

Community Empowered

November

2024

NOV 7	10:15 am - 11:15 am	Spanish Class 101 - Participants will engage in a communicative approach to language acquisition. The focus will be on practical communication skills, emphasizing real-life, basic, situations. Participants will work in interactive activities that encourage speaking and listening, allowing them to apply language skills in context. The workshop aims to build elementary fluency, confidence, and meaningful language use.
	11:30 am - 12:30 pm	Gentle Yoga with Siobhan - A gentle, beginner-friendly yoga class.
NOV 12	10:15 am - 12:30 pm	Sewing with “Cousin D” Basics and Beyond - beginners (New Participants are welcome to join)! To register for the workshop please contact Neka at (202) 951-1488 or Vanessa at (202) 951-1493
NOV 19	10:15 am - 11:15 am	Hip Hop Dance with Ms. Kittie M. - A fresh, edgy, and energetic form of dance, hip hop is an urban dance style commonly referred to as Street Dance. Hip-hop consists of locking, popping, and crumping to rap, urban, and hip-hop music. *Please wear comfortable clothes and shoes*
NOV 21	10:15 am - 11:15 am	Spanish Class 101
NOV 26	10:15 am - 11:15 pm	Go-Go Fitness (Strengthening and Toning) - This workshop will be led by fitness instructor Danny, who will guide you through exercises and dances designed to support a healthy lifestyle. *Please wear comfortable clothes and shoes*
	11:30 am - 12:30 pm	Nutrition Education (Thanksgiving Health) with Allison Wu.