

Hattie Holmes Senior Wellness Center

324 Kennedy St. NW

September 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 Strength & Toning w/ Lillian In-Person	9:00 Walking Club w/ Lillian In-Person	9:00 Strength & Toning w/ Lillian In-Person	9:00 Walking Club w/ Lillian In-Person	9:00 Strength & Toning w/ Lillian In-Person
10:30 Enhance Fitness w/ Lillian In-Person & Zoom	9:30 Tai Chi w/ Jerry In-Person	9:00 Current Events Discussion Group In-Person	9:00 Nutrition Consultation	9:30 Tai Chi w/ Gloria Zoom
11:30 Mindful Activities w/ Elizabeth In-Person & Zoom	10:30 Chair Yoga w/ Lillian In-Person	9:30 Tai Chi w/ Gloria Zoom	9:30 Tai Chi w/ Jerry In-Person	10:30 Aerobics w/ Lillian In-Person
1:00 Line Dance w/ Diane In-Person & Zoom	10:30 Strength, Balance and Fitness Exercise (SAIL) Class w/ Adriene In-Person & Zoom	9:30 Quilting In-Person	10:00 Club Memory Zoom # 950 7746 3402 Call-in # 301 715-8592; ID# 950 7746 3402	11:15 Color Me Relaxed w/ Stephanie In-Person
1:00 Bingocize In-Person	11:30 Nutrition w/ Brenda In-Person & Zoom	10:30 Enhance Fitness Aerobics w/ Arthur In-Person & Zoom	10:30 Balance & Yoga w/ Lillian In-Person	1:00 Line Dance w/ Diane In-Person & Zoom
1:30 Book Club - 1619 Project by Nicole Hannah Jones (September 25 th) Zoom	11:30 All Seasons Gardening Club In-Person	11:30 Nutrition w/ Brenda In-Person & Zoom	11:15 Resistance Training w/ Tony In-Person & Zoom	1:30 Brain Games w/ Stephanie In-Person
2:15 Mindful Mondays w/ Elizabeth In-Person & Zoom	1:00 Aerobics w/ Kojak In-Person & Zoom	12:30 Birthday Recognition (September 20 th) In-Person	12:30 Mental Well-being w/ Antonella In-Person & Zoom	2:00 In-house Movie - Honk for Jesus (September 22 nd) In-Person
3:00 Quilter's Café (September 11 th & 25 th) In-Person	2:00 Bingocize In-Person	1:00 Health Promotion w/ Stephanie In Person & Zoom	1:00 Enhance Fitness Aerobics w/ Kojak In-Person & Zoom	
	2:30 Open Office Hour w/ Brenda for Nutrition Consultation	1:30 Conversational Spanish In-Person	2:15 Nutrition w/ Brenda In-Person	

SPECIAL EVENTS & ANNOUNCEMENTS

- * September 11th 11:30 p.m. Town Hall Meeting In-Person & Zoom
- * September 12th 11:30 a.m. Arts & Crafts w/ Kyla Jewelry In-Person
- * September 12th 3:00 p.m. Card Party In-Person
- * September 26nd 12:30 p.m. Arts & Crafts w/ Kyla Sip & Paint In-Person

- * September 21st Club Memory In-Person
- * Tuesdays 9:00 a.m. - 10:00 a.m. Blood Pressure Screenings
- * Wednesdays 11:00 a.m. - 1:00 p.m. Senior Medicare Patrol

EDUCATIONAL CLASS TOPICS

HEALTH PROMOTION w/ STEPHANIE

- 9/13 The Aging Brain
- 9/20 What is Shingles?
- 9/27 Joint Health



Mindful Activities **NEW**

- 9/18 Gratitude Journaling - Benefits & Practice
- 9/25 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

- 9/7 Presenting on Lifestyle & Mental Health (Part 1)
- 9/14 Lifestyle & Mental Health (Part 2)
- 9/21 Suicide Prevention
- 9/28 Age My Way - Blue Zones

NUTRITION w/ BRENDA

- 9/5 Late Night Snacking
- 9/6 Lactose Intolerance: 101
- 9/7 Nutrition Bingo



- 9/12 Vegetarian Meal Ideas
- 9/13 Fermented Foods
- 9/14 Nutrition Bingo

- 9/19 Food Trivia Quest
- 9/20 Magnesium
- 9/21 Nutrition Bingo

- 9/26 Potato Salad Challenge!
- 9/22 Healthy Shopping Strategies
- 9/28 Nutrition Bingo

Trips

- 9/7 9:30 a.m. Dutch Market - Laurel
- 9/15 11:00 a.m. Concert Series on the Plaza
- 9/22 10:30 Smithsonian National Zoo

