

Hattie Holmes Senior Wellness Center

ZOOM VIDEO/AUDIO CONFERENCE

Meeting ID: 202-291-6170

No Video Dial 1-301-715-8592 ID # 202-291-6170

Teleconference # 1-978-990-5000 ACCESS CODE: 667037

324 Kennedy St. NW
Washington, DC 20011

August 2022



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

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

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

