

MODEL CITIES

Senior Wellness Center

1901 Evarts Street, NE | Washington, DC 20018 | www.seaburyresources.org | Ph: (202) 635-1900 Fax: (202) 635-1477
Hours of Operation: Monday - Friday 8:00 am - 5:00 pm

February 2020
Volume 2 ■ Issue 2

WHAT'S INSIDE

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INCLEMENT WEATHER POLICY

Model Cities members will follow the DC Public Schools closing. If the schools open two hours late, Model Cities will be open for business at 10:00am. Please listen to the weather stations and watch your local television channels for weather up-dates for closures.

The Mission of Seabury Resources for Aging is to provide personalized, affordable services and housing options to help older adults in the greater Washington, DC area live with independence and dignity.

CENTER STAFF

Stacie Mack, Program Director
Jandel Benjamin, Nutritionist
Vernetta Broady, Nutrition Site Manager
Monica Carroll, Community Health Specialist
Martinez Jones, Front Desk Registration
Linda Smith, Administrative Assistant



Model Cities Spotlight: Top photo: Stacie Mack, Program Director, Model Cities Senior Wellness Center, celebrated her birthday with family, friends and members at The Smith restaurant on "U" St. NW. We wish you all the best! Bottom photo, left and right: Reggie and Diane Hardman and Frankie and Evans Hope are celebrating their first year wedding anniversary. Frankie and Hope are celebrating at Model Cities "Toast to the New Year" with a bottle of sparkling cider. They met at Model Cities, and after a long courtship, married January 1, 2019. May both couples enjoy everlasting happiness!

Calendar of Events...

February 2020

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
8:00 Open Gym 10:00 Advanced Spanish 10:15 Kojak Low Impact Aerobics 11:00 Regular Chair Exercise 11:15 Beginners Spanish 11:15 Enhance Fitness Chair Exercise 1:00 Quilting 1:00 Pokeno 1:00 Pinochle Lesson 2:00 Board Games 5:30 Cardio Interval Aerobics	8:00 Open Gym 8:45 Tai Chi 9:00 Beg. Computer Class 9:30 Yoga 10:00 Intermediate Computer Class 10:30 Chair Exercise 11:00 Massage 11:00 Nutrition Class Dietary Guidelines for Americans 12:00 Bowling 12:30 Barber 1:00 Line Dance (Beginners) 1:00 Beginners Ballet and Dance Co. Class 2:00 Advance Line Dance 3:30 Strength and Resistance	8:00 Open Gym 9:30 Sign Language 10:00 Choir Rehearsal 10:15 No Circuit Training 10:15 Enhance Fitness Chair Exercise 11:00 No Chair Exercise 11:00 Town Hall Meeting 1:00 Kojak Low Impact Aerobics 2:00 Board Games 3:30 Strength and Resistance 5:30 Cardio Interval Aerobics	8:00 Open Gym 8:45 Tai Chi 9:00 Beg. Computer Class 9:30 Inspirational Hour Elder Odessa Harris 9:30 Yoga 10:00 Knitting/Crocheting 10:00 Intermediate Computer Class 10:30 Hair Care by AM 10:30 Chair Exercise 10:30 Nutrition Class Bus Boys and Poets MLK Jr. Ave SE. 12:00 Kojak Low Impact Aerobics 1:00 Beginners Ballet and Dance Co. Class 1:30 Hand Dance 3:30 Strength and Resistance	8:00 Open Gym 8:45 Tai Chi 9:00 Basic Piano Class (Group A) 9:30 Hands on Drums Drumming Class Fee \$10.00 10:00 Sewing Class 10:20 Zumba Gold 10:45 Basic Guitar 11:15 Enhance Fitness Chair Exercise 1:00 Art Expression 1:00 Bingo 1:00 Red Heart Day Dr. Patricia Davidson "Please wear Red" Saturday, Feb 8 12:00 Alvin Ailey Kennedy Center Opera House \$90.00 Sold Out
10	11	12	13	14
8:00 Open Gym 10:00 Advanced Spanish 10:15 Kojak Low Impact Aerobics 10:45 Budget Forum 11:00 Regular Chair Exercise 11:15 Beginners Spanish 11:15 Enhance Fitness Chair Exercise 1:00 Quilting 1:00 Pokeno 1:00 Pinochle 2:00 Board Games 5:30 Cardio Interval Aerobics	8:00 Open Gym 8:45 Tai Chi 9:00 Beg. Computer Class 9:30 Yoga 10:00 Intermediate Computer Class 10:30 Chair Exercise 11:00 Nutrition Class Diabetes Diet: Create Your Healthy Eating Plan 12:00 Bowling 12:30 Barber 1:00 Line Dance (Beginners) 1:00 Beginners Ballet and Dance Co. Class 2:00 Advance Line Dance 3:30 Strength and Resistance	8:00 Open Gym 9:30 Sign Language 10:00 Choir Rehearsal 10:15 Circuit Training 11:15 Enhance Fitness Chair Exercise 1:00 Kojak Low Impact Aerobics 1:00 Chronic Disease Self-Management 2:00 Board Games 3:30 Strength and Resistance 5:30 Cardio Interval Aerobics	8:00 Open Gym 8:45 Tai Chi 9:00 Beg. Computer Class 9:30 Inspirational Hour Elder Odessa Harris 9:30 Yoga 10:00 Intermediate Computer Class 10:00 Knitting/Crocheting 10:30 Chair Exercise 10:30 Hair Care by AM 11:00 Nutrition Class Vitamin B12 Deficiency 12:00 Kojak Low Impact Aerobics 1:00 Beginners Ballet and Dance Co. Class 1:30 Club Memory 1:30 Hand Dance 3:30 Strength and Resistance	8:00 Open Gym 8:30 Basic Piano- New Students 8:45 Tai Chi 9:00 Basic Piano Class (Group B) 10:00 No Sewing Class 10:20 Zumba Gold 11:00 Guitar Study 11:15 Enhance Fitness Chair Exercise 1:00 Valentine's Day Poet Slam 1:00 Art Expression 1:45 Bingo

Calendar of Events...

<p style="text-align: right;">17</p> <p style="text-align: center;">Center Closed</p> <p style="text-align: center;">Holiday President's Day</p> 	<p style="text-align: right;">18</p> <p>8:00 Open Gym 8:45 Tai Chi 9:00 Beginners Computer Class 9:30 Yoga 10:00 Intermediate Computer Class 10:30 Chair Exercise 11:00 Massage 11:00 Nutrition Class 10 Superfoods to eat Daily for Optimal Health 12:00 Bowling 12:30 Barber 1:00 Line Dance (Beginners) 1:00 Beginners Ballet and Dance Co. Class 2:00 Advance Line Dance 3:30 Strength and Resistance</p>	<p style="text-align: right;">19</p> <p>8:00 Open Gym 9:30 Sign Language 10:00 Choir Rehearsal 10:15 Circuit Training 11:00 AARP Information Table 11:00 The HBCU Museum 11:00 Enhance Fitness Chair Exercise 1:00 Kojak Low Impact Aerobics 1:00 Chronic Disease Self-Management 1:00 Wills and Trust, Mr. Connelly 2:00 Board Games 3:30 Strength and Resistance 5:30 Cardio Interval Aerobics</p>	<p style="text-align: right;">20</p> <p>8:00 Open Gym 8:45 Tai Chi 9:00 Beginners Computer Class 9:30 Inspirational Hour Elder Odessa Harris 9:30 Yoga 9:15 Avalon Movie Theatre TBA Fee \$5.00 10:00 Intermediate Computer Class 10:00 Knitting/Crocheting 10:30 Chair Exercise 11:00 Nutrition Class What's an edible Ecosystem? 12:00 Kojak Low Impact Aerobics 1:00 Beginners Ballet and Dance Co. Class 1:30 Hand Dance 2:00 Board Games 3:30 Strength and Resistance</p>	<p style="text-align: right;">21</p> <p>8:00 Open Gym 8:30 Basic Piano-New Students 8:45 Tai Chi 9:30 Voice Study 10:00 Piano Study 10:00 Sewing Class 10:15 Walmart 10:20 Zumba Gold 11:00 Guitar Study 11:15 Enhance Fitness Chair Exercise 1:00 Bingo 1:00 Art Expression</p>
<p style="text-align: right;">24</p> <p>8:00 Open Gym 10:00 Advanced Spanish 10:15 Kojak Low Impact Aerobics 11:00 Enhance Fitness Chair Exercise 11:15 Beginners Spanish 1:00 Quilting 1:00 Pokeno 1:00 Pinochle 1:00 New Beverage Tax, Yvette Alexander 2:00 Board Games 5:30 Cardio Interval Aerobics</p>	<p style="text-align: right;">25</p> <p>8:00 Open Gym 8:45 Tai Chi 9:00 No Beginners Computer Class 9:30 Yoga 9:15 Budget Hearing 10:30 Chair Exercise 11:00 Nutrition Class Coffee's effect on the Kidneys 12:00 Bowling 12:30 Barber 1:00 Line Dance (Beginners) 1:00 Beginners Ballet and Dance Co. Class 1:00 No SSOU Meeting (Oversight Hearing) 2:00 Advance Line Dance 3:30 Strength and Resistance</p>	<p style="text-align: right;">26</p> <p>8:00 Open Gym 9:30 Sign Language 10:00 Bazaar 10:00 Choir Rehearsal 10:00 Enhance Fitness Chair Exercise 10:15 No Circuit Training 10:30 Model Cities Black History Program Please wear your African American Attire 1:00 Kojak Low Impact Aerobics 1:00 Chronic Disease Self-Management 2:00 Board Games 3:30 Strength and Resistance 5:30 Cardio Interval Aerobics</p>	<p style="text-align: right;">27</p> <p>8:00 Open Gym 8:45 Tai Chi 9:00 Beginners Computer Class 9:30 Inspirational Hour Elder Odessa Harris 9:30 Yoga 10:00 Intermediate Computer Class 10:00 Knitting/Crocheting 10:30 Chair Exercise 11:00 Nutrition Class Types of Active Inflammation 12:00 Kojak Low Impact Aerobics 1:00 Beginners Ballet and Dance Co. Class 1:30 Hand Dance 1:30 Club Memory 2:00 Board Games 3:30 Strength and Resistance</p>	<p style="text-align: right;">28</p> <p>8:00 Open Gym 8:30 Basic Piano-New Students 8:45 Tai Chi 9:30 Voice Study 10:00 Piano Study 10:20 No Sewing Class 10:30 Hisherstory Black History Program, Stan 11:00 Guitar Study 11:15 Enhance Fitness Chair Exercise 12:30 In House Movie 1:00 Bingo 1:00 Art Expression 5:30-8:30 Happy Hour Donation \$10.00 Light Buffet, Non- Alcoholic Drinks Music by DJ. Tyzer</p>

Upcoming Events...

- AARP Smart Driver Presentation, Wednesday, March 4, 2020, 1:30 pm. learn the new technology when purchasing a car and more. See sign-up sheet at the front desk.
- Nutrition Month Presentation, Monday, March 9, 2020, 1:00 pm. Come join Jandel Benjamin, Nutritionist, for the Nutrition class Luncheon Tuesday, March 10, 2020, 11:00 am. in the Nutrition classroom, **limited seating**.
- Model Cities Art and Drawing Class, Wednesday, March 11 & 25, 2020, 1:00 pm. See sign-up sheet at the front desk.
- Dallas Black Dance Company-Friday, April 24, 2020 10:15 am. Publick Playhouse \$10.00 due by Tuesday, March 3, 2020. See Monica Carroll or Dee Powers.
- Sight & Sound Theatre Presents "Jesus" (the movie), Saturday, April 11, 2020, 10:30 am. at the Arundel Mills Mall Movie Theatre, fee \$25.00 includes movie and transportation, lunch on your own. See Monica Carroll, Dee Powers or call 202 635-1900. Full payment due by Friday, February 28, 2020.
- Queen Esther- Sight and Sound Theatre, Lancaster, PA, Wednesday, April 22, 2020, 8:00 am. Payment \$175.00. Deposit of \$75.00 due by Monday, Dec 23, 2019. Final payment of \$100.00 due Wednesday, February 5, 2020. See Monica or Dee.

Older Blind Program Every Tuesday- Thursday 10:00am.-2:00pm.

Please make check payable to:
Seabury Resources for Aging

Upcoming Events...

