



Hattie Holmes Senior Wellness Center

324 Kennedy St. NW
Washington, DC 20011



In-Person Schedule

Temporary Hours of Operation: Tuesday, Wednesday, & Thursday

8:30 a.m.—3:30 p.m.

Tuesday	Wednesday	Thursday
8:30 - 3:00 Open Gym	8:00 - 9:00 Walk @ Carter Barron	8:30 - 3:00 Open Gym
8:30 - 3:00 Open Computer Lab	8:30 - 3:00 Open Gym	8:30 - 3:00 Open Computer Lab
10:30 Strength & Flexibility w/ Pat	8:30 - 3:00 Open Computer Lab	10:30 Nutrition w/ Brenda (Topics listed on the virtual schedule at 2:15 p.m.)
1:00 Virtual Aerobics w/ Kojak	9:30 Quilters	11:30 Stretch w/ Pat
2:00 Health Education w/ Stephanie (Topics listed on Wednesdays at 1:00 p.m. on the virtual schedule.)	10:30 Virtual Chair Aerobics w/ Arthur	1:00 Virtual Aerobics w/ Kojak
	2:00 Chair Aerobics w/ Pat	2:00 Tech Assistance

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 **SPECIAL EDITION**
Washington, DC 20011
202-291-6170
June 2021

Monday	Tuesday	Wednesday	Thursday	Friday
<p>*Club Memory Meeting</p> <p>Zoom #950 7746 3402 Call-in # 301-715-8592; ID# 950 7746 3402</p>	<p>1</p> <p>9:30 Tai Chi w/ Gloria Zoom</p> <p>10:30 Strength & Flexibility w/ Pat Zoom</p> <p>11:30 Diet & High Blood Pressure Part 1 w/ Brenda Teleconference</p> <p>1:00 Aerobics w/ Kojak Zoom</p> <p>2:15 Power of Attorney & Wills Zoom</p>	<p>2</p> <p>9:30 Tai Chi w/ Gloria Zoom</p> <p>10:30 Aerobics w/ Arthur Zoom</p> <p>1:00 Health Promotion w/ Stephanie</p> <p>2:15 Current Events Discussion Group Teleconference</p> <p>3:30 Bingo Zoom</p>	<p>3</p> <p>10:00 Club Memory *Zoom</p> <p>11:30 Chair Stretch w/ Pat Zoom</p> <p>1:00 Aerobics w/ Kojak Zoom</p> <p>2:15 Confronting the Myths About Weight Management Pt 1 w/ Brenda Zoom</p> <p>3:30 Understanding Emotions w/ Elizabeth Zoom</p>	<p>4</p> <p>9:30 Tai Chi w/ Gloria Zoom</p> <p>10:30 Chair Aerobics w/ Pat Zoom</p> <p>1:00 Line Dance w/ Diane Zoom</p>
<p>7</p> <p>10:00 Quilters Corner Zoom</p> <p>11:30 HHSWC Town Hall Zoom ID# 202-291-6170 Call-in #301-715-8592; ID # 202-291-6170</p> <p>1:00 Line Dance w/ Diane Zoom</p>	<p>8</p> <p>9:30 Tai Chi w/ Gloria Zoom</p> <p>10:30 Strength & Flexibility w/ Pat Zoom</p> <p>11:30 Alternatives to Processed Meats w/ Brenda Teleconference</p> <p>1:00 Aerobics w/ Kojak Zoom</p> <p>2:15 Making the Most of Your Money Zoom</p>	<p>9</p> <p>9:30 Tai Chi w/ Gloria Zoom</p> <p>10:30 Aerobics w/ Arthur Zoom</p> <p>1:00 Dementia/Cognitive Decline/ Alzheimer's w/ Dr. Ritchie of Washington Hospital Center Zoom</p> <p>2:15 Current Events Discussion Group Teleconference</p> <p>3:30 Bingo Zoom</p>	<p>10</p> <p>10:00 Club Memory *Zoom</p> <p>11:30 Chair Stretch w/ Pat Zoom</p> <p>1:00 Aerobics w/ Kojak Zoom</p> <p>2:15 What in the World is an Acai Bowl w/ Brenda Zoom</p> <p>3:30 Mindset w/ Elizabeth Zoom</p>	<p>11</p> <p>9:30 Tai Chi w/ Gloria Zoom</p> <p>10:30 Chair Aerobics w/ Pat Zoom</p> <p>11:30 Tech Talk w/ Adrian Zoom</p> <p>1:00 Line Dance w/ Diane Zoom</p>
<p>14</p> <p>10:00 Chronic Disease Self-Management Course Zoom</p> <p>10:30 Quilters Corner Zoom</p> <p>11:00 Mindful Monday Chat w/ Elizabeth Teleconference</p> <p>1:00 Line Dance w/ Diane Zoom</p>	<p>15</p> <p>9:30 Tai Chi w/ Gloria Zoom</p> <p>10:30 Strength & Flexibility w/ Pat</p> <p>11:30 Men's Health Month & Nutrition w/ Brenda Teleconference</p> <p>1:00 Aerobics w/ Kojak Zoom</p>	<p>16</p> <p>9:30 Tai Chi w/ Gloria Zoom</p> <p>10:30 Aerobics w/ Arthur Zoom</p> <p>1:00 Health Promotion w/ Stephanie - Autoimmune Disorders Teleconference</p> <p>2:15 Current Events Discussion Group Teleconference</p> <p>3:30 Bingo Zoom</p>	<p>17</p> <p>10:00 Club Memory *Zoom</p> <p>11:30 Chair Stretch w/ Pat Zoom</p> <p>1:00 Aerobics w/ Kojak Zoom</p> <p>2:15 Food Safety for Older Adults w/ Brenda Teleconference</p> <p>3:30 Navigating Change w/ Elizabeth Zoom</p>	<p>18</p> <p>9:30 Tai Chi w/ Gloria Zoom</p> <p>10:30 Chair Aerobics w/ Pat Zoom</p> <p>1:00 Line Dance w/ Diane Zoom</p>



Monday	Tuesday	Wednesday	Thursday	Friday
<p>21</p> <p>10:00 Chronic Disease Self-Management Course Zoom</p> <p>10:30 Quilters Corner Zoom</p> <p>1:00 Line Dance w/ Diane Zoom</p>	<p>22</p> <p>9:30 Tai Chi w/ Gloria Zoom</p> <p>10:30 Strength & Flexibility w/ Pat Zoom</p> <p>11:30 7 Foods that Fight Joint Pain w/ Brenda Zoom</p> <p>1:00 Aerobics w/ Kojak Zoom</p> <p>2:15 Making the Most of Your Money Zoom</p>	<p>23</p> <p>9:30 Tai Chi w/ Gloria Zoom</p> <p>10:30 Aerobics w/ Arthur Zoom</p> <p>1:00 Health Promotion w/ Stephanie - The Importance of Hydration Teleconference</p> <p>2:15 Current Events Discussion Group Teleconference</p> <p>3:30 Bingo Zoom</p>	<p>24</p> <p>10:00 Club Memory *Zoom #950 7746 3402 Call-in # 301-715-8592; ID# 950 7746 3402</p> <p>11:30 Chair Stretch w/ Pat Zoom</p> <p>1:00 Aerobics w/ Kojak Zoom</p> <p>2:15 Bone Building Nutrients Part I w/ Brenda Teleconference</p>	<p>25</p> <p>9:30 Tai Chi w/ Gloria Zoom</p> <p>10:30 Chair Aerobics w/ Zoom</p> <p>11:30 Tech Talk w/ Adrian Zoom</p> <p>1:00 Line Dance w/ Diane Zoom</p>
<p>28</p> <p>10:30 Quilters Corner Zoom</p> <p>1:00 Line Dance w/ Diane Zoom</p> <p>1:30 Book Club - Criss Cross by James Patterson Zoom</p>	<p>29</p> <p>9:30 Tai Chi w/ Gloria Zoom</p> <p>10:30 Strength & Flexibility w/ Pat Zoom</p> <p>11:30 Bone Building Nutrients Part II w/ Brenda Teleconference</p> <p>1:00 Aerobics w/ Kojak Zoom</p>	<p>30</p> <p>9:30 Tai Chi w/ Gloria Zoom</p> <p>10:30 Aerobics w/ Arthur Zoom</p> <p>1:00 Health Promotion w/ Stephanie - Heat Related Illnesses Teleconference</p> <p>2:15 Current Events Discussion Group Teleconference</p> <p>3:30 Bingo Zoom</p>	 <p>JUNE IS ALZHEIMER'S & BRAIN AWARENESS MONTH</p>	 <p>Wear Blue</p> <p>Friday, June 18, 2021</p> <p>Whether it is your friend, brother, or spouse, show them you care about them and their health by wearing blue.</p>


MENTAL HEALTH HOTLINE

Anxious about coronavirus (COVID-19)?

WE'RE HERE TO HELP.

Clinicians are available 24/7.

Call the District's Mental Health Hotline at 1-888-793-4357 if you are experiencing stress and anxiety related to coronavirus (COVID-19).



CORONAVIRUS.DC.GOV

DC HEALTH
GOVERNMENT OF THE DISTRICT OF COLUMBIA
MAYOR MURRAY H. BOWSER



Get Your
COVID-19
Vaccine



Let's talk

**ZOOM room open daily
3:00 p.m. - 4:30 p.m.**