

"Never Underestimate the Power of Senior Health"

Hattie Holmes Senior Wellness Center

December 2016 Calendar

Volume 11 Issue 3

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Washington, DC 20011

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Teresa Moore

Director

Arthur Dunbar

Fitness Specialist

Debbie Queen

Office Assistant

Nutritionist

Vacant

Stephanie Peters

Health Promotion

Specialist

Transportation Available
via Seabury Connector

Maynard Chandler

Steve McDougal



LUNCH

Monday-Friday

11:30 a.m. - 1:00 p.m.

REGISTRATION REQUIRED

Site Manager - Dennis Robinson

Hours of Operation

Monday 8:00 a.m. - 4:30 p.m.

Tuesday 8:00 a.m. - 4:30 p.m.

Wednesday 8:00 a.m. - 4:30 p.m.

Thursday 8:00 a.m. - 4:30 p.m.

Friday 8:00 a.m. - 4:30 p.m.



Part of the Senior Services Network, Supported by the DC Office On Aging

Managed by Vida Senior Services



December 2016

Monday	Tuesday	Wednesday	Thursday	Friday
			<p>1</p> <p>8:00 Open Gym 10:00 Arthritis Exercise Class w/ Diane Lee 10:45 Color Me Relaxed</p> <p>11:30 Lunch</p> <p>1:00 Card / Board Games / Billiards 1:00 Knitting 1:15 Stretch & Tone w/ Pat 2:00 Aerobics w/ Kojak 2:00 Intro to Spanish 3:00 Advanced Spanish 3:00 Open Gym</p>	<p>2</p> <p>8:00 Open Gym 9:00 Abs & Back 10:00 Chair Aerobics (Multi -purpose Room) 11:00 Nutrition Bingo 11:00 Wii Fit 11:00 Men's Fitness Class</p> <p>11:30 Lunch</p> <p>1:00 Card / Board Games / Billiards 1:00 Line Dancing 2:00 Fitness Assessments (By Appointment Only) 3:00 Open Gym</p> <div data-bbox="1282 924 1550 1113" style="text-align: right;">  </div>
<p>5</p> <p>8:00 Open Gym 8:00 Fitness Orientation 9:00 Stretch & Tone 9:00 Mending & Alterations 10:00 Chair Aerobics 10:30 Enhanced Fitness 11:00 Circuit Training</p> <p>11:30 Lunch</p> <p>1:00 Line Dancing Beginners 1:00 Crocheting 1:00 Card / Board Games / Billiards 2:00 Chair Yoga w/ Moriah 3:00 Open Gym</p>	<p>6</p> <p>8:00 Open Gym 9:00 Tai Chi 10:00 Chair Aerobics 10:30 Intro to Computers 10:30 Arts & Crafts</p> <p>10:30 Trip - African American Museum</p> <p>11:00 Pilates</p> <p>11:30 Lunch</p> <p>12:30 Intermediate Computing 1:00 Card / Board Games / Billiards 1:00 Aerobics w/ Kojak 1:30 Drama Club 1:30 Brain Games 2:00 Enhanced Fitness 3:00 Open Gym</p>	<p>7</p> <p>8:00 Open Gym 8:00 Fitness Orientation 9:15 Current Events Discussion Group 9:00 Stretch & Tone 9:30 Quilting 10:00 Chair Aerobics 10:30 Chair Aerobics 10:30 Arts & Crafts 11:00 Understanding Diabetes</p> <p>11:30 Lunch</p> <p>12:40 Basic Computer 1:00 Card / Board Games / Billiards 1:00 Crocheting 1:00 Enhanced Fitness 2:00 Circuit Training 3:00 Open Gym</p> <div data-bbox="682 1869 925 2037" style="text-align: center;">  </div>	<p>8</p> <p>8:00 Open Gym 10:00 Arthritis Exercise Class w/ Diane Lee</p> <p>9:30 <i>Holiday Party @ DC Armory</i></p> <p>10:45 Color Me Relaxed</p> <p>11:30 Lunch</p> <p>1:00 Card / Board Games / Billiards 1:00 Knitting 1:15 Stretch & Tone w/ Pat 2:00 Aerobics w/ Kojak 2:00 Intro to Spanish 3:00 Advanced Spanish 3:00 Open Gym</p>	<p>9</p> <p>8:00 Open Gym 9:00 Abs & Back 10:00 Chair Aerobics (Multi -purpose Room) 10:00 - 2:00 <i>Terrific Inc. Holiday Party 19th St. Baptist Church</i></p> <p>10:30 Trip - Publick Playhouse - <i>Heaven is for Real</i></p> <p>11:00 Nutrition Bingo 11:00 Wii Fit 11:00 Men's Fitness Class</p> <p>11:30 Lunch</p> <p>1:00 Card / Board Games / Billiards 1:00 Line Dancing 2:00 Fitness Assessments (By Appointment Only) 3:00 Open Gym</p>

December 2016

Monday	Tuesday	Wednesday	Thursday	Friday
<p>12</p> <p>8:00 Open Gym 8:00 Fitness Orientation 9:00 Stretch & Tone 9:00 Mending & Alterations 9:30 Club Memory 10:00 Chair Aerobics 10:30 Enhanced Fitness 11:00 Circuit Training</p> <p>11:30 Lunch</p> <p>1:00 Line Dancing Beginners 1:00 Crocheting 1:00 Card / Board Games / Billiards 2:00 Chair Yoga 3:00 Open Gym</p> 	<p>13</p> <p>8:00 Open Gym 9:00 Tai Chi 9:30 Blood Pressure Screening</p> <p>10:00 Chair Aerobics 10:30 Intro to Computers 10:30 Arts & Crafts 11:00 Pilates</p> <p>11:30 Lunch</p> <p>12:30 Intermediate Computing 1:00 Card / Board Games / Billiards 1:00 Aerobics w/ Kojak 1:30 Drama Club 1:30 Brain Games 2:00 Enhanced Fitness 3:00 Open Gym</p>	<p>14</p>  <p style="text-align: center;"><i>#HSWC</i> <i>Holiday Party</i> <i>11:00 a.m. - 3:30 p.m.</i></p>	<p>15</p> <p>8:00 Open Gym 10:00 Arthritis Exercise Class w/ Diane Lee</p> <p>10:30 Trip - Dutch Market</p> <p>10:45 Color Me Relaxed</p> <p>11:30 Lunch</p> <p>1:00 Card / Board Games / Billiards 1:00 Knitting 1:15 Stretch & Tone w/ Pat 2:00 Aerobics w/ Kojak 2:00 Intro to Spanish 3:00 Advanced Spanish 3:00 Open Gym</p>	<p>16</p> <p>8:00 Open Gym 9:00 Abs & Back 10:00 Chair Aerobics (Multi-purpose Room) 11:00 Nutrition Bingo 11:00 Men's Fitness Class 11:00 Wii Fit</p> <p>11:30 Lunch</p> <p>1:00 Card / Board Games / Billiards 1:00 Line Dancing 2:00 Fitness Assessments (By Appointment Only) 3:00 Open Gym</p> 
<p>19</p> <p>8:00 Open Gym 8:00 Fitness Orientation 9:00 Stretch & Tone 9:00 Mending & Alterations 10:00 Chair Aerobics 10:30 Enhanced Fitness 11:00 Circuit Training</p> <p>11:30 Lunch</p> <p>1:00 Line Dancing Beginners 1:00 Crocheting 1:00 Card / Board Games / Billiards 2:00 Chair Yoga 3:00 Open Gym</p> 	<p>20</p> <p>8:00 Open Gym 9:00 Tai Chi 10:00 Chair Aerobics 10:30 Intro to Computers 10:30 Arts & Crafts 11:00 Pilates</p> <p>11:30 Lunch</p> <p>12:30 Intermediate Computing 1:00 Card / Board Games / Billiards 1:00 Aerobics w/ Kojak 1:30 Drama Club 1:30 Brain Games 2:00 Enhanced Fitness 3:00 Open Gym</p>	<p>21</p> <p>8:00 Open Gym 8:00 Fitness Orientation 9:15 Current Events Discussion Group 9:00 Stretch & Tone 9:30 Quilting 10:00 Chair Aerobics 10:30 Chair Aerobics 10:30 Arts & Crafts</p> <p>10:30 Trip - Dollar Store</p> <p>11:00 Arthritis 101</p> <p>11:30 Lunch</p> <p>12:40 Basic Computer 1:00 Crocheting 1:00 Card / Board Games / Billiards 1:00 Enhanced Fitness 2:00 Circuit Training 3:00 Open Gym</p> 	<p>22</p> <p>8:00 Open Gym 10:00 Arthritis Exercise Class w/ Diane Lee 10:45 Color Me Relaxed</p> <p>11:30 Lunch</p> <p>1:00 Card / Board Games / Billiards 1:00 Knitting 1:15 Stretch & Tone w/ Pat 2:00 Aerobics w/ Kojak 2:00 Intro to Spanish 3:00 Advanced Spanish 3:00 Open Gym</p>	<p>23</p> <p style="text-align: center; color: red; font-size: 2em;"><i>Center Closed For Christmas Holiday</i></p>  <p style="text-align: center;">Happy Holidays</p>

December 2016

Monday	Tuesday	Wednesday	Thursday	Friday
<p>26</p> <p><i>Center</i></p> <p><i>Closed</i></p> <p><i>For</i></p> <p><i>Christmas</i></p> <p><i>Holiday</i></p> 	<p>27</p> <p>8:00 Open Gym</p> <p>9:00 Tai Chi</p> <p>10:00 Chair Aerobics</p> <p>10:30 Intro to Computers</p> <p>10:30 Arts & Crafts</p> <p>11:00 Pilates</p> <p>11:30 Lunch</p> <p>12:30 Intermediate Computing</p> <p>1:00 Aerobics w/ Kojak</p> <p>1:00 Card / Board Games / Billiards</p> <p>1:30 Drama Club</p> <p>1:30 Brain Games</p> <p>2:00 Enhanced Fitness</p> <p>3:00 Open Gym</p>	<p>28</p> <p>8:00 Open Gym</p> <p>8:00 Fitness Orientation</p> <p>9:00 Stretch & Tone</p> <p>9:15 Current Events Discussion Group</p> <p>9:30 Club Memory</p> <p>9:30 Quilting</p> <p>10:00 Chair Aerobics</p> <p>10:30 Chair Aerobics</p> <p>10:30 Arts & Crafts</p> <p>11:00 Feeling Better About You</p> <p>11:30 - 2:30 Massage</p> <p>11:30 Lunch</p> <p>12:40 Basic Computer</p> <p>1:00 Crocheting</p> <p>1:00 Card / Board Games / Billiards</p> <p>1:00 Enhanced Fitness</p> <p>2:00 Circuit Training</p> <p>3:00 Open Gym</p> 	<p>29</p> <p>8:00 Open Gym</p> <p>10:00 Arthritis Exercise Class w/ Diane Lee</p> <p>10:45 Color Me Relaxed</p> <p>11:00 Trip - Luncheon Cruise on the Spirit of Washington</p> <p>11:30 Lunch</p> <p>1:00 Card / Board Games / Billiards</p> <p>1:00 Knitting</p> <p>1:15 Stretch & Tone w/ Pat</p> <p>2:00 Aerobics w/ Kojak</p> <p>2:00 Intro to Spanish</p> <p>3:00 Advanced Spanish</p> <p>3:00 Open Gym</p>	<p>30</p> <p>8:00 Open Gym</p> <p>9:00 Abs & Back</p> <p>10:00 Chair Aerobics (Multi -purpose Room)</p> <p>11:00 Nutrition Bingo</p> <p>11:00 Wii Fit</p> <p>11:00 Men's Fitness Class</p> <p>11:30 Lunch</p> <p>1:00 Card / Board Games / Billiards</p> <p>1:00 Line Dancing</p> <p>2:00 Fitness Assessments (By Appointment Only)</p> <p>3:00 Open Gym</p> 



Recipe to Try...

Squash Cheesecake Bars

Ingredients

- 9 low-fat graham crackers, (4 1/2) ounces)
- 1/2 cup old-fashioned rolled oats, (not quick-cooking or steel-cut)
- 2 tablespoons plus 1/2 cup sugar, divided
- 1/4 cup plus 3 tablespoons all-purpose flour, divided
- 2 tablespoons unsalted butter
- 3 tablespoons nonfat milk
- 8 ounces nonfat cream cheese, at room temperature
- 8 ounces reduced-fat cream cheese, at room temperature
- 1/2 cup squash puree
- 2 large eggs
- 1 teaspoon vanilla extract
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon salt



Directions

1. Preheat oven to 350° F. Coat a 9 by 13 inch baking pan with cooking spray.
2. Process graham crackers, oats, 2 tablespoons sugar, 1/4 cup flour and butter in a food processor until finely ground. Add milk; pulse until completely moistened.
3. Transfer the graham cracker mixture to the prepared pan and evenly pat into the bottom. Bake for 10 minutes. Cool on a wire rack for 20 minutes.
4. Meanwhile, reduce oven temperature to 325 degrees. Beat both cream cheeses and the remaining 1/2 cup sugar in a large bowl with an electric mixer at medium speed until creamy, scraping down the sides occasionally. Beat in squash puree until smooth. Beat in eggs one at a time. Finally, beat in vanilla, cinnamon, salt and the remaining 3 tablespoons flour. Scrape the filling into the pan, spreading evenly over the crust.
5. Bake until set and the edges are light brown, about 35 minutes. Let cool completely on a wire rack, then refrigerate for at least 1 hour before cutting into bars.

Food for thought...the good you do today

Before you respond to anything that happens, consider this. Does your response diminish life, or does it enhance, support and encourage all of life to move forward?

Instead of worrying, take positive action. Instead of complaining, take positive action.

You won't make progress by scolding others about their poor choices. You'll be much more effective when you demonstrate by example how to put better choices into action.

Get clear about what matters to you, about all you love and value. Then act affirmatively to support it all.

Every moment is an opportunity to live with meaningful, positive intention. In every situation you can deepen your commitment to your highest values by putting those values in to action.

Increase hope for the future by the way you live in the present. And position yourself to look forward to tomorrow because of the good you do today.



Happy Birthday to all who were born in the month December!

Ways to Stay Active & Live Better

May might be Older Americans Month, but the non-profit organization, Nourish America, has developed a program that reaches out to seniors to promote senior health year-round by working with leading national and local organizations that benefit seniors. Recognizing that today's seniors are working longer, whether at an outside job or in the home, often in a caregiving capacity for a grandchild or for an older loved one who needs help, Nourish America knows it's more important than ever to help seniors stay healthy longer. Key to senior health is prevention—making preventive health information and resources available.

Maintaining health through nutrition and exercise—mental and physical—is the best way to ensure senior health and avoid medical issues that can limit your ability to live well as you live to an older age. Michael Morton, executive director of Nourish America, has seen a marked increase in the number of seniors facing physical ailments, depression and loss of the needed energy to stay active in life. To address the increased need for senior health support, Morton co-founded the Nourish America Senior Health Project. Offering free community education events, Nourish America provides seniors with the knowledge and tools they need to maintain their own health. “Through a combination of outreach activities and no-cost distribution of an all-natural immune health supplement, we’ve had some success at helping seniors stay healthy,” says Morton.

Based on feedback from the outreach efforts, Nourish America offers the following simple tips to help seniors maintain quality of life through illness prevention while maximizing independence:

Get your whole grains. A recent report from the Centers for Disease Control and Prevention estimates that a mere 18 percent of Americans 60 and older meet the dietary recommendations for daily grain intake. “Nourish America is based on the knowledge that well-nourished people have fewer illnesses,” says Morton. Seniors can easily add more whole grains into their diets through a wide variety of easy-to-prepare everyday foods, including brown rice, bran flakes, oatmeal, whole wheat bread and popcorn.

Adopt a pet. “I’ve noticed that seniors living alone sometimes experience a sense of isolation, which can lead to feelings of depression,” Morton reports. Studies show that when seniors establish an owner-pet relationship, their feelings of loneliness dissolve and the pet-related activities such as walking, feeding, grooming and playing improve their overall well-being as they stay active.

Get the most out of getting out. Run a shopping errand, participate in social dialogue with others and get some exercise by walking around a favorite shopping area. Staying active, both physically and socially, is a key element to a healthy lifestyle. Morton reminds seniors that if transportation is an issue “some local authorities offer free or reduced bus fares for senior citizens and travel tokens for people with disabilities.”

Take stock of your medications and supplements. One out of five hospital admissions for elderly patients is related to an adverse drug reaction or negative effects of taking too many medications. “Before a doctor’s appointment, remember to place all of your prescription drugs, over-the-counter drugs and nutritional supplements in a bag and take them with you,” Morton advises. Your doctor should know what you are taking and the pharmacist can check the labels on the bottles and boxes and let you know if some might be harmful when taken together.

Activate your mind. Keep your mind working by doing crosswords, solving word scrambles or tackling Sudoku puzzles. “The old adage, ‘If you don’t use it, you lose it’ especially applies to seniors’ brain health,” Morton says.

