**Hattie Holmes Senior Wellness Center**  
324 Kennedy St. NW  
Washington, DC 20011

**August 2022**

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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<tbody>
<tr>
<td>9:00  <strong>Strength &amp; Toning w/ Lillian</strong>  In-Person &amp; Zoom</td>
<td>9:00  <strong>Chair Pilates w/ Lillian</strong> In-Person &amp; Zoom</td>
<td>9:00  <strong>Strength &amp; Toning w/ Lillian</strong> In-Person &amp; Zoom</td>
<td>9:00  <strong>Chair Pilates w/ Lillian</strong> In-Person &amp; Zoom</td>
<td>9:30  <strong>Tai Chi w/ Gloria</strong> Zoom</td>
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<td>9:45  <strong>Zumba / Hula Hoop</strong> In-Person</td>
<td>9:30  <strong>Chair Pilates w/ Lillian</strong> In-Person &amp; Zoom</td>
<td>9:30  <strong>Chair Pilates w/ Lillian</strong> In-Person &amp; Zoom</td>
<td>9:00  <strong>Nutrition Consultation</strong> In-Person</td>
<td>10:30  <strong>Chair Aerobics w/ Lillian</strong> In-Person</td>
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<td>10:30  <strong>Quilter’s Corner</strong> Zoom</td>
<td>10:30  <strong>Chair Yoga &amp; Meditation w/ Lillian</strong> In-Person &amp; Zoom</td>
<td>9:30  <strong>Tai Chi w/ Jerry</strong> In-Person</td>
<td>9:30  <strong>Tai Chi w/ Jerry</strong> In-Person</td>
<td>11:30  <strong>Tech Talk w/ Zoe</strong> Zoom</td>
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<td>11:00  <strong>Mindful Mondays w/ Elizabeth</strong> In-Person &amp; Zoom</td>
<td>11:00  <strong>Nutrition w/ Brenda</strong> Teleconference</td>
<td>10:00  <strong>Belly Dance</strong> In-Person</td>
<td>10:00  <strong>Club Memory</strong> Zoom # 950 7746 3402 Call-in # 301 715-8592; ID# 950 7746 3402</td>
<td>1:00  <strong>Line Dance w/ Diane</strong> In-Person &amp; Zoom</td>
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<td>1:00  <strong>Line Dance w/ Diane</strong> In-Person &amp; Zoom</td>
<td>1:00  <strong>Aerobics w/ Kojak</strong> Zoom</td>
<td>10:30  <strong>Aerobics w/ Arthur</strong> In-Person &amp; Zoom</td>
<td>10:30  <strong>Aerobics w/ Arthur</strong> In-Person &amp; Zoom</td>
<td>1:30  <strong>Brain Busters w/ Stephanie</strong> In-Person</td>
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<td>1:30  <strong>Book Club - Never Caught by Erica Dunbar</strong> (August 29th) Zoom</td>
<td>12:00  <strong>Open Office Hour w/ Brenda for Nutrition Consultation</strong></td>
<td>11:30  <strong>Nutrition w/ Brenda</strong> In-Person &amp; Teleconference</td>
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<td>2:15  <strong>Mental Well-being w/ Elizabeth</strong> In-Person &amp; Zoom</td>
<td>12:30  <strong>August Birthday Recognition (August 17th)</strong> In-Person</td>
<td>12:30  <strong>August Birthday Recognition (August 17th)</strong> In-Person</td>
<td>1:00  <strong>Health Promotion w/ Stephanie</strong> Teleconference</td>
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<td>3:00  <strong>Quilter’s Café</strong> (August 8th &amp; 22nd) In-Person</td>
<td>2:15  <strong>Current Events Discussion Group</strong> (will reconvene in September)</td>
<td>3:00  <strong>Bingo</strong> Zoom</td>
<td>2:15  <strong>Nutrition w/ Brenda</strong> In-Person &amp; Zoom</td>
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**SPECIAL EVENTS**

- August 3rd 1:00 MedStar Washington Hospital Center Ask a Doc Series - Food Safety - Food Poisoning Precautions In-Person & Zoom
- August 5th & August 12th 10:30 Six Weeks to Wellness Series Giant Nutritionist ~ Thu Huynh, MDA, RD, LDN & Josefina Giron, RDN, LDN In-Person & Zoom
- August 8th 11:30 Town Hall Meeting In-Person & Zoom
- August 10th 10:30 - 3:00 Family & Friends Day ~ HHSWC Cookout / Ice Cream Social In-Person
- August 10th 12:30 Talent Show / 1:30 Stand-up Comedy
## EDUCATIONAL CLASS TOPICS

### HEALTH PROMOTION w/ STEPHANIE
- 8/17 Shingles
- 8/24 Psoriasis
- 8/31 Monkey Pox 101

### NUTRITION w/ BRENDA
- 8/2 How’s Your Etiquette @ The Farmer’s Market Part 1
- 8/3 How’s Your Etiquette @ The Farmer’s Market Part 2
- 8/4 Healthy Eating 101 Series
- 8/9 Healthy Weight Management for Seniors Part 1
- 8/10 Healthy Weight Management for Seniors Part 2
- 8/11 Healthy Eating 101 Series
- 8/16 How to Pick the Freshest Fish Part 1
- 8/17 How to Pick the Freshest Fish Part 2
- 8/18 Healthy Eating 101 Series
- 8/23 What’s the Healthiest Ice Cream
- 8/24 What’s the Healthiest Ice Cream
- 8/25 Healthy Eating 101 Series
- 8/30 Healthy Bones, Healthy Bodies
- 8/31 Healthy Eating 101 Recap

### MINDFUL MONDAYS w/ ELIZABETH
- 8/1 Healing Through Nature
- 8/15 Healing and Sacred Spaces
- 8/22 Open Discussion Session

### MENTAL WELL-BEING CLASSES
- 8/1 National Simplify Your Week
- 8/8 Hoarding
- 8/15 Healing and Sacred Spaces
- 8/22 The Art of Imperfection
- * Open office Hour w/ Elizabeth for drop-in mental health counseling Mondays @ 1:00 p.m.

### Trips
- 8/11 10:00 a.m. Dutch Market - Laurel
- 8/18 11:00 a.m. Arundel Mills - Medieval Times
- 8/19 12:00 p.m. Concert Series on the Plaza
- Scheduled Trip to Arena Stage:
  - 8/3 11:00 a.m. Arena Stage - American Prophet $38.00