

Hattie Holmes Senior Wellness Center

324 Kennedy St. NW

August 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 Strength & Toning w/ Lillian In-Person	9:00 Walking Club w/ Lillian In-Person	9:30 Strength & Toning w/ Lillian In-Person	9:00 Walking Club w/ Lillian In-Person	9:30 Tai Chi w/ Gloria Zoom
10:00 Chair Yoga & Meditation w/ Lillian In-Person	9:30 Tai Chi w/ Jerry In-Person	9:00 Current Events Discussion Group In-Person	9:00 Nutrition Consultation	10:00 Matter of Balance
10:30 Aerobics w/ Arthur In-Person & Zoom	10:30 Pilates 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
11:30 Mental Well-being w/ Elizabeth 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 Line Dance w/ Diane In-Person & Zoom	11:30 Nutrition w/ Brenda In-Person & Zoom	10:00 Chair Yoga & Meditation w/ Lillian In-Person	10:30 Pilates w/ Lillian In-Person	1:00 Line Dance w/ Diane In-Person & Zoom
1:00 Bingocize In-Person	11:30 All Seasons Gardening Club In-Person	10:30 Enhance Fitness Aerobics w/ Arthur In-Person & Zoom	11:15 Resistance Training w/ Tony In-Person & Zoom	1:30 Brain Games w/ Stephanie In-Person
1:30 Book Club - Charlotte's Crossing by Marty Thompson Arnold (August 28 th) Zoom	1:00 Aerobics w/ Kojak In-Person & Zoom	11:30 Nutrition w/ Brenda In-Person & Zoom	1:00 Enhance Fitness Aerobics w/ Kojak In-Person & Zoom	2:00 In-house Movie - The Chevalier (August 18 th) In-Person
2:15 Mindful Mondays w/ Elizabeth In-Person & Zoom	2:00 Bingocize In-Person	12:30 Birthday Recognition (August 23 rd) In-Person	2:15 Nutrition w/ Brenda In-Person	
3:00 Quilter's Café (August 7 th & 21 st) In-Person	2:30 Open Office Hour w/ Brenda for Nutrition Consultation	1:00 Health Promotion w/ Stephanie In Person & Zoom		
		1:30 Conversational Spanish In-Person		

SPECIAL EVENTS & ANNOUNCEMENTS

- * August 2nd 1:00 p.m. Side By Side Band In-Person
- * August 8th 12:30 p.m. Arts & Crafts w Kyla Planting In-Person
- * August 14th 11:30 a.m. Town Hall Meeting In-Person & Zoom
- * August 16th 12:45 p.m. Ice Cream Social In-Person
- * August 22nd 12:30 p.m. Arts & Crafts w/ Kyla Scrap Booking / photo albums

EDUCATIONAL CLASS TOPICS

HEALTH PROMOTION w/ STEPHANIE

8/16 What is Shingles?

8/23 What are Gallstones?

8/30 Why Oral Health Matters



Mental Wellbeing w/ ELIZABETH

8/7 Friendship August 6 - National Friendship Day

8/14 Class Canceled - Town Hall Meeting

8/21 Headline Stress & Managing Our News Intake

8/28 Alzheimer's & Other Dementias

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.



NUTRITION w/ BRENDA

8/1 Neutrals Oils: 101

8/2 When Cooking is Over the Flavors Keep Evolving

8/3 Nutrition Bingo

8/8 Stroke: The Nutrition Connection

8/9 Cut the Sodium, Keep the Flavor

8/10 Nutrition Bingo

8/15 The Third Tuesday Food Trivia

8/16 Dietary Fat—Fact or Fiction

8/17 Nutrition Bingo

8/22 My Plate for Older Adults

8/23 Sugar Smarts

8/24 Nutrition Bingo

8/29 Rethink Your Drink

8/30 Exercise for Health

8/31 Nutrition Bingo



Trips

8/4 12:00 p.m. Motown Variety Band - Ronald Regan Plaza

8/10 9:30 a.m. Dutch Market - Laurel

8/18 Time TBD Movie - Back on the Strip - Price TBD

8/22 10:00 a.m. Watkins Park

12/11 Toby's Dinner Theater - Miracle on 34th Street \$67 due by 8/11

