



## Martha's Table Annual Benefit

October 06, 2024 at 4:00 pm

2375 Elvans Road SE, Washington DC, 20020

Martha's Table's Annual Benefit is a celebration of our mission to support strong children, strong families, and strong communities in Washington, DC. Since the Benefit's inception in 2017, this event has become a cornerstone for showcasing our community impact, recognizing transformative leadership, and mobilizing essential support for our programs. The evening reflects our joyful spirit of togetherness, bringing together a diverse group of stakeholders including supporters, program partners, local community members, volunteers, and the dedicated team at Martha's Table.



## Diaper Bank Distribution

October 07, 2024 at 11:00 am

2375 Elvans Road SE, Washington DC, 20020

DC residents can pick up free diapers at The Commons every Monday from 11 AM to 2 PM. Each household can receive 50 diapers once per month.

Do you reside in Maryland or Virginia? The Greater DC Diaper Bank operates several distribution hubs across both states. Find a location near you by visiting: [greaterdcdiaperbank.org/our-programs/diaperhubs/](https://greaterdcdiaperbank.org/our-programs/diaperhubs/).



## Mindful Moment

October 08, 2024 at 12:00 pm

Each week, you will receive an email with meditation resources, journaling questions, and/or other mindfulness content that you can choose to engage with at your leisure. Topics will include self-care, stress management, somatic processing, balance, etc.



## Community Changemakers Book Club

October 08, 2024 at 6:00 pm

2375 Elvans Rd SE, Washington DC, 20020

Through our conversations about the texts we read, the space is open for questions, storytelling, and curiosity.

Events from October 06, 2024 to October 13, 2024



## Teen Lounge | Tuesdays

October 08, 2024 at 3:30 pm

2375 Elvans Road SE, Washington DC, 20020

Teens ages 14-19, are invited to join us for a healing hour of painting, sculpting, jewelry making and more! All supplies and refreshments will be provided!



## Vehicles for Change - Virtual Reality (VR) | Info Session

October 08, 2024 at 1:00 pm

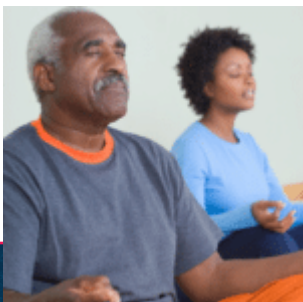
### IGNITE YOUR PASSION: Start your career as a certified auto technician.

Are you passionate about cars and looking to start a rewarding career in the automotive industry? We have exciting news! In collaboration with Vehicles for Change VR, Martha's Table is launching a cutting-edge Virtual Reality (VR) Automotive Technician Training Program designed to equip you with the skills needed to succeed in the automotive field.

If you have a genuine interest in cars and are ready to jumpstart your career, we want to hear from you! Contact Darryl Rogers at [MTVFC@marthastable.org](mailto:MTVFC@marthastable.org) to register for an information session or to learn more about this program.

Info session takes place on:  
Tuesday, October 8, 2024  
1:00 pm - 2:30 pm  
Virtual

**[Register for an information session.](#)**



## Senior Fitness

October 08, 2024 at 10:00 am

2375 Elvans Road SE, Washington DC, 20020

A group-based exercise that contains a warm-up, stepping patterns, stretching, strengthening exercises, and cool-down exercises.  
Events from October 06, 2024 to October 13, 2024



## Teen Lounge | Wednesdays

October 09, 2024 at 3:30 pm

2375 Elvans Road SE, Washington DC, 20020

The Difference Society Presents:

Rising Wealth Builders: Financial Literacy and Entrepreneurship

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## Healing Movements

October 10, 2024 at 5:00 pm

2375 Elvans Road SE, Washington DC, 20020

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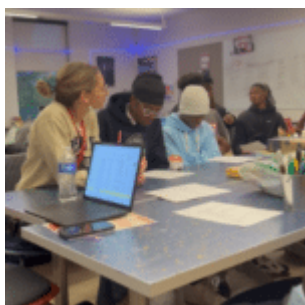
## Art as Healing

October 11, 2024 at 12:00 pm

2375 Elvans Rd SE, Washington DC, 20020

Join us at Martha's Table for a healing hour of painting, sculpting, jewelry making, and more! All supplies and refreshments are provided!

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## Teen Lounge | Fridays

October 11, 2024 at 3:30 pm

2375 Elvans Road SE, Washington DC, 20020

Fun Fridays: Movie Nights, Field Trips, and More

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