

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

May 2023



| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|---|--|
| 9:00 Strength & Toning w/ Lillian In-Person & Zoom | 9:00 Walking Club w/ Lillian In-Person | 9:00 Strength & Toning w/ Lillian In-Person | 9:00 Walking Club w/ Lillian In-Person | 9:30 Tai Chi w/ Gloria Zoom |
| 10:30 Quilter's Corner Zoom | 9:30 Tai Chi w/ Jerry In-Person | 9:00 Current Events Discussion Group In-Person | 9:00 Nutrition Consultation | 10:30 Aerobics w/ Lillian In-Person |
| 10:00 Sewing & Alterations | 10:30 Chair Yoga & Meditation w/ Lillian In-Person | 9:30 Tai Chi w/ Gloria Zoom | 9:30 Tai Chi w/ Jerry In-Person | 11:15 Color Me Relaxed w/ Stephanie In-Person |
| 10:30 Aerobics w/ Arthur In-Person & Zoom | 10:30 Strength, Balance and Fitness Exercise (SAIL) Class w/ Adriene In-Person & Zoom | 9:30 Quilting 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 |
| 10:30 Pilates w/ Lillian In-Person | 11:30 Nutrition w/ Brenda In-Person & Teleconference | 10:30 Aerobics w/ Arthur In-Person & Zoom | 10:30 Chair Yoga & Meditation w/ Lillian In-Person | 1:30 Brain Games w/ Stephanie In-Person |
| 11:30 Mental Well-being w/ Elizabeth In-Person & Zoom | 11:30 All Seasons Gardening Club | 10:30 Pilates w/ Lillian In-Person | 11:15 Resistance Training w/ Tony In-Person & Zoom | 1:00 In-house Movie - Wakanda Forever (May 12th) In-Person |
| 1:00 Line Dance w/ Diane In-Person & Zoom | 1:00 Balancing w/ Lillian In-Person | 11:30 Nutrition w/ Brenda In-Person & Teleconference | 1:00 Aerobics w/ Kojak In-Person & Zoom | |
| 1:30 Book Club - Gone Like Yesterday by Janelle M. Williams (May 22 nd) Zoom | 2:30 Open Office Hour w/ Brenda for Nutrition Consultation | 12:30 Birthday Recognition (May 17th) In-Person | 2:15 Nutrition w/ Brenda In-Person & Zoom | |
| 2:15 Mindful Mondays w/ Elizabeth In-Person & Zoom | | 1:00 Health Promotion w/ Stephanie In Person & Zoom | | |
| 3:00 Quilter's Café (May 8 th & 22 nd) In-Person | | 1:30 Conversational Spanish In-Person | | |
| | | 3:30 Bingo Zoom | | |

SPECIAL EVENTS & ANNOUNCEMENTS

- * May 2nd 12:30 Arts & Crafts w/Kyla - Candle Making In-Person
- * May 9th 12:30 Mother's Day Tea In-Person
- * May 10th 11:00 Cameo Club Fashion Show & Resource Fair In-Person
- * May 10th Open House - Bring a Friend Day
- * May 16th 11:15 Ask-a-Doc Series - High Blood Pressure Education
- * May 16th 12:30 Arts & Crafts w/ Kyla - Planting In-Person
- * May 17th 1:00 Ask-a-Doc Series - Stroke Awareness
- * May 18th 2:00 Heart Health & Nutrition w/ Thu Huynh RD Giant
- * May 18th 10:00 - 12:00 Club Memory In-Person Only
- * May 25th 2:00 All About Spices w/ Thu Huynh RD Giant

EDUCATIONAL CLASS TOPICS

HEALTH PROMOTION w/ STEPHANIE

5/3 Disorders of the Eye

5/24 Medical Marijuana



Mental Wellbeing w/ ELIZABETH

5/1 Aging Unbound - Combating Agism

5/8 Aging Unbound - Changing our Narrative for Positive Aging

5/15 Mental Health Awareness

5/22 National Meditation Day

Mindful Mondays

2:15 p.m. 30 minute group - Meditation, Breathing Exercises, and Other Strategies to Manage Stress, Anxiety, and Depression, and to Promote Mental Wellbeing.



Trips

5/4 9:30 a.m. Dutch Market Laurel

5/5 10:30 Flower Mart - Washington National Cathedral Gardens

5/11 9:30 a.m. Dutch Market Upper Marlboro

5/16 10:00 a.m. Bowling - AMF Capital Plaza Lanes

5/25 10:30 a.m. National Museum of Natural History

5/31 9:00 a.m. Senior Fest - Gateway DC Pavilion



NUTRITION w/ BRENDA

5/2 How and Why Nutrition and Self-Care Goes Hand-in-Hand

5/3 Spring Cleaning 101 (Food Safety)

5/4 Nutrition Bingo

5/9 Netflix's Cook at All Cost "A Taste of Mexico"

5/10 Netflix's Cook at All Cost "A Taste of Mexico"

5/11 ~~Nutrition Bingo~~

5/16 Nutrition Class Canceled

5/17 Nutrition Class Canceled

5/18 Heart Health & Nutrition w/ Thu Huynh RD Giant

5/23 Nutrition Class Canceled

5/24 Nutrition Class Canceled

5/25 All About Spices w/ Thu Huynh RD Giant

