

# Hattie Holmes Senior Wellness Center

324 Kennedy St. NW

October 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
9:00 <b>Strength &amp; Toning w/ Lillian</b> In-Person	9:00 <b>Walking Club w/ Lillian</b> In-Person	9:00 <b>Strength &amp; Toning w/ Lillian</b> In-Person	9:00 <b>Walking Club w/ Lillian</b> In-Person	9:00 <b>Strength &amp; Toning w/ Lillian</b> In-Person
10:30 <b>Chair Aerobics w/ Lillian</b> In-Person & 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>	9:30 <b>Tai Chi w/ Gloria</b> Zoom
11:30 <b>Mindful Activities w/ Elizabeth</b> In-Person & Zoom	10:00 <b>Wellness Challenge</b> In-Person	9:30 <b>Tai Chi w/ Gloria</b> Zoom	9:30 <b>Tai Chi w/ Jerry</b> In-Person	10:30 <b>Aerobics w/ Lillian</b> In-Person
1:00 <b>Line Dance w/ Diane</b> In-Person & Zoom	10:30 <b>Pilates w/ Lillian</b> In-Person	9:30 <b>Quilting</b> In-Person	10:00 <b>Club Memory</b> Zoom # 950 7746 3402 Call-in # 301 715-8592; ID# 950 7746 3402	11:15 <b>Color Me Relaxed w/ Stephanie</b> In-Person
1:30 <b>Book Club - 1619 Project by Nicole Hannah Jones</b> (October 30 <sup>th</sup> ) Zoom	10:30 <b>Strength, Balance and Fitness Exercise (SAIL) Class w/ Adriene</b> In-Person & Zoom	10:30 <b>Chair Yoga / Balance w/ Lillian</b> In-Person	10:30 <b>Pilates w/ Lillian</b> In-Person	1:00 <b>Line Dance w/ Diane</b> In-Person & Zoom
2:15 <b>Mindful Mondays w/ Elizabeth</b> In-Person & Zoom	11:30 <b>Nutrition w/ Brenda</b> In-Person & Zoom	11:30 <b>Nutrition w/ Brenda</b> In-Person & Zoom	11:15 <b>Resistance Training w/ Tony</b> In-Person & Zoom	1:30 <b>Brain Games w/ Stephanie</b> In-Person
3:00 <b>Quilter's Café</b> (October 16 <sup>th</sup> & 30 <sup>th</sup> ) In-Person	11:30 <b>All Seasons Gardening Club</b> In-Person	1:00 <b>Health Promotion w/ Stephanie</b> In Person & Zoom	12:30 <b>Mental Well-being w/ Antonella</b> In-Person & Zoom	2:00 <b>In-house Movie - Poms</b> (October 20 <sup>th</sup> ) In-Person
	1:00 <b>Aerobics w/ Kojak</b> In-Person & Zoom	1:30 <b>Conversational Spanish</b> In-Person	1:00 <b>Enhance Fitness Aerobics w/ Kojak</b> In-Person & Zoom	
	2:30 <b>Open Office Hour w/ Brenda for Nutrition Consultation</b>		2:15 <b>Nutrition w/ Brenda</b> In-Person	

## SPECIAL EVENTS & ANNOUNCEMENTS

- \* October 1<sup>st</sup> 11:30 p.m. Town Hall Meeting In-Person & Zoom
- \* October 9<sup>th</sup> Holiday Center Closed
- \* October 10<sup>th</sup> 11:30 a.m. Arts & Crafts w/ Kyla In- Person
- \* October 11<sup>th</sup> 1:00 p.m. Ask-a-Doc Series - Breast Health

- \* October 13<sup>th</sup> 10:00 a.m. Resource Fair In-Person
- \* October 19<sup>th</sup> Club Memory In-Person
- \* October 24<sup>th</sup> Arts & Crafts w/ Kyla Candle Making In-Person
- Wednesdays 11:00 a.m. - 1:00 p.m. Senior Medicare Patrol

## EDUCATIONAL CLASS TOPICS

### HEALTH PROMOTION w/ STEPHANIE

10/11 Breast Health

10/18 Antioxidants and Free Radicals



### Mindful Activities **NEW**

10/16 Benefits of reducing anxiety

10/23 The G.L.A.D Technique

10/30 Brain Games



### 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.

### Mental Wellbeing w/ ANTONELLA

10/5 Depression Screening & Strategies for Coping

10/19 Domestic Violence

10/26 Cognitive Impairment in Older Adults

### Trips

10/5 9:30 a.m. Dutch Market - Laurel

10/10 10:00 a.m. Watkins Park

10/19 10:30 Potomac Water Taxi

10/26 10:00 Rinaldi's Riverdale Bowling



### NUTRITION w/ BRENDA

10/3 Breast Cancer Awareness & Nutrition

10/4 Class Cancelled

10/5 Nutrition Bingo

10/10 Vegetarian Meal Ideas

10/11 Fermented Foods

10/12 Nutrition Bingo

10/17 Food Trivia Quest

10/18 Spotlight on Supplements: Iron

10/19 Nutrition Bingo

10/24 Nutrition during Cancer Treatment

10/25 Copycat Recipes

10/26 Nutrition Bingo

