



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

March 2020
Volume 1 ▪ Issue 2

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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: March 2020 is National Nutrition Month, theme “Eat Right, Bite by Bite.” Top left photo: Model Cities’ Nutritionist Ms. Jandel Benjamin preparing to celebrate National Nutrition Month. Top right photo: A prepared dish of vegan lasagna and kale salad. Bottom photo: The nutrition class sampling (mint leaves) herbs grown in the Model Cities garden. During National Nutrition Month, focus on making informed food choices, and developing sound eating and physical activity habits.



Calendar of Events...

March 2020

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
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 National Consumer Protection Week, Elder Exploitation with Mr. Abdullah (DISB) 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 Town Hall Meeting 11:30 19th Street Baptist Church 1:00 Kojak Low Impact Aerobics 1:00 AARP-Smart Driver Presentation 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 12:00 Nutrition Class E-Life Soul Food Restaurant 12:00 Kojak Low Impact Aerobics 1:00 DACL Town Meeting New Addition Update 1:00 Beginners Ballet and Dance Co. Class 1:30 Hand Dance 2:00 Board Games 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 Donation \$10.00 10:00 No Sewing Class 10:20 Zumba Gold 10:45 Basic Guitar 11:15 Enhance Fitness & Chair Exercise 1:00 Bingo 1:00 Art Expression
				Sunday 8 Daylight Saving Time Turn your clock 1 hour ahead 
9	10	11	12	13
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 Eat Right Bite by Bite, Jandel Benjamin 1:00 Pokeno 1:00 Pinochle Lesson 1:30 United Healthcare Advantage 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 10:35 Chair Exercise, Spirit Club 11:00 Nutrition Class National Nutrition Month Luncheon 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 11:00 Enhance Fitness & Chair Exercise 11:30 19th Street Baptist Church 1:00 Naturopathy, Dr. Akmal Muwwakkil 1:00 Kojak Low Impact Aerobics 1:00 Art & Drawing Class 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 Chair Exercise 10:30 Nutrition Class What are Refined Carbohydrates 12:00 Kojak Low Impact Aerobics 1:00 Beginners Ballet and Dance Co. Class 1:30 Hand Dance 1:30 Club Memory 3:30 Strength and Resistance	8:00 Open Gym 8:45 Tai Chi 9:00 Basic Piano Class (Group B) 10:00 No Sewing Class 10:00 Joann Fabrics & Craft Store 10:20 Zumba Gold 10:45 Basic Guitar 11:15 Enhance Fitness & Chair Exercise 1:00 Art Expression 1:00 Bingo

Calendar of Events...

<p style="text-align: right;">16</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 Lesson 1:00 DACL Health Fair 2:00 Board Games 5:30 Cardio Interval Aerobics</p>	<p style="text-align: right;">17</p> <p>8:00 Open Gym 8:45 Tai Chi 9:00 Beg. Computer Class 9:30 Yoga 10:00 Intermediate Computer Class 10:35 Chair Exercise, Spirit Club 11:00 Massage 11:00 Nutrition Class Nutrients and Weight Management 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;">18</p> <p>8:00 Open Gym 9:30 Sign Language 10:00 Choir Rehearsal 10:15 Circuit Training 11:00 Enhance Fitness & Chair Exercise 11:00 AARP Information Table 11:30 19th Street Baptist Church 1:00 Woodridge Library Accessing Movies on your Tablet & Computer Free 1:00 Kojak Low Impact Aerobics 2:00 Board Games 3:30 Strength and Resistance 5:30 Cardio Interval Aerobics</p>	<p style="text-align: right;">19</p> <p>8:00 Open Gym 8:45 Tai Chi 9:00 Beg. Computer Class 9:15 Avalon Movie Theatre TBA 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 Plant Sources of Omega 3's 12:00 Kojak Low Impact Aerobics 1:00 Beginners Ballet and Dance Co. Class 1:30 Hand Dance 3:30 Strength and Resistance</p>	<p style="text-align: right;">20</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 10:20 Zumba Gold 11:00 Guitar Study 11:15 Enhance Fitness & Chair Exercise 11:15 Morehouse College Glee Club, United Church of Christ Lunch on your own 1:00 Black Seed Oil, William Buie 1:00 Art Expression 1:30 No Bingo</p>
<p style="text-align: right;">23</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 Lesson 1:00 DC One Card 2:00 Board Games 5:30 Cardio Interval Aerobics</p>	<p style="text-align: right;">24</p> <p>8:00 Open Gym 8:45 Tai Chi 9:00 Beginners Computer Class 9:35 Yoga 10:00 Intermediate Computer Class 10:30 Chair Exercise, Spirit Club 11:00 Nutrition Class The role of Micronutrients in Cognitive Function 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;">25</p> <p>8:00 Open Gym 9:30 Sign Language 10:00 Choir Rehearsal 10:15 Circuit Training 11:00 Enhance Fitness & Chair Exercise 11:30 DACL Budget Town Hall Forum Masonic Temple 1:00 Kojak Low Impact Aerobics 1:00 Art & Drawing 2:00 Board Games 3:30 Strength and Resistance 5:30 Cardio Interval Aerobics</p>	<p style="text-align: right;">26</p> <p>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 11:00 Nutrition Class Nutrients and Inflammation 12:00 Kojak Low Impact Aerobics 1:00 Beginners Ballet and Dance Co. Class 1:30 Club Memory 1:30 Hand Dance 2:00 Board Games 3:30 Strength and Resistance</p>	<p style="text-align: right;">27</p> <p>8:00 Open Gym 8:30 Basic Piano- New Students 8:45 Tai Chi 9:30 Voice Study 10:00 Basic Piano Study 10:00 No Sewing Class 10:20 Zumba Gold 11:00 Guitar Study 11:15 Enhance Fitness & Chair Exercise 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 Wear Your Green</p>

Calendar of Events...

30	31	1	2	3
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 Lesson 1:00 Senior Advocacy Day 2:00 Board Games 5:30 Cardio Interval Aerobics	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, Spirit Club 11:00 Nutrition Class Nutrients and Pain 12:00 Bowling 12:30 Barber 1:00 Line Dance (Beginners) 1:00 Beginners Ballet and Dance Co. Class 1:00 SSOU Meeting 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 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 Intermediate Computer Class 10:00 Knitting/Crocheting 10:30 Chair Exercise 11:00 Nutrition Class Dietary Guidelines for Americans 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	8:00 Open Gym 8:45 Tai Chi 9:00 No Basic Piano Class 10:00 Sewing Class 10:20 Zumba Gold 10:45 No Basic Guitar 11:15 Chair Exercise/ 11:30 Enhance Fitness Chair Exercise 12:30 In House Movie 1:00 Bingo 1:00 Art Expression

Upcoming Events...

- 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, Wednesday, April 22, 2020, 8:00 am. Payment \$175.00. Deposit of \$75.00 due by Monday, Dec 23, 2019. See Monica or Dee.
- 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.
- Volunteer's Luncheon Wednesday, April 29, 2020 11:30 am. Model Cities Sr. Wellness Center

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

Please make Check payable to:
Seabury Resources for Aging