

# Hattie Holmes Senior Wellness Center

324 Kennedy St. NW

July 2023



ZOOM VIDEO/AUDIO CONFERENCE

Meeting ID: 202-291-6170

No Video Dial 1-301-715-8592 ID # 202-291-6170

Monday	Tuesday	Wednesday	Thursday	Friday
9:30 <b>Strength &amp; Toning w/ Lillian</b> In-Person	9:00 <b>Walking Club w/ Lillian</b> In-Person	9:30 <b>Strength &amp; Toning w/ Lillian</b> In-Person	9:00 <b>Walking Club w/ Lillian</b> In-Person	9:30 <b>Tai Chi w/ Gloria</b> Zoom
10:30 <b>Quilter's Corner</b> Zoom	9:30 <b>Tai Chi w/ Jerry</b> In-Person	9:00 <b>Current Events Discussion Group</b> In-Person	9:00 <b>Nutrition Consultation</b>	10:30 <b>Aerobics w/ Lillian</b> In-Person
10:00 <b>Chair Yoga &amp; Meditation w/ Lillian</b> In-Person	10:30 <b>Pilates w/ Lillian</b> In-Person	9:30 <b>Tai Chi w/ Gloria</b> Zoom	9:30 <b>Tai Chi w/ Jerry</b> In-Person	11:15 <b>Color Me Relaxed w/ Stephanie</b> In-Person
10:30 <b>Aerobics w/ Arthur</b> In-Person & Zoom	10:30 <b>Strength, Balance and Fitness Exercise (SAIL) Class w/ Adriene</b> In-Person & Zoom	9:30 <b>Quilting</b> In-Person	10:00 <b>Club Memory Zoom # 950 7746 3402</b> Call-in # 301 715-8592; ID# 950 7746 3402	1:00 <b>Line Dance w/ Diane</b> In-Person & Zoom
11:30 <b>Mental Well-being w/ Elizabeth</b> In-Person & Zoom	11:30 <b>Nutrition w/ Brenda</b> In-Person & Zoom	10:00 <b>Chair Yoga &amp; Meditation w/ Lillian</b> In-Person	10:30 <b>Pilates w/ Lillian</b> In-Person	1:30 <b>Brain Games w/ Stephanie</b> In-Person
1:00 <b>Line Dance w/ Diane</b> In-Person & Zoom	11:30 <b>All Seasons Gardening Club</b> In-Person	10:30 <b>Enhance Fitness Aerobics w/ Arthur</b> In-Person & Zoom	11:15 <b>Resistance Training w/ Tony</b> In-Person & Zoom	2:00 <b>In-house Movie - A Jazzman's Blues (July 14<sup>th</sup>)</b> In-Person
1:00 <b>Bingocize</b> In-Person	1:00 <b>Aerobics w/ Kojak</b> In-Person & Zoom	11:30 <b>Nutrition w/ Brenda</b> In-Person & Zoom	1:00 <b>Enhance Fitness Aerobics w/ Kojak</b> In-Person & Zoom	
1:30 <b>Book Club - Sister Citizen by Melissa Harris-Perry (July 31<sup>st</sup>)</b> Zoom	2:00 <b>Bingocize</b> In-Person	12:30 <b>Birthday Recognition (July 19<sup>th</sup>)</b> In-Person	2:15 <b>Nutrition w/ Brenda</b> In-Person	
2:15 <b>Mindful Mondays w/ Elizabeth</b> In-Person & Zoom	2:30 <b>Open Office Hour w/ Brenda for Nutrition Consultation</b>	1:00 <b>Health Promotion w/ Stephanie</b> In Person & Zoom		
3:00 <b>Quilter's Café (July 10<sup>th</sup> &amp; 24<sup>th</sup>)</b> In-Person		1:30 <b>Conversational Spanish</b> In-Person		

## SPECIAL EVENTS & ANNOUNCEMENTS

- \* July 3<sup>rd</sup> July 4<sup>th</sup> Holiday - Center Closed
- \* July 4<sup>th</sup> Holiday - Center Closed
- \* July 5<sup>th</sup> 10:00 - 2:00 Tech Help In-Person
- \* July 7<sup>th</sup> 10:00 - 2:00 Vision / Medication Screenings In-Person
- \* July 10<sup>th</sup> 11:30 Town Hall Meeting In-Person & Zoom
- \* July 11<sup>th</sup> 12:30 Arts & Crafts w/ Kyla Jewelry Making In-Person
- \* July 19<sup>th</sup> Med Star's Ask-a-Doc Series - Food Poisoning
- \* July 20<sup>th</sup> Club Memory In-Person
- \* July 25 Arts & Crafts w Kyla Potting Plants In-Person
- \* Wednesdays 11:00 a.m. - 1:00 p.m. Senior Medicare Patrol

## EDUCATIONAL CLASS TOPICS

### HEALTH PROMOTION w/ STEPHANIE

7/5 Cholesterol 101

7/12 The Importance of Staying Hydrated

7/19 Ask-a-Doc Series - Food Poisoning

7/26 Class Cancelled



### Mental Wellbeing w/ ELIZABETH

7/10 National Minority Mental Health Month

7/24 Self-Care - International Self-Care Day

7/31 Loneliness Epidemic



### 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.

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

### Trips

7/6 9:30 a.m. Dutch Amish Market - Laurel

7/11 10:15 Edgewood Recreation Center

7/20 9:00 a.m. Potomac Water Taxi - National Harbor & Milk & Honey on the Wharf

7/26 12:15 The Lion King - Kennedy Center **SOLD OUT**

7/25 10:15 Edgewood Rooftop Farm

7/28 11:00 Concert Series On The Plaza - The Tribe Band



### NUTRITION w/ BRENDA

7/5 Ways to Streamline Meal Prep

7/6 Nutrition Bingo

7/11 Foods to Boost Eye & Skin Health

7/12 Let's Review the New Generation of Wellness Beverages (Part 1)

7/13 Nutrition Bingo

7/18 Surprising Foods You Should Be Refrigerating

7/19 Where Should We Keep The Condiments?

7/20 Nutrition Bingo

7/25 The World Of Aquatic Foods: Let's Explore

7/27 Let's Review The New Generation Of Wellness Beverages (Part 2)

7/27 Nutrition Bingo

