

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

****SPECIAL EDITION****
January 2022



Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>9:00 Strength & Tone w/ Lillian Zoom</p> <p>10:00 Quilters Corner Zoom</p> <p>10:30 Aerobics w/ Arthur Zoom</p> <p>11:30 Mindful Mondays w/ Elizabeth Teleconference</p> <p>1:00 Line Dance w/ Diane Zoom</p>	<p>4</p> <p>9:30 Tai Chi w/ Jerry In-Person</p> <p>10:30 Chair Yoga & Meditation w/ Lillian Zoom</p> <p>11:30 Clean Snacking Trends w/ Brenda Teleconference</p> <p>1:00 Aerobics w/ Kojak Zoom</p> <p>1:30 Tech Talk w/ Zoe Zoom</p> <p>2:15 Pilates w/ Lillian Zoom</p>	<p>5</p> <p>8:45 Strength & Toning w/ Lillian Zoom</p> <p>9:30 Tai Chi w/ Gloria Zoom</p> <p>10:30 Aerobics w/ Arthur Zoom</p> <p>11:30 Healthy Soul Food w/ Brenda Teleconference</p> <p>1:00 Health Promotion w/ Stephanie Teleconference</p>	<p>6</p> <p>9:30 Tai Chi w/ Jerry In-Person</p> <p>10:30 Chair Yoga w/ Meditation w/ Lillian Zoom</p> <p>11:15 Resistance Training w/ Tony In-Person & Zoom</p> <p>1:00 Aerobics w/ Kojak Zoom</p> <p>2:15 Cultural Soul Food Facts w/ Brenda Teleconference</p>	<p>7</p> <p>9:30 Tai Chi w/ Gloria Zoom</p> <p>10:30 Zumba w/ Lillian Zoom</p> <p>1:00 Line Dance w/ Diane Zoom</p> <p>1:30 Tech Talk w/ Zoe Zoom</p>
<p>10</p> <p>9:00 Strength & Tone w/ Lillian Zoom</p> <p>10:00 Quilters Corner Zoom</p> <p>10:30 Aerobics w/ Arthur Zoom</p> <p>11:30 Town Hall Meeting Zoom</p> <p>1:00 Line Dance w/ Diane Zoom</p> <p>2:00 Georgetown Med Students</p>	<p>11</p> <p>9:30 Tai Chi w/ Jerry In-Person</p> <p>10:30 Chair Yoga & Meditation w/ Lillian Zoom</p> <p>11:30 Travel Foodie Trivia w/ Brenda Teleconference</p> <p>1:00 Aerobics w/ Kojak Zoom</p> <p>1:30 Tech Talk w/ Zoe Zoom</p> <p>2:15 Pilates w/ Lillian Zoom</p>	<p>12</p> <p>8:45 Strength & Toning w/ Lillian Zoom</p> <p>9:30 Tai Chi w/ Gloria Zoom</p> <p>10:30 Aerobics w/ Arthur Zoom</p> <p>11:30 Nutrition w/ Brenda Teleconference</p> <p>1:00 Health Promotion w/ Stephanie Teleconference</p>	<p>13</p> <p>9:30 Tai Chi w/ Jerry In-Person</p> <p>10:30 Chair Yoga w/ Meditation w/ Lillian Zoom</p> <p>11:15 Resistance Training w/ Tony In-Person & Zoom</p> <p>1:00 Aerobics w/ Kojak Zoom</p> <p>2:15 Healthy Living Self-Check w/ Brenda Zoom</p>	<p>14</p> <p>9:30 Tai Chi w/ Gloria Zoom</p> <p>10:30 Zumba w/ Lillian Zoom</p> <p>1:00 Line Dance w/ Diane Zoom</p>
<p>17</p> <p>CENTER CLOSED</p> 	<p>18</p> <p>9:30 Tai Chi w/ Jerry In-Person</p> <p>10:30 Chair Yoga & Meditation w/ Lillian In-Person & Zoom</p> <p>11:30 Healthy Soul Food w/ Brenda Teleconference</p> <p>1:00 Aerobics w/ Kojak Zoom</p> <p>1:30 Tech Talk w/ Zoe Zoom</p> <p>2:15 Pilates w/ Lillian Zoom</p>	<p>19</p> <p>8:45 Strength & Toning w/ Lillian In-Person & Zoom</p> <p>9:30 Tai Chi w/ Gloria Zoom</p> <p>10:30 Aerobics w/ Arthur In-Person & Zoom</p> <p>11:30 Nutrition w/ Brenda In-Person</p> <p>1:00 Health Promotion w/ Stephanie Teleconference</p>	<p>20</p> <p>9:30 Tai Chi w/ Jerry In-Person</p> <p>10:30 Chair Yoga w/ Meditation w/ Lillian Zoom</p> <p>11:15 Resistance Training w/ Tony In-Person & Zoom</p> <p>1:00 Aerobics w/ Kojak In-Person & Zoom</p> <p>2:15 Edible Healthy Craft w/ Brenda Zoom</p>	<p>21</p> <p>9:30 Tai Chi w/ Gloria Zoom</p> <p>10:30 Zumba w/ Lillian Zoom</p> <p>1:00 Line Dance w/ Diane In-Person & Zoom</p> <p>1:30 Tech Talk w/ Zoe In-Person</p> <p>1:00 Brain Busters w/ Stephanie In-Person</p>

Monday	Tuesday	Wednesday	Thursday	Friday
<p>24</p> <p>9:00 Strength & Toning w/ Lillian In-Person & Zoom</p> <p>10:30 Quilters Corner Zoom</p> <p>10:30 Aerobics w/ Arthur Zoom</p> <p>11:30 Mindful Mondays w/ Elizabeth In-Person & Zoom</p> <p>1:00 Line Dance w/ Diane In-person & Zoom</p> <p>3:00 Quilter's Café In-Person</p>	<p>25</p> <p>9:30 Tai Chi w/ Jerry In-Person</p> <p>10:30 Chair Yoga & Meditation w/ Lillian In-Person & Zoom</p> <p>11:30 Travel Food Trivia w/ Brenda Teleconference</p> <p>1:00 Aerobics w/ Kojak Zoom</p> <p>1:30 Tech Talk w/ Zoe Zoom</p> <p>2:15 Pilates w/ Lillian Zoom</p>	<p>26</p> <p>8:45 Strength & Toning w/ Lillian In-Person & Zoom</p> <p>9:30 Tai Chi w/ Gloria Zoom</p> <p>10:30 Aerobics w/ Arthur In-Person & Zoom</p> <p>11:30 Clean Snacking Trends w/ Brenda In-Person</p> <p>1:00 Health Promotion w/ Stephanie - Teleconference</p>	<p>27</p> <p>9:30 Tai Chi w/ Jerry In-Person</p> <p>10:30 Chair Yoga w/ Meditation w/ Lillian In-Person & Zoom</p> <p>11:15 Resistance Training w/ Tony In-Person & Zoom</p> <p>1:00 Aerobics w/ Kojak In-Person & Zoom</p> <p>2:15 Healthy Living Self-Check w/ Brenda Teleconference</p>	<p>28</p> <p>9:30 Tai Chi w/ Gloria Zoom</p> <p>10:30 Zumba w/ Lillian Zoom</p> <p>1:00 Line Dance w/ Diane In-Person & Zoom</p> <p>1:00 Brain Busters w/ Stephanie In-Person</p>
<p>31</p> <p>9:00 Strength & Toning w/ Lillian In-Person & Zoom</p> <p>10:30 Quilters Corner Zoom</p> <p>10:30 Aerobics w/ Arthur In-Person & Zoom</p> <p>11:30 Mindful Mondays w/ Elizabeth In-Person & Zoom</p> <p>1:00 Line Dance w/ Diane In-person & Zoom</p> <p>1:30 Book Club - The Awkward Black Man by Walter Mosley Zoom</p> <p>2:00 Georgetown Medical Students Zoom</p> <p>3:00 Quilter's Café In-Person</p>		<p>Current Events Discussion Group Wednesdays @ 2:15 p.m. Teleconference</p> 	 <p>Club Memory - Thursday's @ 10:00 a.m. Zoom # 950 7746 3402 Call-in # 301-715-8592; ID# 950 7746 3402</p>	<p>Bingo Wednesdays @ 3:30 p.m. Zoom</p> 