

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

September 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	10:00 Dance 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	11:15 Color Me Relaxed w/ Stephanie (Class starts September 16 th) In-Person
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	11:30 Tech Talk w/ Zoe 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	1:00 Line Dance w/ Diane In-Person & Zoom
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 Brain Busters w/ Stephanie In-Person
1:30 Book Club - Five Carat Soul by James McBride (September 26 th) Zoom		12:30 September Birthday Recognition (September 14 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 (September 12 th & 26 th) In-Person		2:15 Current Events Discussion Group Teleconference		
		3:30 Bingo Zoom		

SPECIAL EVENTS

- * September 7th 11:15 Department of Aging & Community Living - hands on photography and bead making In-Person
- * September 12th 11:30 Town Hall Meeting In-Person & Zoom
- * September 20th 10:00 Falls Prevention Day In-Person
- * September 26th 1:00 Health Fair/Club Memory/Games/Memory Assessments/Prizes In-Person

EDUCATIONAL CLASS TOPICS

HEALTH PROMOTION w/ STEPHANIE

9/7 How Vaccines Work

9/14 Antioxidants and Free Radicals

9/21 What is Anemia

9/28 Why Gluten Free



MINDFUL MONDAYS w/ ELIZABETH

9/19 Healthy Approaches to Self-Improvement

9/26 Importance of Self-compassion and How to Cultivate it



MENTAL WELL-BEING CLASSES

9/12 Suicide in Older Adults

9/19 Implications of ACES (Adverse Childhood Experiences)

9/26 Be Your Own Advocate

* Open office Hour w/ Elizabeth for drop-in mental health counseling Mondays @ 1:00 p.m.

Trips

9/1 10:30 a.m. Golden Corral - Blvd at Capital Center & Woodmore Towne Center

9/8 10:30 a.m. Dutch Market - Laurel

9/14 10:00 a.m. The National Harbor

9/16 10:00 a.m. Alamo Cinema - *The Woman King Price - TBD

9/22 11:00 a.m. Montpelier Arts Center - Anita King \$12.00

*Time & Location subject to change



NUTRITION w/ BRENDA

9/6 Hydration, Health and Disease

9/7 Confronting Myths about Hydration

9/8 Nutrition Bingo

9/13 Having Fun with Hydrating Foods

9/14 Let's Review Dunkin' New Pumpkin Drinks

9/15 Nutrition Bingo

9/20 What is an Air Fryer, Exactly

9/21 Air Fryer Cooker - Food Demo

9/22 Air Fryer Cooker - Food Demo

9/27 Confronting Myths about Hydration

9/28 Foodie Vacation Trivia

9/29 Nutrition Bingo

