



February
National Heart Month

Hattie Holmes Senior Wellness Center

324 Kennedy St. NW
Washington, DC 20011
202-291-6170



Hours of Operation

Monday -Friday
8:00 a.m. -4:30 p.m.

Director - Teresa Moore

Program Assistant - *Debbie Queen* · Health Promotion - *Stephanie Peters* · Fitness - *Pat Hunt* · Nutrition - *Brenda Moore*



Monday	Tuesday	Wednesday	Thursday	Friday
8:00 Open Gym 9:00 Stretch & Tone w/ Tristan 9:00 Mending & Alterations 10:00 Sit Down & Get Fit w/ Tristan 11:00 Circuit Training 12:00 Lunch 1:00 Line Dancing Beginners 1:00 Crocheting 1:00 Cards / Billiards 2:00 Chair Yoga w/ Maria 3:00 Open Gym	8:00 Open Gym 8:30 Nutrition Consultation 9:00 Tai Chi w/ Jerry 10:00 Chair Yoga w/ Jessica 10:00 Enhance Fitness w/ Arthur (Multi-purpose Room) 10:00 Intro to Computers 11:00 Pilates w/ Arthur 11:30 Diabetes Support Group 12:00 Lunch 12:30 Intermediate Computing 1:00 Cards / Billiards 1:00 Aerobics w/ Kojak 1:30 Brain Games 2:00 Flexibility for Better Mobility 3:00 Nutrition Consultation 3:00 Open Gym	8:00 Open Gym 8:00 Gym Orientation 9:00 Cardio Lite w/ Tristan 9:00 Blood Pressure Screening 9:30 Quilting 10:00 Current Events Discussion Group 10:00 Chair Aerobics 11:00 Aging Gracefully Group 11:00 Total Core Workout w/ Eddie 12:00 Lunch 1:00 Healing Circle 1:00 Basic Computer 1:00 Crocheting 1:00 Cards / Billiards 1:15 Full Body Workout w/ Eddie Van 1:30 Beginners Piano 2:00 Strength & Flexibility 3:00 Nutrition Consults	8:00 Open Gym 8:00 Gym Orientation 8:30 Nutrition Consultation 9:00 Tai Chi w/ Jerry 9:15 Balance & Stability 10:00 Arthritis Exercise Class w/ Diane Lee 10:45 Color Me Relaxed 11:00 Women's Fitness 12:00 Lunch 12:30 Knitting 1:00 Cards / Billiards 1:15 Enhance Fitness w/Kojak 2:00 Flexibility for Better Mobility 2:00 Spanish Study Group 2:30 Nutrition Consultations 3:00 Open Gym	8:00 Open Gym 9:00 Butts & Guts w/ Tristan 10:00 Cardio Stick (Multi -purpose Room) 10:00 Chair Aerobics 10:00 Arts & Crafts w/ Chelsie 11:15 Golden Mat (2nd & 4th) 12:00 Lunch 1:00 Line Dancing 1:00 Cards / Billiards 2:00 Strength & Flexibility (1st & 3rd) 3:00 Fitness Assessment (By Appointment Only) 3:00 Open Gym

February 2020 Highlights

Mon	Tue	Wed	Thu	Fri
<p>3</p> <p>1:00 Georgetown Medical Students</p>	<p>4</p> <p>11:00 “L” Learn your Numbers</p>	<p>5</p> <p>11:00 Beverage Tax Presentation</p> <p>11:45 Town Hall</p> <p>1:30 “O” Oils for a Healthy Heart</p> <p>1:45 Bingo</p>	<p>6</p> <p>10:30 Trip - Dutch Market Laurel</p> <p>11:00 Town Hall - Laura Newland</p> <p>1:00 “V” Vigor, Vitality and Vittles (Food Demo)</p>	<p>7</p> <p>11:00 Howard University Students</p> 
<p>10</p> <p>12:00 Budget Engagement Town Hall</p> <p>Mayor Muriel Bowser</p>	<p>11</p> <p>Trip - Movie Just Mercy</p> <p>11:00 “E” Energize your Eating Habits</p>	<p>12</p> <p>9:30 Club Memory</p> <p>11:00 What is IBS</p> <p>11:00 Opioid Awareness</p> <p>1:00 Model Cities Choir</p> <p>1:30 Love is in the Air</p>	<p>13</p> <p>10:00 Trip - Atlas Theater Pilgrims Musa & Sheri in the New World Cost - \$10.00</p> <p>11:00 Blueprint for</p>	<p>14</p> <p>10:30 Trip - Dollar Store</p> 
<p>17 CENTER CLOSED</p> 	<p>18</p> <p>11:00 Love your Hearty greens</p> <p>1:00 Congresswoman Eleanor Holmes Norton</p>	<p>19</p> <p>10:00 Intro to Painting</p> <p>10:30 Trip - Wheaton Plaza</p> <p>11:00 Self Love</p> <p>1:00 Black History Month Celebration</p>	<p>20</p> <p>9:30 New Member Orientation</p> <p>10:30 Trip - African American Museum</p> <p>11:00 Nutrition Trends</p>	<p>21</p> <p>10:00 - 2:00</p> <p>Health / Resource Fair</p> 
<p>24</p> <p>11:00 Healthy Relationships w/ Austyn</p> <p>1:00 Book Club - Washington Black by Esi Edugyan</p>	<p>25</p> <p>1:00 AARP Driver Safety Course</p>	<p>26</p> <p>9:30 Club Memory</p> <p>11:00 Urinary Incontinence</p> <p>1:00 AARP Driver Safety Course</p> <p>1:45 Bingo</p>	<p>27</p> <p>10:30 Trip - Dutch Market Upper Marlboro</p>	<p>28</p> <p>10:15 Trip - Public Playhouse - Songs for Civil Rights Cost - \$10.00</p>