



# MODEL CITIES

## Senior Wellness Center

1901 Evarts Street, NE | Washington, DC 20018 | [www.seaburyresources.org](http://www.seaburyresources.org) | Ph: (202) 635-1900 Fax: (202) 635-1477  
Hours of Operation: Monday - Friday 8:00 am - 5:00 pm

November 2018  
Volume 2 ▪ Issue 11

### WHAT'S INSIDE

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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 updates 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.

#### 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:** Celebrating Breast Cancer Awareness at Model Cities on Wednesday, Oct 24, 2018 (Top) Rho Mu Omega of Alpha Kappa Alpha Sorority, Inc. with Soror Sharon Gomillion, Soror Mildred Musgrove, Monica Carroll, Soror Frankie Willis, Soror Karen Wingfield and Delores Powers. Bottom picture: MC Steppers in front of the SuperStar Theatre in the Resort Hotel in Atlantic City.



# Calendar of Events...

## November 2018

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			8:00 Open Gym <b>8:45 Tai Chi</b> 9:30 Inspirational Hour Elder Odessa Harris 9:30 Yoga 9:30 Computer Class Beginners & Advance 10:00 Knitting/Crocheting 10:30 Chair Exercise <b>11:00 Nutrition Class</b> <b>Millers Market Trip</b> <b>12:00 Kojak Low Impact</b> 1:00 Beginners Ballet and Dance Co. Class <b>1:30 Hand Dance</b> 2:00 Board Games <b>3:30 Strength and            Resistance</b>	8:00 Open Gym <b>8:45 Tai Chi</b> <b>9:00 Beginners Piano            Class</b> <b>10:00 Sewing Class</b> 10:20 Zumba Gold 11:00 Guitar Club 11:15 Chair Exercise <b>11:30 Enhance Fitness            Chair Exercise</b> <b>1:00 No Art Expression</b> 1:00 Bingo  <b>Saturday 3</b> <i>Daylight Saving Time</i> <i>Set your clock 1Hr. Back</i>
5	6	7	8	9
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 <b>1:00 Redskins Monday</b> 1:00 Pinochle 1:00 Dominoes 2:00 Board Games <b>5:30 Cardio Interval            Aerobics</b>	<b>Center Closed            Voting Site</b>  	8:00 Open Gym <b>9:30 Sign Language</b> <b>10:00 Choir Rehearsal</b> <b>10:15 Regular Chair            Exercise and            Enhance Fitness            Chair Exercise</b> <b>10:15 No Circuit Training</b> <b>11:00 Town Hall Meeting</b> 1:00 Kojak Low Impact Aerobics 1:00 Pinochle <b>1:00 Dr. Mintzer,            Podiatrist</b> 2:00 Board Games <b>3:30 Strength and            Resistance</b> <b>5:30 Cardio Interval            Aerobics</b>	8:00 Open Gym <b>8:45 Tai Chi</b> 9:30 Inspirational Hour Elder Odessa Harris 9:30 Yoga 9:30 Computer Class Beginners & Advance 10:00 Knitting/Crocheting 10:30 Chair Exercise <b>11:00 Nutrition Class</b> <b>Save your Scalp with            Nutrients</b> <b>12:00 Kojak Low Impact</b> 1:00 Beginners Ballet and Dance Co. Class 1:00 AARP Medicare <b>1:00 Club Memory</b> <b>1:30 Hand Dance</b> 2:00 Board Games <b>3:30 Strength and            Resistance</b>	8:00 Open Gym <b>8:45 Tai Chi</b> <b>9:00 Beginners Piano            Class</b> <b>10:00 Publick Playhouse</b> <b>70's Best Show</b> <b>Donation \$13.00</b> <b>Sold Out</b> <b>10:00 Sewing Class</b> 10:20 Zumba Gold 11:00 Guitar Club 11:15 Chair Exercise <b>11:30 Enhance Fitness            Chair Exercise</b> <b>1:00 Art Expression</b> 1:00 Bingo

# Calendar of Events...

<p style="text-align: center;"><b>12</b></p> <p style="text-align: center;"><b>Veteran Day Center Closed</b></p> 	<p style="text-align: center;"><b>13</b></p> <p>8:00 Open Gym 8:45 Tai Chi 9:30 Computer Class Beginners &amp; Advance 9:30 Yoga 10:30 Chair Exercise <b>11:00 Nutrition Class</b> <b>Herbal First Aid on the Go</b> 11:45 Barber <b>12:00 Bowling</b> 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: center;"><b>14</b></p> <p>8:00 Open Gym 9:30 Sign Language 10:00 Choir Rehearsal <b>10:00 Holiday Bazaar</b> 10:15 Circuit Training 11:00 Chair Exercise 11:15 Enhance Fitness Chair Exercise 1:00 Kojak Low Impact Aerobics 1:00 Pinochle <b>1:00 Providence Optician</b> <b>(Bring your eye glass)</b> <b>Prescriptions</b> 2:00 Board Games 3:30 Strength and Resistance 5:30 Cardio Interval Aerobics</p>	<p style="text-align: center;"><b>15</b></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 &amp; Advance 10:00 Knitting/Crocheting 10:30 Chair Exercise <b>11:00 Nutrition Class</b> <b>What to eat when</b> <b>You're Tired</b> 12:00 Kojak Low Impact Aerobics 1:00 Beginners Ballet and Dance Co. Class <b>1:00 Delmarva Diabetes</b> <b>Presentation</b> 1:30 Hand Dance 2:00 Board Games 3:30 Strength and Resistance</p>	<p style="text-align: center;"><b>16</b></p> <p>8:00 Open Gym 8:45 Tai Chi 9:00 Beginners Piano Class <b>10:00 Walmart</b> <b>10:00 Sewing Class</b> 10:20 Zumba Gold 11:00 Guitar Club 11:15 Chair Exercise 11:30 Enhance Fitness Chair Exercise 1:00 Art Expression 1:00 Bingo</p> <p style="text-align: center;"><b>5:30-8:30 Happy Hour</b> <b>Donation \$10.00</b> <b>Light Buffet,</b> <b>Non- Alcoholic Drinks</b> <b>Music by DJ. Tyzer</b></p>
<p style="text-align: center;"><b>19</b></p> <p>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 <b>1:00 Redskins Monday</b> 1:00 Pinochle 1:00 Dominoes 2:00 Board Games 5:30 Cardio Interval Aerobics</p>	<p style="text-align: center;"><b>20</b></p> <p>8:00 Open Gym 8:45 Tai Chi 9:30 Computer Class Beginners &amp; Advance 9:30 Yoga 10:30 Chair Exercise <b>11:00 Nutrition Class</b> <b>5 Muscle Building Foods</b> 11:45 Barber <b>12:00 Bowling</b> 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: center;"><b>21</b></p> <p>8:00 Open Gym 9:30 No Sign Language 10:00 No Choir Rehearsal <b>10:15 Thanksgiving Feast</b> <b>at the</b> <b>Convention Center</b> 10:15 No Circuit Training <b>11:00 AARP Display Table</b> 11:00 No Chair Exercise 11:15 No Enhance Fitness Chair Exercise 1:00 No Kojak Low Impact Aerobics 1:00 Pinochle 2:00 Board Games 3:30 Strength and Resistance 5:30 Cardio Interval Aerobics</p>	<p style="text-align: center;"><b>22</b></p> <p style="text-align: center;"><b>Happy Thanksgiving Center Closed</b></p> 	<p style="text-align: center;"><b>23</b></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 1:00 Art Expression 1:00 Bingo</p>

# Calendar of Events...

26	27	28	29	30
8:00 Open Gym 10:15 Kojak Low Impact Aerobics 10:30 Advanced Spanish 11:00 Regular Chair Exercise 11:15 Beginners Spanish <b>11:15 Enhance Fitness                Chair Exercise</b> <b>1:00 Redskins Monday</b> 1:00 Quilting 1:00 Pinochle 1:00 Dominoes 2:00 Board Games <b>5:30 Cardio Interval                Aerobics</b>	8:00 Open Gym <b>8:45 Tai Chi</b> 9:30 Computer Class Beginners & Advance 9:30 Yoga 10:30 Chair Exercise 10:30 Older Blind Music Sensory, <b>11:00 Nutrition Class</b> <b>Nutrients that are Good for                Hair and Nails</b> <b>11:45 Barber</b> <b>12:00 Bowling</b> <b>1:00 SSOU Meeting</b> 1:00 Beginners Ballet and Dance Co. Class 1:00 Line Dance (Beginners) 2:00 Advance Line Dance 3:30 Strength and Resistance	8:00 Open Gym <b>9:30 Sign Language</b> 10:00 Choir Rehearsal 10:15 Circuit Training 11:00 Regular Chair Exercise <b>11:15 Enhance Fitness                Chair Exercise</b> 1:00 Kojak Low Impact Aerobics 1:00 Pinochle 2:00 Board Games <b>3:30 Strength and                Resistance</b> <b>5:30 Cardio Interval                Aerobics</b>	8:00 Open Gym <b>8:45 Tai Chi</b> 9:30 Inspirational Hour Elder Odessa Harris 9:30 Yoga 9:30 Computer Class Beginners & Advance 10:00 Knitting/Crocheting 10:30 Chair Exercise <b>11:00 Nutrition Class</b> <b>Aging Mastery Program:                Healthy Relationships</b> <b>12:00 Kojak Low Impact                Aerobics</b> 1:00 Beginners Ballet and Dance Co. Class <b>1:00 Club Memory</b> <b>1:30 Hand Dance</b> 2:00 Board Games <b>3:30 Strength and                Resistance</b>	8:00 Open Gym <b>8:45 Tai Chi</b> <b>9:00 Beginners Piano                Class</b> <b>10:00 Sewing Class</b> 10:20 Zumba Gold 11:00 Guitar Club 11:15 Chair Exercise <b>11:30 Enhance Fitness                Chair Exercise</b> <b>1:00 Art Expression</b> 1:00 Bingo

# Upcoming Events...

- **Model Cities Holiday Party** – Friday, December 14, 2018 11:00am. Non Benevolence member \$16.00 for more information see Monica Carroll for tickets or June May
- **Model Cities Holiday Concert** – Wednesday, December 19, 2018 11:00am. Model Cities Choir and Guest more information, see Monica Carroll
- **Jam Session with Kojak** – Friday, January 19, 2019 1:00pm.