

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

October 2019
Volume 10 • Issue 1

WHAT'S INSIDE

Calendar and Events 2-4

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 Picture: Model Cities members enjoying themselves at the DC Senior Wellness BBQ last month, held at the Gateway Pavilion. The lower picture to the left Alice Thompson, (DACL) Andre Lane, the BBQ coordinator, Director of Hayes Sr. Wellness, Stacie Mack, Director of Model Cities Sr. Wellness Center, William Richie, Director of Congress Heights Sr. Wellness Center and Sam Taylor, (DACL) having a great time as they volunteered by **helping our seniors** "Way to go" great team work.

Calendar of Events...

October 2019

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	8:00 Open Gym 8:45 No Tai Chi 9:30 Computer Class Beginners & Advance 9:30 Yoga 10:30 Chair Exercise 11:00 Nutrition Class Dietary Guidelines for Americans 12:00 Bowling 12:30 Barber 1:00 No Line Dance (Beginners) 1:00 Beginners Ballet and Dance Co. Class-MC Steppers 1:30 Hand Dance 2:00 No Advance Line Dance 3:30 Strength and Resistance	8:00 Open Gym 9:30 No 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 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 No Tai Chi 9:30 Inspirational Hour Elder Odessa Harris 9:30 Yoga 9:30 Computer Class Beginners & Advance 10:00 Knitting/ Crocheting 10:15 Nutrition Class Trader Joe's Market Trip 10:30 Chair Exercise 12:00 Kojak Low 10:30 Hair Care by AM Impact Aerobics 1:00 Beginners Ballet and Dance Co. Class-MC Steppers 1:30 Hand Dance 2:00 Board Games 3:30 Strength and Resistance	8:00 Open Gym 8:45 Tai Chi 9:00 Beginners Piano Class 9:30 Hands on Drums 10:00 Sewing Class 10:20 Zumba Gold 10:45 Beginners Guitar 11:15 Chair Exercise/ 11:30 Enhance Fitness Chair Exercise 12:30 In House Movie 1:00 Bingo 1:00 Art Expression 1:30 Club Memory
7	8	9	10	11
				

Calendar of Events...

<p style="text-align: center;">14</p> <p style="text-align: center;">Center Closed Columbus Day</p> 	<p style="text-align: center;">15</p> <p>8:00 Open Gym 8:45 Tai Chi 9:30 Computer Class Beginners & Advance 9:30 Yoga 10:30 Chair Exercise 11:00 Nutrition Class How are seedless fruits are made 11:00 Massage 12:00 Bowling 12:30 Barber 1:00 Line Dance (Beginners) 1:00 Beginners Ballet and Dance Co. Class-MC Steppers 1:30 Hand Dance 2:00 Advance Line Dance 3:30 Strength and Resistance</p>	<p style="text-align: center;">16</p> <p>8:00 Open Gym 9:30 Sign Language 10:00 Dental Clinic 10:00 Choir Rehearsal 10:15 Circuit Training 11:00 Chair Exercise 11:00 AARP Display Table 11:15 Enhance Fitness Chair Exercise 1:00 Kojak Low Impact Aerobics 1:00 Medicare, Donna Tabor 2:00 Board Games 3:30 Strength and Resistance 5:30 Cardio Interval Aerobics</p>	<p style="text-align: center;">17</p> <p>8:00 Open Gym 8:45 Tai Chi 9:30 Inspirational Hour Elder Odessa Harris 9:30 Yoga 9:30 Computer Class Beginners & Advance 10:00 Nutrition Class Amish Market in Laurel Trip 10:00 Knitting/ Crocheting 10:30 Chair Exercise 10:30 Hair Care by AM 12:00 Kojak Low Impact Aerobics 1:00 Beginners Ballet and Dance Co. Class-MC Steppers 1:30 Hand Dance 2:00 Board Games 3:30 Strength and Resistance</p>	<p style="text-align: center;">18</p> <p>8:00 Open Gym 8:45 Tai Chi 9:00 Voice Study 10:00 Sewing Class 10:00 Piano Study 10:15 Publick Playhouse Free Movie Black Ballerina 10:20 Zumba Gold 11:00 Guitar Study 11:15 Chair Exercise 11:30 Enhance Fitness Chair Exercise 12:30 In House Movie 1:00 Art Expression 1:00 Bingo</p>
<p style="text-align: center;">21</p> <p>8:00 Open Gym 9:15 Leaving for Atlantic City, Sr. America Pageant 10:00 Advanced Spanish 10:15 Kojak Low Impact Aerobics 10:30 Holocaust Museum 11:00 Regular Chair Exercise 11:15 Beginners Spanish 11:15 Enhance Fitness Chair Exercise 1:00 Pinochle Lesson 1:00 Quilting 1:00 Pokeno 2:00 Board Games 5:30 Cardio Interval Aerobics</p>	<p style="text-align: center;">22</p> <p>8:00 Open Gym 8:45 Tai Chi 9:30 Computer Class Beginners & Advance 9:30 Yoga 10:00 Nutrition Class Impossible Whopper 10:30 Chair Exercise 12:00 Bowling 12:30 Barber 1:00 Line Dance (Beginners) 1:00 Beginners Ballet and Dance Co. Class-MC Steppers 1:30 Hand Dance 2:00 Advance Line Dance 3:30 Strength and Resistance</p>	<p style="text-align: center;">23</p> <p>8:00 Open Gym 9:30 Sign Language 10:00 Choir Rehearsal 10:15 Circuit Training 10:30 Walmart 11:00 Chair Exercise 11:15 Enhance Fitness Chair Exercise. 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: center;">24</p> <p>8:00 Open Gym 8:45 Tai Chi 9:30 Inspirational Hour Elder Odessa Harris 9:30 Yoga 9:30 Computer Class Beginners & Advance 10:00 Knitting/ Crocheting 10:00 Nutrition Class Miller's Farmer 10:30 Chair Exercise 12:00 Kojak Low Impact Aerobics 1:30 Club Memory 1:00 Beginners Ballet and Dance Co. Class-MC Steppers 1:30 Hand Dance 3:30 Strength and Resistance</p>	<p style="text-align: center;">25</p> <p>8:00 Open Gym 8:45 Tai Chi 9:00 Voice Study 10:00 Sewing Class 10:00 Piano Study 10:20 Zumba Gold 11:00 Guitar Study 11:15 Chair Exercise 11:30 Enhance Fitness Chair Exercise 12:30 In House Movie 1:00 Art Expression 1:00 Bingo 3:15 Returning from Sr. America Pageant Atlantic City 5:30-8:30 Happy Hour Donation \$10.00 Light Buffet, Non- Alcoholic Drinks Music by DJ. Tyzer</p>

Calendar of Events...

28	29	30	31	1
8:00 Open Gym 10:00 Advanced Spanish 10:15 Kojak Low Impact Aerobics 10:30 University of Maryland David Driskell Center Museum 11:00 Regular Chair Exercise 11:15 Beginners Spanish 11:15 Enhance Fitness Chair Exercise 1:00 Quilting 1:00 Pokeno 1:00 Homeland Security 2:00 Board Games 5:30 Cardio Interval Aerobics	8:00 Open Gym 8:45 Tai Chi 9:30 Computer Class Beginners & Advance 9:30 Yoga 10:30 Chair Exercise 11:00 Nutrition Class Alcohol and Cancer Risk 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 Circuit Training 10:15 Enhance Fitness Chair Exercise 11:00 Regular Chair Exercise 11:30 Pink Day Dr. Doris Brown, Breast Cancer Presentation Please wear your Pink 1:00 Kojak Low Impact Aerobics 1:00 Pinochle Lesson 1:00 Dignity 2:00 Board Games 3:30 Strength and Resistance 5:30 Cardio Interval Aerobics	8:00 Open Gym 8:45 Tai Chi 9:30 Inspirational Hour Elder Odessa Harris 9:30 Yoga 9:30 Computer Class Beginners & Advance 10:00 Knitting/Crocheting 10:30 Chair Exercise 11:00 Nutrition Class How Diet Affects Osteoporosis 12:00 Kojak Low Impact Aerobics 12:30 Halloween Party 11:00 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 Beginners Piano Class 9:30 Hands on Drums 10:00 Sewing Class 10:20 Zumba Gold 10:45 Beginners 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...

- Model Cities Holiday Bazaar- Wednesday, November 6, 2019 10:00am
- Model Cities Veteran Day Program- Friday, November 8, 2019 at 1:00pm
- Philadanco Dance Company at the Publick Playhouse- Friday November 15, 2019 at 10:15am Donation \$15.00 see Monica Carroll or Dee Powers by Wednesday, October 16, 2019
- Model Cities Holiday Party- Friday, December 13, 2019 at 11:30am Non Benevolence Members and guest \$20.00 See June May or Monica Carroll
- BZB International at Shiloh Family Life Center, 2nd Floor- Friday, December 20, 2019 at 10:00am Collectible dolls, Jewelry and Fine arts Show. Shop until you drop.

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

When writing a check
Please make it to:
Seabury Resources
For the Aging