Martha's Table
EDUCATION · FOOD · OPPORTUNITY



## Teen Lounge | Tuesdays

October 27, 2026 at 4:00 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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## Shop at Martha's Outfitters

October 27, 2026 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.

We offer a wide range of clothing for all ages, from baby and kids' apparel to smart casual and business attire for adults. Becoming a member is simple! Just 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.

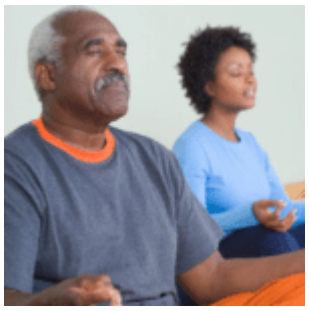
Martha's Outfitters depends on the generosity of donors and volunteers to ensure that our community has the resources needed to thrive. We invite you to contribute by donating new or gently used clothing or volunteering your time to make a difference.

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

Note: The boutique does not accept cash.

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Martha's Table
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## Senior Fitness

October 27, 2026 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.

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## Mindful Moment

October 27, 2026 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

October 27, 2026 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.

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## Martha's Table Market at The Commons

October 27, 2026 at 11:00 am

*2375 Elvans Road SE, Washington DC, 20020*

Shop at no-cost for pantry items, fresh fruits & veggies.

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## Martha's Table Market at The Maycroft

October 27, 2026 at 11:00 am

*1474 Columbia Road Northwest, Washington DC,*

Shop at no-cost for pantry items, fresh fruits & veggies.

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Martha's Table
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## Shop at Martha's Outfitters

October 28, 2026 at 10:00 am

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

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

Note: The boutique does not accept cash.

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## Healthy Happy Hour

October 28, 2026 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.

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Martha's Table
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## Teen Lounge | Wednesdays

October 28, 2026 at 4:00 pm

*2375 Elvans Road SE, Washington DC, 20020*

The Difference Society Presents:

Rising Wealth Builders: Financial Literacy and Entrepreneurship

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## Go-Go Fitness

October 28, 2026 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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## Martha's Table Market at The Commons

October 28, 2026 at 11:00 am

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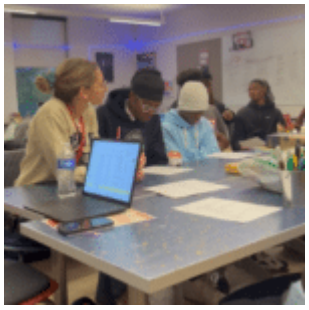
## Martha's Table Market at The Maycroft

October 28, 2026 at 11:00 am

*1474 Columbia Road Northwest, Washington DC,*

Shop at no-cost for pantry items, fresh fruits & veggies.

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## Teen Lounge | Thursdays

October 29, 2026 at 4:00 pm

*2375 Elvans Road SE, Washington DC, 20020*

MT Teen Fitness: with WeFit DC Strength Training and Beginner Boxing.

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Martha's Table
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## Shop at Martha's Outfitters

October 29, 2026 at 10:00 am

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

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## Martha's Table Market at The Commons

October 29, 2026 at 11:00 am

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## Martha's Table Market at The Maycroft

October 29, 2026 at 11:00 am

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Martha's Table
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## Shop at Martha's Outfitters

October 30, 2026 at 10:00 am

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

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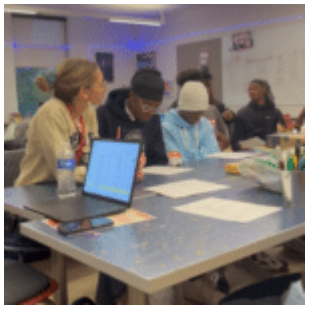
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Martha's Outfitters – 2204 Martin Luther King Jr. Ave., SE – Washington DC 20002

Note: The boutique does not accept cash.

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## Teen Lounge | Fridays

October 30, 2026 at 4:00 pm

*2375 Elvans Road SE, Washington DC, 20020*

Fun Fridays: Movie Nights, Field Trips, and More

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## Martha's Table Market at The Commons

October 30, 2026 at 11:00 am

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Martha's Table
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## Martha's Table Market at The Maycroft

October 30, 2026 at 11:00 am

*1474 Columbia Road Northwest, Washington DC,*

Shop at no-cost for pantry items, fresh fruits & veggies.

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## Art as Healing | Open Art

October 30, 2026 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!

- 10am – 12pm: Guided art workshop with an instructor.
- 12pm -2 pm: Open Art: self guided art with supplies provided.

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## Art as Healing | Guided Art Workshop

October 30, 2026 at 10:00 am

*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!

- 10am – 12pm: Guided art workshop with an instructor.
- 12pm -2 pm: Open Art: self guided art with supplies provided.

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## Teen Lounge | Mondays

November 02, 2026 at 4:00 pm

*2375 Elvans Road SE, Washington DC, 20020*

Mondays: Tutoring and Homework Help with Hearts of Empowerment

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Martha's Table
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## Diaper Bank Distribution

November 02, 2026 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/.

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## Shop at Martha's Outfitters

November 02, 2026 at 10:00 am

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

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

Note: The boutique does not accept cash.

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Martha's Table
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## Martha's Table Market at The Commons

November 02, 2026 at 11:00 am

*2375 Elvans Road SE, Washington DC, 20020*

Shop at no-cost for pantry items, fresh fruits & veggies.

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## Martha's Table Market at The Maycroft

November 02, 2026 at 11:00 am

*1474 Columbia Road Northwest, Washington DC,*

Shop at no-cost for pantry items, fresh fruits & veggies.

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## Teen Lounge | Tuesdays

November 03, 2026 at 4:00 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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## Shop at Martha's Outfitters

November 03, 2026 at 10:00 am

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

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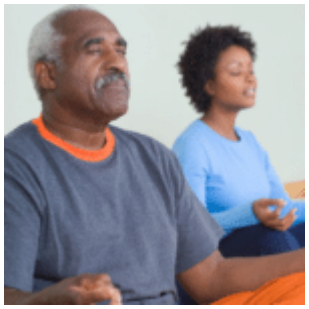
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## Senior Fitness

November 03, 2026 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.

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## Mindful Moment

November 03, 2026 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

November 03, 2026 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.

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## Martha's Table Market at The Commons

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Martha's Table
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## Martha's Table Market at The Maycroft

November 03, 2026 at 11:00 am

*1474 Columbia Road Northwest, Washington DC,*

Shop at no-cost for pantry items, fresh fruits & veggies.

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## Shop at Martha's Outfitters

November 04, 2026 at 10:00 am

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

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## Healthy Happy Hour

November 04, 2026 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.

Martha's Table
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## Teen Lounge | Wednesdays

November 04, 2026 at 4:00 pm

*2375 Elvans Road SE, Washington DC, 20020*

The Difference Society Presents:

Rising Wealth Builders: Financial Literacy and Entrepreneurship

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## Go-Go Fitness

November 04, 2026 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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## Martha's Table Market at The Commons

November 04, 2026 at 11:00 am

*2375 Elvans Road SE, Washington DC, 20020*

Shop at no-cost for pantry items, fresh fruits & veggies.

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## Martha's Table Market at The Maycroft

November 04, 2026 at 11:00 am

*1474 Columbia Road Northwest, Washington DC,*

Shop at no-cost for pantry items, fresh fruits & veggies.

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## Teen Lounge | Thursdays

November 05, 2026 at 4:00 pm

*2375 Elvans Road SE, Washington DC, 20020*

MT Teen Fitness: with WeFit DC Strength Training and Beginner Boxing.

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Martha's Table
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## Shop at Martha's Outfitters

November 05, 2026 at 10:00 am

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November 05, 2026 at 11:00 am

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Martha's Table
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## Shop at Martha's Outfitters

November 06, 2026 at 10:00 am

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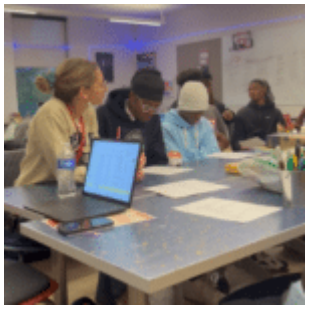
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November 06, 2026 at 4:00 pm

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Fun Fridays: Movie Nights, Field Trips, and More

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## Martha's Table Market at The Maycroft

November 06, 2026 at 11:00 am

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Shop at no-cost for pantry items, fresh fruits & veggies.

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## Art as Healing | Open Art

November 06, 2026 at 12:00 pm

*2375 Elvans Rd SE, Washington DC, 20020*

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