



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/ Marcus 9:00 Mending & Alterations 10:00 Enhance Fitness w/ Arthur (Multi-purpose Room) 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 (1st and 3rd) 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 3:00 Nutrition Consultation 3:00 Open Gym	8:00 Open Gym 8:00 Gym Orientation 9:00 Cardio Lite w/ Marcus 9:30 Quilting 10:00 Current Events Discussion Group 10:00 Chair Aerobics 10:00 Expressive Relaxation w/ Austyn 11:00 Men's Fitness 12:00 Lunch 1:00 Basic Computer 1:00 Crocheting 1:00 Cards / Billiards 1:15 Full Body Workout w/ Eddie Van 1:30 Beginners Piano 2:15 Relax & Stretch 3:00 Nutrition Consultation 3:00 Fitness Assessment (By Appointment Only) 3:00 Open Gym	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 2:00 Spanish Study Group 2:30 Nutrition Consultations 3:00 Open Gym	8:00 Open Gym 9:00 Butts & Guts w/ Marcus 10:00 Cardio Stick (Multi-purpose Room) 10:00 Chair Aerobics 10:00 Arts & Crafts w/ Chelsie 11:15 Golden Mat (2nd and 4th) 12:00 Lunch 1:00 Line Dancing 1:00 Cards / Billiards 2:00 Strength & Flexibility (1st & 3rd) 2:00 Yoga w/ Maria (2nd & 4th) 3:00 Fitness Assessment (By Appointment Only) 3:00 Open Gym

October 2019 Highlights

Mon	Tue	Wed	Thu	Fri
	1 <i>Sorry...</i> TEMPORARILY CLOSED	2 <i>Sorry...</i> TEMPORARILY CLOSED	3 <i>Sorry...</i> TEMPORARILY CLOSED	4 <i>Sorry...</i> TEMPORARILY CLOSED
7	8 10:30 Trip - Eastern Market 11:00 Comparing Milks	9 9:30 Club Memory 11:00 Town Hall 1:30 Breakfast Foods Wear Pink Day	10 10:30 Trip - Dutch Market Upper Marlboro 11:00 Should We Still Fear MSG?	11 9:30 Howard Students 10:30 Trip - US Bureau of Engraving and Printing
14 	15 10:30 Trip - Dollar Store 11:00 Hidden Calories	16 10:30 Trip - DuPont Circle Art Gallery 11:00 Dementia 101 1:30 Potassium and Your Blood Pressure	17 10:30 Trip - Westminster Presbyterian Church 11:00 Are Added Fibers Good for You?	18 Health & Resource Fair / Flu Shots
21 1:00 Georgetown Medical Students	22 10:30 Trip - National Museum of African American History & Culture	23 9:30 B / P Screening 9:30 Club Memory 10:00 Quilt Exhibit 11:00 Hot Flashes	24 9:30 New Member Orientation 10:30 Trip - Dutch Market Laurel	25 1:00 Meet & Greet - Congresswoman Eleanor Holmes-Norton
28 1:00 Georgetown Medical Students 1:00 Book Club - American Sp by Lauren Wilkinson	29 1:00 AARP Driver Safety Course	30 11:00 Coping with Life Changing Diagnoses 1:00 AARP Driver Safety Course Masquerade Ball  4:00 p.m. - 8:00 p.m.	31 	