

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 2019
Volume 2 ■ Issue 1

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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
Vernetta Broady, Nutrition Site Manager
Monica Carroll, Community Health Specialist
Gloria Franklin-Austin, Front Desk
Registration
Jandel Benjamin, Nutritionist
Linda Smith, Administrative Assistant



Model Cities Spotlight: Happy Valentine's Day to our Model Cities couples who are now married: left picture Frankie and Evans Hope 1/1/19; Top right: Reginald and Dianne Hardman 11/14/17
Bottom left: Kaye and Craig St. Jamada 5/7/17

Calendar of Events...

February 2019

Monday	Tuesday	Wednesday	Thursday	Friday
				1 8:00 Open Gym 8:45 Tai Chi 9:00 Beginners Piano Class 10:00 Sewing Class 10:20 Zumba Gold 11:00 Guitar Club 11:15 Chair Exercise 11:30 Enhance Fitness Chair Exercise 12:30 No In house Movie 1:00 Heart Day, Dr. Patricia Davidson, Cardiologist Please wear your red 1:00 Art Expression 1:00 No Bingo
4 8:00 Open Gym 10:15 Kojak Low Impact Aerobics 10:30 Advanced Spanish 11:00 Regular Chair Exercise 11:15 Beginners Spanish 11:15 Enhance Fitness Chair Exercise 1:00 Quilting 1:00 Pinochle 1:00 Dominoes 2:00 Board Games 5:30 Cardio Interval Aerobics	5 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 Dietary Guidelines for Americans 12:00 Bowling 12:30 Barber 1:00 Beginners Ballet and Dance Co. Class 1:00 Line Dance (Beginners) 2:00 Advance Line Dance 3:30 Strength and Resistance	6 8:00 Open Gym 9:30 Sign Language 10:00 Holiday Bazaar 10:00 Choir Rehearsal 10:15 No Circuit Training 10:15 Chair Exercise 10:15 Enhance Fitness Chair Exercise 11:00 Town Hall Meeting 1:00 Kojak Low Impact Aerobics 1:00 Pinochle 1:00 Drawing & Painting 1:00 Delmarva Diabetes Workshop 2:00 Board Games 3:30 Strength and Resistance 5:30 Cardio Interval Aerobics	7 8:00 Open Gym 8:45 Tai Chi 9:30 Inspirational Hour Elder Odessa Harris 9:30 Yoga 9:30 Computer Class Beginners & Advance 9:45 Joanne Fabric and Craft Store 10:00 Knitting/Crocheting 10:30 Chair Exercise 11:00 Nutrition Class Best ways to relieve Bloating/gas 12:00 Kojak Low Impact 1:00 Beginners Ballet and Dance Co. Class 1:30 Hand Dance 2:00 Board Games 3:30 Strength and Resistance	8 8:00 Open Gym 8:45 Tai Chi 9:00 Beginners Piano Class 10:00 Sewing Class 10:00 Walmart 10:20 Zumba Gold 11:00 Guitar Club 11:15 Chair Exercise 11:30 Enhance Fitness Chair Exercise 12:30 In House Movie 1:00 Art Expression 1:00 Bingo <hr/> Saturday, February 9 12:00 Alvin Ailey Kennedy Center Orchestra Seats \$89.00 Sold Out

Calendar of Events...

<p style="text-align: right;">11</p> <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 12:00 Mayor's 2019 Senior Budget Engagement Town Hall Meeting 1:00 Quilting 1:00 Pinochle 1:00 Dominoes 2:00 Board Games 5:30 Cardio Interval Aerobics</p>	<p style="text-align: right;">12</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 HD Scores 12:00 Bowling 12:30 Barber 1:00 Beginners Ballet and Dance Co. Class 1:00 Line Dance (Beginners) 2:00 Advance Line Dance 3:30 Strength and Resistance</p>	<p style="text-align: right;">13</p> <p>8:00 Open Gym 9:30 Sign Language 10:00 Choir Rehearsal 10:15 Circuit Training 11:00 Chair Exercise 11:00 Genexe Health 11:15 Enhance Fitness Chair Exercise 1:00 Kojak Low Impact Aerobics 1:00 Pinochle 1:00 Drawing & Painting 1:00 Delmarva Diabetes Workshop 2:00 Board Games 3:30 Strength and Resistance 5:30 Cardio Interval Aerobics</p>	<p style="text-align: right;">14</p> <p>8:00 Open Gym 8:45 Tai Chi 8:45 DCOA Oversight Hearing 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 Constipation 12:20 Kojak Low Impact Aerobics 1:00 Valentine's Day Program 1:00 Beginners Ballet and Dance Co. Class 1:00 Club Memory 1:30 Hand Dance 2:00 Board Games 3:30 Strength and Resistance</p>	<p style="text-align: right;">15</p> <p>8:00 Open Gym 8:45 Tai Chi 9:00 Beginners Piano Class 10:00 Sewing Class 10:20 Zumba Gold 11:00 Guitar Club 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: right;">18</p> <p style="text-align: center;">Presidents' Day Center Closed</p> 	<p style="text-align: right;">19</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 Moroccan Tea Ceremony 11:00 Massage 12:00 Bowling 12:30 Barber 1:00 Beginners Ballet and Dance Co. Class 1:00 Line Dance (Beginners) 2:00 Advance Line Dance 3:30 Strength and Resistance</p>	<p style="text-align: right;">20</p> <p>8:00 Open Gym 9:30 Sign Language 10:00 Choir Rehearsal 11:00 AARP Display Table 11:00 Chair Exercise 11:15 Enhance Fitness Chair Exercise 1:00 Kojak Low Impact Aerobics 1:00 "Winter Fire": EMS Fire Safety 1:00 Pinochle 1:00 Drawing & Painting 1:00 Delmarva Diabetes Workshop 2:00 Board Games 3:30 Strength and Resistance 5:30 Cardio Interval Aerobics</p>	<p style="text-align: right;">21</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 10:30 Chair Exercise 10:30 Nutrition Class Cultivate the City H St., Farmers Trip 12:00 Kojak Low Impact 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;">22</p> <p>8:00 Open Gym 8:45 Tai Chi 9:00 Beginners Piano Class 10:00 Sewing Class 10:20 Zumba Gold 11:00 Guitar Club 11:15 Chair Exercise 11:30 Enhance Fitness Chair Exercise 12:30 In House Movie 1:00 Art Expression 1:00 Bingo</p> <p>5:30-8:30 Sweetheart Happy Hour Welcome Non Couples & Couples Everyone Please wear Something red Donation \$10.00 Light Buffet, Non-Alcoholic Drinks Music by DJ. Tyzer</p>

Calendar of Events...

25	26	27	28	1
8:00 Open Gym 10:15 Kojak Low Impact Aerobics 10:30 Advanced Spanish 11:00 Regular Chair Exercise 11:15 Beginners Spanish 11:15 Enhance Fitness Chair Exercise 1:00 Quilting 1:00 Pinochle 1:00 Dominoes 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 10:00 Music Sensory 10:30 Chair Exercise 11:00 Nutrition Class Section 4205 of the PPAC Act 12:00 Bowling 11:45 Barber 1:00 Beginners Ballet and Dance Co. Class 1:00 Line Dance (Beginners) 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 10:30 Black History Program The Evolution of Gospel Music Please wear your African Attire 11:00 Regular Chair Exercise 11:15 Enhance Fitness Chair Exercise 1:00 Kojak Low Impact Aerobics 1:00 Pinochle 1:00 Drawing & Painting 1:00 No Delmarva Diabetes Workshop 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 Blood Pressure Screening 12:00 Kojak Low Impact 1:00 Beginners Ballet and Dance Co. Class 1:00 Club Memory 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 10:00 Sewing Class 10:20 Zumba Gold 11:00 Guitar Club 11:15 Chair Exercise 11:30 Enhance Fitness Chair Exercise 12:30 In House Movie 1:00 Art Expression 1:00 Bingo

Upcoming Events...

- **Mardi Gras- Tuesday, March 5, 2019, 1:00pm.** Please bring your Mari beads please see sign-up sheet at the front desk.
- **Amazing Grace Play at the Bible Museum – Friday, March 29, 2019 12:45pm.** Donation \$57.00 all monies due by **Wednesday, February 13, 2019**, for more information or to sign-up for the play see Monica Carroll or Dee Powers
- **Shen Yun Dance Group- Saturday, April 6, 2019 12:00pm.** Kennedy Center Orchestra Seats. All monies due by **Wednesday, March 20, 2019.** Donation \$90, Please see Monica Carroll or Dee Powers for Tickets
- **Dallas Black Dance Theatre- Thursday, April 25, 2019 10:00am.** Publick Playhouse, donation \$10.00 all monies due by **Wednesday, April 3, 2019.** Please see Monica Carroll or Dee Powers.