

## Teen Lounge | Mondays

January 27, 2025 at 3:30 pm

2375 Elvans Road SE, Washington DC, 20020

Mondays: Tutoring and Homework Help with Hearts of Empowerment

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## Martha's Table Market

January 27, 2025 at 11:00 am

Shop at no-cost for pantry items, fresh fruits & veggies at our SE and NW locations.

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SE: The Commons (2375 Elvans Rd. SE) | NW: The Maycroft (1474 Columbia Rd. NW)

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## Diaper Bank Distribution

January 27, 2025 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/).

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## Shop at Martha's Outfitters

January 27, 2025 at 10:00 am

2204 Martin Luther King Jr. Avenue SE, Washington, 20020

Martha's Outfitters is an innovative community store that supports families with a monthly credit program for children's clothing and professional attire—at no cost.

visit us with a photo ID and DC proof of residency (which can include a current lease or utility bill), and we'll set you up with a membership card.

You'll be able to shop and use your monthly credit right away!

- **Classic Membership (Blue Card)** - Residents of the 20020 zip code over the age of 15 are eligible for a Martha's Table \$40 per month Classic Membership (Blue) Card.
- **Select Membership (White Card)**—DC residents over the age of 15 are eligible for a Martha's Table \$20 per month Select Membership (White) Card.

Martha's Outfitters depends on the generosity of donors and volunteers to ensure that our community has the resources needed to thrive. We invite you to contribute by [donating new or gently used clothing](#) or [volunteering](#) your time to make a difference.

Martha's Outfitters - 2204 Martin Luther King Jr. Ave., SE - Washington DC 20002

Note: The boutique does not accept cash.



## Mindful Moment

January 28, 2025 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.



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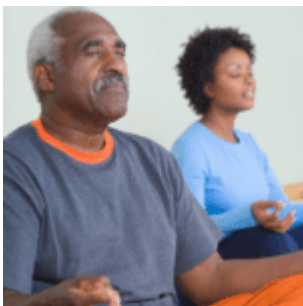


## Community Changemakers Book Club

January 28, 2025 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.



## Senior Fitness

January 28, 2025 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.



## Teen Lounge | Tuesdays

January 28, 2025 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!



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## Martha's Table Market

January 29, 2025 at 11:00 am

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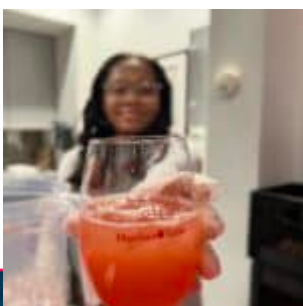
## Go-Go Fitness

January 29, 2025 at 7:00 pm

*2375 Elvans Road SE, Washington DC, 20020*

Go-Go Fitness is a comprehensive fitness class that provides a great cardio workout with several toning moves incorporated throughout each routine

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## Healthy Happy Hour

January 29, 2025 at 5:00 pm

*2375 Elvans Road SE, Washington DC, 20020*

Join us at the Commons for complimentary mocktails, snacks, music, and games all centered around wellness.

Events from January 26, 2025 to February 02, 2025

## Teen Lounge | Wednesdays

January 29, 2025 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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## Martha's Table Market

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## Healing Movements

January 30, 2025 at 5:00 pm

*2375 Elvans Road SE, Washington DC, 20020*



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## Teen Lounge | Thursdays

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*2375 Elvans Road SE, Washington DC, 20020*

MT Teen Thursdays: What do you want to see from Martha's Table? Share your voice on Teen Thursdays.

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## Teen Lounge | Fridays

January 31, 2025 at 3:30 pm

*2375 Elvans Road SE, Washington DC, 20020*

Fun Fridays: Movie Nights, Field Trips, and More



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## Martha's Table Market

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