC Residents 18+ Free with order	<i>Can walk-in to events at either location at specified date and time. More info on upcoming events here: <a href="https://www.facebook.com/WineDownJazzDC/?ref=page_internal">https://www.facebook.com/WineDownJazzDC/?ref=page_internal</a></i>

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<b>Goal Ball: A Sport Designed by and for Blind Athletes</b>	Check signup for dates and times  Saturdays @ Columbia Heights Rec Center	DMV residents ages 12-99  Free	<i>dprprograms.com</i>
<b>Adaptive Yoga for the Blind/Visually Impaired</b>	Check sign up for available dates  Saturdays @ Columbia Heights Rec Center	DMV Residents ages 13-99  Free	<i>dprprograms.com</i>
<b>Intro to Yoga</b>	Check signup for times and dates  Virtual event	DC residents all ages  Free for DC residents \$30 for non residents	<i>dprprograms.com</i>
<b>Adult Yoga Class</b>	Check signup for times and dates  Virtual	DC residents 18+  Free for DC residents \$30 for non residents	<i>dprprograms.com</i>
<b>Adult Yoga Class (In person)</b>	Check signup for times and dates  <u>Rec Centers:</u> Benning Stoddert Columbia Heights Deanwood Fort Stanton Guy Mason Lafayette Marvin Gaye North Michigan Park Palisades Shepherd Park Sherwood	DC residents 18+  Free for DC residents \$30 for nonresidents	<i>dprprograms.com</i>
<b>Adult Swim Classes Level 1 and 2</b>	Check sign up for available dates and times  <u>Locations:</u> Deanwood AC Marie Reed AC	DC residents 18+  NOT FREE: \$10 for DC residents	<i>dprprograms.com</i>



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	Wilson AC William H. Rumsey AC		
<b>Adult Karate Class for Beginners</b>	Check signup for times and dates  Fort Davis Community Center	DMV residents 18+ Free	<i>dprprograms.com</i>
<b>Adult Tai Chi Classes</b> (Virtual classes offered)	Martial Arts that incorporates self-defense and meditation  <u>Locations:</u> Emery Heights Rec Friendship Rec Center OR Virtual	DMV residents 18+  Free for DC residents \$30 for nonresidents	<i>dprprograms.com</i>
<b>Table Tennis (16+)</b>	Check sign up for times and dates  Columbia Heights Rec Center	DMV residents 16+  Free	<i>dprprograms.com</i>
<b>Pickleball (Adults)</b>	Check signup for times and dates  <u>Rec Centers:</u> Edgewood Emery Rosedale Turkey Thicket Palisades	DMV residents ages 22+  Free	<i>dprprograms.com</i>
<b>Zumba Class</b>	Check signup for dates and times  <u>Rec Centers:</u> Barry Farms Benning Stoddert Columbia Heights	DC residents 18+  Free for DC residents \$30 for non residents	<i>dprprograms.com</i>

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	Deanwood Emery Marvin Gaye Palisades Shepherd Park Woody Ward		
<b>Line Dancing (for Adults)</b>	Check signup for dates and times  <u>Locations:</u> Brentwood Rec Center Emery Rec Center Hillcrest Rec Center	DMV residents 18+  Free	<i>dprprograms.com</i>
<b>Swing Dance/Hand Dance Group</b>	Check signup for available dates and times  <u>Locations (Rec Center):</u> Arthur Capper Edgewood King Greenleaf Riggs-LaSalle	DC Residents 18+  Free	<i>dprprograms.com</i>
<b>Cardio Dance Class</b>	Check sign ups for dates and times available:  Virtual	DC residents 18-99	<i>dprprograms.com</i>
<b>Resistance Training and Exercise</b>	Check sign up for dates and times:  <u>Location:</u> Raymond Recreation Center	DC residents ages 18-99 Free	<i>dprprograms.com</i>
<b>Strength &amp; Conditioning Classes</b>	Check sign up for dates and times  <u>Location:</u> Riggs LaSalle Rec Center	DC residents ages 18-99  Free for DC residents \$30 for non residents	<i>dprprograms.com</i>

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<b>Cardio Kick Fitness</b>	Combines martial art techniques with cardio fitness  Virtual	DC residents 18-99 Free	dprprograms.com
<b>Cardo Kick Fitness (In-Person)</b>	Combines martial art techniques with cardo fitness  <u>Location:</u> Hillcrest Rec Center	DC residents 18-99 Free	dprprograms.com
<b>Spinning Classes</b>	Check signup for dates and times  <u>Locations:</u> Bald Eagles Rec Center Raymond Rec Center	DMV Residents 18-99  Free for DC residents \$30 for non-residents	dprprograms.com
<b>Circuit Full-Body Exercise/Training</b>	Exercise stations designed to give full body exercise  Check sign up for available times and dates:  <u>Location:</u> Kenilworth Rec Center	DC residents 16-99 Free	dprprograms.com
<b>Keep It Movin' Aerobics/Boot Camp Fitness</b>	Fitness Classes  Check signup for available dates and times  Location: Takoma Community Center	DMV residents 18+ Free	dprprograms.com
<b>Fitness Boot Camp</b>	High intensity workout  Check signup for available dates  Virtual	DC residents 18-99	dprprograms.com

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<b>Fitness Boot Camp (In-Person)</b>	High intensity workout  Check signup for available dates  <u>Rec Centers:</u> North Michigan Park Ridge Road Takoma Turkey Thicket	DC residents 18-99  Free	dprprograms.com
<b>DC Striders Group Run</b>	Runs offered at varies times and days weekly, location varies as well See website for more details	RSVP to secure spot No other listed requirements	<a href="https://www.dccapitalstriders.com/group-runs-l">https://www.dccapitalstriders.com/group-runs-l</a>
<b>Enrichment Zones: Afterschool HW help and leisure</b>	Check signup for available dates  M-Fr 4pm-5pm **Variety of locations around DC, check signup for details**	DC residents, ages 6-12  Free	dprprograms.com
<b>Afternoon Access: Afterschool program</b>	Check sign-up for available dates  *Available at most rec centers in DC, check signup for specific locations*	DC Residents ages 12-16  Free	dprprograms.com
<b>Supreme Teens</b>	Check sign-up for available dates and times  **Locations at most rec centers around DC, check sign up for specifics**	DC Residents ages 13-19  Free	dprprograms.com

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Teen Podcast Afterschool Hangout	Check signup for available dates and times  Friday 4pm-5pm Takoma Rec Center	DC residents ages 13-19  Free	<a href="http://dprprograms.com">dprprograms.com</a>
Roving Leader Community Lab for Young Adults: Share experiences with other youth in community	Check signup for dates  W 2:15-4:15pm Kennedy Rec Center	DMV resident ages 14-18  Free	<a href="http://dprprograms.com">dprprograms.com</a>
<b>The Musicianship: Instrumental Music Classes</b>	Check signup for available dates and times  Virtual	DMV residents ages 9-12  Free	<a href="http://dprprograms.com">dprprograms.com</a>  For questions, email: <a href="mailto:programs@themusicianship.org">programs@themusicianship.org</a>
<b>The Musicianship: DPR Voice Class</b>	Check signup for available dates and times  <u>Location:</u> Barry Farm Rec Center Trinidad Rec Center	DMV residents age 9-12  Free	<a href="http://dprprograms.com">dprprograms.com</a>  For questions, email: <a href="mailto:programs@themusicianship.org">programs@themusicianship.org</a>
<b>The Musicianship: General Music Classes</b>	Check signup for available dates and times  Virtual	DMV residents 9-12  Free	<a href="http://dprprograms.com">dprprograms.com</a>  For questions, email: <a href="mailto:programs@themusicianship.org">programs@themusicianship.org</a>
Beautiful Busy Bee's: Helping young ladies boost their self-esteem and spread positivity	Check signup for available dates and times  <u>Location:</u> Kennedy Rec Center	DC residents ages 6-16  Free	<a href="http://dprprograms.com">dprprograms.com</a>
Young Ladies On the Rise: Social and Educational opportunities for young and adolescent girls	Check signup for available dates  **Available at most DC community centers,	DC residents ages 6-12  Free	<a href="http://dprprograms.com">dprprograms.com</a>

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	check signup for locations**		
<b>Young Men Future Leaders: Social and Educational opportunities for young and adolescent boys</b>	Check sign-up for available dates  **Available at most DC community centers, check signup for locations**	DC Residents ages 6-18  Free	<i>dprprograms.com</i>
<b>Fundamentals of Basketball for Teens: Skills and Drills</b>	Check sign up for dates and times  <u>Locations:</u> Arthur Capper Rec Fort Davis Rec Center Raymond Rec Center	DMV resident ages 15-18  Free	<i>dprprograms.com</i>
<b>Youth Soccer: Open Play</b>	Check signup for available dates and times  <u>Location:</u> Columbia Heights Community Center	DMV residents age 6-15  Free	<i>dprprograms.com</i>  <i>If interested, contact <a href="mailto:David.owens@dc.gov">David.owens@dc.gov</a></i>
<b>Young Adult Modeling Club</b>	Check sign-up for available dates  <u>Locations:</u> Fort Davis Rec Center Kenilworth Rec Center	DC Residents  Fort Davis: ages 17-21 Kenilworth: ages 13-18  Free	<i>dprprograms.com</i>
<b>Youth Cheerleading</b>	Check sign-up for available dates  **At various rec centers around DC, check signup for locations**	DC Residents ages 4-18  Free	<i>dprprograms.com</i>

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Youth Pom Pom/ Cheerleading/ Dance Class	Check sign up for available dates and times  <u>Location:</u> Woody Ward Rec Center	DMV resident ages 6-14  Free	dprprograms.com
Teen Hip-hop Dance Class	Check sign up for available dates and times  <u>Locations:</u> Columbia Heights Rec Marvin Gaye Rec	DMV residents ages 7-15  Free	dprprograms.com
Double Dutch	Check signup for dates and times  Saturdays 11am-1pm Kenilworth Rec Center	DC Residents ages 8-18  Free	dprprograms.com
Roving Leader: Double Dutch/Jumping Rope	Check sign up for dates and times  Thursdays 4pm-6pm Kennedy Rec Center	DMV residents ages 8-14  Free	dprprograms.com
Karate for Beginners (Level 1)	Check sign-up for available dates  <u>Location:</u> Palisades Rec Center	DC Resident 6+ Free	dprprograms.com
<b>Queer Book Club</b>	4 <sup>th</sup> Wednesday of each month 7-9pm  Virtual (ZOOM)	DMV residents  Identifies as LGBTQ+  Free	For zoom link, please email: <a href="mailto:supportdesk@thedccenter.org">supportdesk@thedccenter.org</a>
<b>LGBT Center's BookMen DC: Book Club for Gay Literature</b>	1 <sup>st</sup> and 3 <sup>rd</sup> Wednesdays of each month 7:30pm-8:30pm  Virtual (zoom)	DMV resident  Men identifying as LGBTQ+  Free	For zoom link, please email: <a href="mailto:supportdesk@thedccenter.org">supportdesk@thedccenter.org</a>

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<b>Coming Out Discussion Group</b>	2 <sup>nd</sup> Tuesdays of each month 7pm-8:30pm  Virtual (ZOOM)	DMV resident  Must identify as LGBTQ+  Can be at any stage of “coming out” process  Free	For zoom link, please email: <a href="mailto:supportdesk@thedccenter.org">supportdesk@thedccenter.org</a>
<b>Bi-Roundtable Discussion/Support Group</b>	3 <sup>rd</sup> Tuesday of each month 7pm-8pm  Virtual (ZOOM)	DMV resident  Identify as bisexual  Free	For zoom link, please email: <a href="mailto:supportdesk@thedccenter.org">supportdesk@thedccenter.org</a>
<b>Trans Support Group</b>	2 <sup>nd</sup> Tuesday and 4 <sup>th</sup> Friday of each month 7pm-9pm  Virtual (ZOOM)	DMV Resident  For trans people or people questioning their gender identity/expression  Free	For zoom link, please email: <a href="mailto:supportdesk@thedccenter.org">supportdesk@thedccenter.org</a>
<b>LGBTQ+ Women in their Twenties and Thirties Discussion Group</b>	2 <sup>nd</sup> and 4 <sup>th</sup> Fridays of each month 8pm-9pm  Virtual (ZOOM)	DMV resident  For women in 20s and 30s that identify as LGBTQ+  Free	For zoom link, please email: <a href="mailto:supportdesk@thedccenter.org">supportdesk@thedccenter.org</a>
<b>Genderqueer Support Group DC</b>	4 <sup>th</sup> Tuesday and 3 <sup>rd</sup> Monday of each month 7pm-9pm  Virtual (ZOOM)	DMV resident  Must identify as genderqueer/non-binary  Free	For zoom link, please email: <a href="mailto:supportdesk@thedccenter.org">supportdesk@thedccenter.org</a>
<b>Universal Pride Meeting for People w/ Disabilities (PWD)</b>	Email <a href="mailto:supportdesk@thedccenter.org">supportdesk@thedccenter.org</a> for dates 1pm-2:30pm  Virtual (ZOOM)	DMV residents  For PWD that identify as LGBTQIA+  Free	For zoom link, please email: <a href="mailto:supportdesk@thedccenter.org">supportdesk@thedccenter.org</a>



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<b>Asian Pacific Islander Queer Virtual Support Group</b>	1 <sup>st</sup> Thursday of each month 7pm-8pm  Virtual (ZOOM)	DMV resident  Must be Asian Pacific Islander and identify as queer/non-binary  Free	For zoom link, please email: <a href="mailto:supportdesk@thedccenter.org">supportdesk@thedccenter.org</a>
<b>South Asian LGBTQ Virtual Support Group</b>	3 <sup>rd</sup> Saturdays of each month 1:30pm-2:30pm  Virtual (ZOOM)	DMV resident  Must be South Asian and identify as LGBTQ+  Free	For zoom link, please email: <a href="mailto:supportdesk@thedccenter.org">supportdesk@thedccenter.org</a>
<b>LGBTQ People of Color Virtual Support Group</b>	1 <sup>st</sup> and 3 <sup>rd</sup> Saturdays of each month 1pm-3pm  Virtual (ZOOM)	DMV resident  Must be a person of color and identify as LGBTQ+  Free	For zoom link, please email: <a href="mailto:supportdesk@thedccenter.org">supportdesk@thedccenter.org</a>
<b>Black Lesbian Virtual Support Group</b>	4 <sup>th</sup> Saturday of each month 1pm-3pm  Virtual (ZOOM)	DMV resident  Must be a person of color and identify as lesbian  Free	For zoom link, please email: <a href="mailto:supportdesk@thedccenter.org">supportdesk@thedccenter.org</a>
<b>LGBT Older Adults Coffee Social ZOOM Drop-In</b>	Every Monday 10am-12pm  Virtual (ZOOM)	DMV resident  Older adult identifying as LGBTQ+  Free	For zoom link, please email: <a href="mailto:supportdesk@thedccenter.org">supportdesk@thedccenter.org</a>
<b>LGBTQ+ Older Adults Friday Virtual Tea Time</b>	Every Friday 2pm-3pm  Virtual (zoom)	DMV resident  Older adult identifying as LGBTQ+  Free	For zoom link, please email: <a href="mailto:justin@thedccenter.org">justin@thedccenter.org</a>
<b>LGBTQ+ Older Women Social and Discussion Group</b>	First Tuesday of month 6pm-8pm  Virtual (ZOOM)	DMV resident  Older adult women identifying as LGBTQ+  Free	Register at: <a href="https://docs.google.com/forms/d/e/1FAIpQLSd5A7PliYlnInx9qBGwWSqsNYJnvxY88SAi7-cT2naOONJPLg/viewform">https://docs.google.com/forms/d/e/1FAIpQLSd5A7PliYlnInx9qBGwWSqsNYJnvxY88SAi7-cT2naOONJPLg/viewform</a>

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<b>Trans and Genderqueer Game Night</b>	3 <sup>rd</sup> Friday of the month 7pm-9pm  <u>Location:</u> DC Center for LGBT Community	DMV residents  Identify as trans or genderqueer  Free	For more info, please email: <a href="mailto:supportdesk@thedccenter.org">supportdesk@thedccenter.org</a>
<b>OTHER LGBT SUPPORT RESOURCES</b>	Varies by event/group	Varies by event/group  Mostly free for DC residents	<a href="https://thedccenter.org/">https://thedccenter.org/</a>
<b>Therapeutic Rec Center: Variety of programs available</b>	*Check sign-ups for future opportunities*	DC Residents with disabilities Free	<a href="http://dpr.dc.gov">dpr.dc.gov</a>  For info on specific programs, call 202-698-1794
<b>Not-So-Typical Virtual Happy Hour (For Adults)</b>	Check sign-up for available dates Tu 6pm-7pm Columbia Heights Rec Center	DC Residents ages 16-99 Free	<a href="https://www.dcpeters.org/participate-sign-up">https://www.dcpeters.org/participate-sign-up</a>
<b>MedStar Adapted Circuit Training Class</b>	Every other Saturday from 5-6pm, check website for specifics	DC residents 18-30 *Intended for autistic/neurodivergent* Free	Contact the TR Center @ 202-698-1794 for more information
<b>DC Peer's Kids Social Club</b>	Check sign-up for available dates M, Tu, W, Th, Fr 3:30pm-6pm	DC Residents ages 6-12 Free	<a href="https://www.dcpeters.org/participate-sign-up">https://www.dcpeters.org/participate-sign-up</a>
<b>Neurodiverse Co-Mentoring Group</b>	Schedule for Fall 2021 TBA	DC Residents, ages 12-15 and 15-18 *Intended for autistic/neurodivergent) -Check site for possible fees	<a href="https://www.dcpeters.org/participate-sign-up">https://www.dcpeters.org/participate-sign-up</a>
<b>Social Strategies Workshop</b> -Main purpose is to help with social anxiety, self-	Bi-weekly  Sundays, starting 9/26 4pm-5:30pm	DC residents, ages 14-18 *both neurodiverse and neurotypical* Free	<a href="https://www.dcpeters.org/participate-sign-up">https://www.dcpeters.org/participate-sign-up</a>

PROGRAM NAME and DESCRIPTION Note: Virtual events are highlighted	INFORMATION (Location, times, dates, virtual/in-person options)	CRITERIA (residency, ages, price)	HOW TO SIGN UP
acceptance, making friends, conflict resolution, etc.			

***FOR GARDENING FANS***

**Lederer Gardens**

Every Monday and Wednesday 10-2pm  
 4801 Nannie Helen Burroughs Ave NE (Ward 7)  
 Street parking on Nannie Helen Burroughs next to farm

**Edgewood Rooftop Farm**

**Tuesday and Thursday 10-2pm**

300 Evarts St NE (Ward 5)  
 Street parking along Evarts st (South side) and Franklin st NE (North Side) Find stairs inside park that lead to farm. Don't need to go inside Rec center.