



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

December 2019
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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: Nov. 6, Model Cities celebrated the 100th birthday of Ms. Evelyn McKenly (Ms. Evie). She is a native Washingtonian. She is shown with her daughter, Charlene, in top right photo; bottom photo she is smiling with Dawn Quattlebaum, Deputy Director, Seabury Resources for Aging. Ms. Evie is a snazzy dresser and can tell a joke better than any comedian! Ms. Evie, we love you, you have a beautiful spirit and we wish you well!!!





Calendar of Events...


December 2019

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 Regular Chair Exercise 11:15 Beginners Spanish 11:15 Enhance Fitness Chair Exercise 1:00 Quilting 1:00 Pokeno 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 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 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 Beginners Computer Class 9:30 Inspirational Hour Elder Odessa Harris 9:30 Yoga 10:00 Intermediate Computer Class 10:00 Knitting/Crocheting 10:00 Club Memory 10:30 Chair Exercise 10:30 Hair Care by AM 10:45 Nutrition Class Blood Pressure Screening 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 Basic Piano Class (Group A) 9:30 Hands on Drums Drumming Class Donation \$10.00 10:00 Sewing Class 10:20 Zumba Gold 10:45 Basic Guitar 11:15 Chair Exercise/ 11:30 Enhance Fitness Chair Exercise 12:30 In House Movie 1:00 Bingo 1:00 Art Expression
9	10	11	12	13
8:00 Open Gym 10:00 Advanced Spanish 10:15 Kojak Low Impact Aerobics 10:30 Hirshhorn Museum 11:00 Regular Chair Exercise 11:15 Beginners Spanish 11:15 Enhance Fitness Chair Exercise 1:00 Quilting 1:00 Pokeno 1:00 Clear Caption 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 Interm. Computer Class 10:30 Chair Exercise 11:00 Nutrition Class Types of Anemia 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 Chair Exercise 11:00 Model Cities Choir Holiday Concert 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	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 Interm. Computer Class 10:00 Knitting/Crocheting 10:30 Chair Exercise 10:30 Hair Care by AM 11:55 Nutrition Class Provost Restaurant 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 4:45 Ward 5 McDuffie Holiday Party Union Market Dock 5	8:00 Open Gym 8:45 Tai Chi 9:00 Basic Piano Class (Group B) 10:00 Sewing Class 10:20 Zumba Gold 10:45 Basic Guitar 11:15 Chair Exercise 11:30 Enhance Fitness Chair Exercise 11:30 Model Cities Holiday Party at the Washington Home for the Aging (Stoddard Baptist) 2601 18th Street, NE 12:30 In House Movie 1:00 Art Expression 1:00 Bingo

Calendar of Events...

<p>16</p> <p>Closed</p> 	<p>17</p> <p>Closed</p> 	<p>18</p> <p>Closed</p> 	<p>19</p> <p>9:30 The Mayor's Annual Senior Holiday Luncheon at the DC Armory Sponsored by DACL Bus Pick up from the Washington Home for the Aging (Stoddard Baptist) 2601 18th Street, NE</p> <p>Closed</p> 	<p>20</p> <p>Closed</p> 
<p>23</p> <p>8:00 Open Gym 10:00 Advanced Spanish 10:15 Kojak Low Impact Aerobics 10:30 Shopping at PG Mall 11:00 Regular Chair Exercise 11:15 Beginners Spanish 11:15 Enhance Fitness Chair Exercise 1:00 Quilting 1:00 Pokeno 2:00 Board Games 5:30 Cardio Interval Aerobics</p>	<p>24</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 Nutrition Class What is the Whole 30 Diet 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>25</p> <p>Center Closed Happy Holiday's</p> 	<p>26</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 No Knitting/Crocheting 10:30 Chair Exercise 10:45 Nutrition Class Foods that Boost HDL and Lower LDL 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>27</p> <p>8:00 Open Gym 8:45 Tai Chi 10:00 Basic Piano Study 10:00 No Sewing Class 10:20 Zumba Gold 11:00 Basic Guitar 11:15 Chair Exercise/ 11:30 Enhance Fitness Chair Exercise 12:30 In House Movie 1:00 Bingo 1:00 Art Expression</p> <p>5:30-8:30 Happy Hour Donation \$10.00 Light Buffet, Non- Alcoholic Drinks Music by DJ. Tyzer</p>

Calendar of Events...

30	31	1	2	3
<p>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 11:15 Knitting/Crocheting Class Visit Saint Anne's Center for Children, Youth & Families 1:00 Quilting 1:00 Pokeno 2:00 Board Games 5:30 Cardio Interval Aerobics</p>	<p>8:00 Open Gym 8:45 Tai Chi 9:00 Beginners Computer Class 9:30 Computer Class Beginners & Advance 9:30 Yoga 10:00 Intermediate Computer Class 10:30 Chair Exercise 11:00 Nutrition Class 10 Ways to Reduce Risk of Thyroid Disease 12:00 Bowling 12:00 New Year's Toast 12:30 Barber 1:00 Line Dance (Beginners) 1:00 Beginners Ballet and Dance Co. Class 2:00 Advance Line Dance 1:00 SSOU Meeting 3:30 Strength and Resistance</p>	<p>Center Closed Happy New Year's</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 10:45 Nutrition Class 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>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 Sewing Class 10:20 Zumba Gold 10:45 Basic Guitar 11:15 Chair Exercise/ 11:30 Enhance Fitness Chair Exercise 12:30 In House Movie 1:00 Bingo 1:00 Art Expression</p>

Upcoming Events...

- Restaurant week: Stacie's Birthday Luncheon- Tuesday, January 14, 2020, at 10:30am. Restaurant to be announced in January. Donation \$30 (includes transportation). All monies due by Wednesday, January 8, 2020. See Monica Carroll or Dee Powers.
- Alvin Ailey at the Kennedy Center-Saturday, February 8, 2020, at 12:00pm. Donation \$90.00. Deposit of \$45.00 due by Thursday, Dec 20, 2019. Final payment due by Friday, January 17, 2020. See Monica Carroll or Dee Powers.
- Queen Esther- Sight and Sound Theatre, Wednesday, April 22, 2020, at 8:00am. Donation \$175.00. Deposit of \$75.00 due by Monday, Dec 23, 2019. See Monica or Dee.

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

Please make Check payable to:
Seabury Resources
For the Aging