**Hattie Holmes Senior Wellness Center**  
324 Kennedy St. NW  
Washington, DC 20011  
**May 2022**

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
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<tr>
<td>9:00</td>
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</table>
| Strength & Toning w/ Lillian  
In-Person & Zoom | Chair Pilates w/ Lillian  
In-Person & Zoom | Strength & Toning w/ Lillian  
In-Person & Zoom | Chair Pilates w/ Lillian  
In-Person & Zoom | Tai Chi w/ Gloria  
Zoom |
| 10:30  | 9:30    | 9:30      | 9:30     | 10:00  |
| Quilter’s Corner  
Zoom | Tai Chi w/ Jerry  
In-Person | Tai Chi w/ Gloria  
Zoom | Tai Chi w/ Jerry  
In-Person | Club Memory Zoom # 950 7746 3402  
Call-in # 301 715-8592; ID# 950 7746 3402 |
| 10:30  | 10:30   | 10:30     | 10:30    | 10:00  |
| Aerobics w/ Arthur  
Zoom | Chair Yoga & Meditation w/ Lillian  
In-Person & Zoom | Aerobics w/ Arthur  
In-Person & Zoom | Aerobics w/ Arthur  
In-Person & Zoom | **In-Person & Zoom** |
| 11:30  | 11:30   | 11:30     | 11:30    | 11:15  |
| Mindful Mondays w/ Elizabeth  
In-Person & Zoom | Nutrition w/ Brenda  
Teleconference | Nutrition w/ Brenda  
In-Person & Zoom | Nutrition w/ Brenda  
In-Person & Zoom | Resistance Training  
**w/ Tony**  
In-Person & Zoom |
| 1:00   | 1:00    | 1:00      | 1:00     | 1:00   |
| Line Dance w/ Diane  
In-Person & Zoom | Health Promotion w/ Stephanie  
Teleconference | May Birthday Recognition  
(May 4th)  
In-Person | Health Promotion w/ Stephanie  
Teleconference | Aerobics w/ Kojak  
In-Person & Zoom |
| 1:30   | 2:15    | 2:15      | 11:15    | 11:15  |
| Book Club - Brothers & Sisters by BB Moore  
(May 23rd)  
Zoom | Current Events Discussion Group  
Teleconference | Current Events Discussion Group  
Teleconference | **In-Person & Zoom** | **In-Person** |
| 2:15   | 3:00    | 3:00      | 3:30     | 2:00   |
| Mental Well-being w/ Elizabeth  
In-Person & Zoom | Bingo Zoom | **In-Person & Zoom** | **In-Person & Zoom** | **In-house Movie - King Richard - Based on a true story of Venus and Serena Williams**  
(May 13th)  
In-Person |
| 3:00   | 3:00    | 3:00      | 2:00     |        |
| Quilter’s Café  
(May 2nd & May 16th)  
In-Person | 2:00   | 3:00      | **In-Person** | **In-Person** |
|        |         | August    | **In-Person** | **In-Person** |
|        |         | 2:00      | **In-Person** | **In-Person** |
|        |         | 3:30      | **In-Person** | **In-Person** |

**Special Events**

- **May 5th**  
  2:00  
  **Mother’s Day Tea Party**  
  In-Person & Zoom

- **May 9th**  
  11:30  
  **Town Hall Meeting**  
  Zoom

- **May 11th**  
  10:30 - 1:00  
  **Older Americans Month Celebration 2022: Aging My Way! Health / Resource Fair**  
  In-Person

- **May 23rd**  
  2:15  
  **Power of Attorney & Wills Presentation**  
  Zoom

- **May 25th**  
  10:00 - 3:00  
  **Senior Fest - Gateway Pavilion**  
  10:00 - 3:00  
  Bus leaves at 9:00 a.m.

- **May 9th - May 13th**  
  **Women’s Health Week - MedStar Washington Hospital Center**  
  **Ask a Doc Series:**  
  **May 9th @ 2:00 Blood Pressure Monitoring,**  
  **May 11th @ 1:00 Stroke Awareness, & May 12th @ 2:00 Arthritis / May 10th Nutrition Presentation & Food Demo @ 1:30 Thu Huynh, RD, LDN Giant**
EDUCATIONAL CLASS TOPICS

Health Promotion w/ Stephanie
5/4 What is Osteoporosis?
5/18 Autoimmune Diseases
5/25 What are Gallstones?

Mindful Mondays w/ Elizabeth
5/2 Women’s Health Week
5/23 Relationships and Longevity

Mental Well-being Classes
5/2 Blue Zones
5/9 Aging Well
5/23 Benefits of yoga for older adults

Nutrition Education w/Brenda
5/3 The Ultimate Arthritis Diet Part 1
5/4 The Ultimate Arthritis Diet Part 2
5/5 Healthy Eating 101 Part 1 In-Person & Zoom
5/10 Healthy Eating 101 Part 2
5/12 National Stoke Awareness Month - Nutritional Advice In-Person & Zoom
5/17 Easy Frozen Food Advice
5/18 Eat Right Drink Responsibly
5/19 Nutritional Jeopardy In-Person & Zoom
5/24 Energy Foods for Greater Stamina
5/25 Budget Meals Made Easy
5/26 Budget Meals Made Easy In-Person & Zoom
5/31 Nutritional Jeopardy

Trips
5/6 10:00 National Cathedral Flower Mart
5/10 10:00 African American Museum
5/12 10:30 a.m. Dutch Market - Laurel
5/13 10:00 a.m. Boat tour on the Anacostia River $3.00

Scheduled Trips to Arena Stage:
6/15 11:00 a.m. Arena Stage - Drumfolk $38.00
8/3 11:00 a.m. Arena Stage - American Prophet $38.00