

*"Never Underestimate the Power of Senior Health"*

Hattie Holmes Senior Wellness Center

# November 2015 Calendar

Volume 9 Issue 2

324 Kennedy St.,  
Washington, DC 20011  
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**Teresa Moore**  
*Director*

**LaDonna Love**  
*Administrative Assistant*

**Arthur Dunbar**  
*Fitness Specialist*

**Kristina Vera**  
*Nutritionist*

**Stephanie Peters**  
*Health Promotion  
Specialist*

**Gwen Green**  
*Activities Coordinator*

Transportation Available

Seabury Connector

Steve McDougal  
Maynard Chandler



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. - 6:00 p.m.

Tuesday 7:30 a.m. - 6:00 p.m.

Wednesday 7:30 a.m. - 4:30 p.m.

Thursday 8:00 a.m. - 6:30 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



# November 2015

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>8:00 Open Gym 8:00 <b>Fitness Orientation</b> 9:00 <b>Stretch &amp; Tone</b> 10:00 <b>Chair Aerobics</b> 10:30 <b>Enhanced Fitness</b> 11:00 <b>Circuit Training</b></p> <p>11:30 <b>Lunch</b></p> <p>1:00 <b>Line Dancing Beginners</b> 1:00 <b>Crocheting</b> 1:00 <b>Card / Board Games / Billiards</b> 2:00 <b>Chair Yoga</b> 3:00 <b>Open Gym</b></p> 	<p>3</p> <p>7:30 Open Gym 8:00 <b>Fitness Orientation</b> 9:00 <b>Tai Chi</b> 8:45 <b>Food Demo/Sweet Potato Pancakes</b> 10:00 <b>Piano Lessons</b> 10:00 <b>Chair Aerobics</b> 10:30 <b>Intro to Computers</b> 11:00 <b>Flu Prevention</b> 11:00 <b>Pilates</b></p> <p>11:30 <b>Lunch</b> 12:30 <b>Intermediate Computing</b> 1:00 <b>Card / Board Games / Billiards</b> 1:00 <b>Aerobics w/ Kojak</b> 1:00 <b>Nutrition Chat-Hypertension Counseling</b> 1:30 <b>Brain Games</b> 2:00 <b>Enhanced Fitness</b> 2:00 <b>Drama Club</b> 3:00 <b>The Magic of Weight Loss</b> 3:00 <b>Open Gym</b></p>	<p>4</p> <p>7:30 Open Gym 8:00 <b>Fitness Orientation</b> 9:00 <b>Current Events Discussion Group</b> 9:00 <b>Stretch &amp; Tone</b> 9:30 <b>Quilting</b> 10:00 <b>Chair Aerobics</b> 10:30 <b>Chair Aerobics</b></p> <p>10:30 <b>Trip - Anacostia Museum - Hand of Freedom Exhibit</b></p> <p>11:00 <b>Hand Dancing</b> 11:00 <b>How Vaccines Work</b> 11:30 - 2:30 <b>Massage</b></p> <p>11:30 <b>Lunch</b></p> <p>12:40 <b>Basic Computer</b> 1:00 <b>Crocheting</b> 1:00 <b>Enhanced Fitness</b> 2:00 <b>Circuit Training</b> 3:00 <b>Open Gym</b></p>	<p>5</p> <p>8:00 Open Gym 10:00 <b>Flexibility &amp; Toning w/ Lillian</b> 10:45 <b>Color Me Relaxed</b> 11:00 <b>Pilates</b> 11:00 <b>Managing Cues</b> 11:00 - <b>Reflexology</b></p> <p>11:30 <b>Lunch</b></p> <p>1:00 <b>Aerobics</b> 1:00 <b>Card / Board Games / Billiards</b> 1:00 <b>Computer Essentials 101</b> 1:00 <b>Nutrition Chat-Hypertension Counseling</b> 1:00 <b>Knitting</b> 2:00 <b>Aerobics w/ Kojak</b> 2:00 <b>Intro to Spanish</b> 3:00 <b>Advanced Spanish</b> 3:00 <b>Food Demo/Tortilla Soup</b> 3:00 <b>Open Gym</b></p>	<p>6</p> <p>8:00 Open Gym 9:00 <b>Abs &amp; Back</b> 10:00 <b>Chair Aerobics (Multi-purpose Room)</b> 11:00 <b>Wii Fit</b></p> <p>11:00 <b>Pepco - Exelon Merger Informational Presentation</b></p> <p>11:30 <b>Lunch</b></p> <p>1:00 <b>Card / Board Games / Billiards</b> 1:00 <b>Line Dancing</b> 2:00 <b>Fitness Assessments (By Appointment Only)</b> 3:00 <b>Open Gym</b></p> 
<p>9</p> <p>8:00 Open Gym 8:00 <b>Fitness Orientation</b> 9:00 <b>Stretch &amp; Tone</b> 10:00 <b>Chair Aerobics</b> 10:30 <b>Enhanced Fitness</b></p> <p>10:30 <b>Trip - Tanger Outlets - National Harbor</b></p> <p>11:00 <b>Circuit Training</b></p> <p>11:30 <b>Lunch</b></p> <p>1:00 <b>Line Dancing Beginners</b> 1:00 <b>Crocheting</b> 1:00 <b>Card / Board Games / Billiards</b> 2:00 <b>Chair Yoga</b> 3:00 <b>Open Gym</b></p> 	<p>10</p> <p>7:30 Open Gym 8:00 <b>Fitness Orientation</b> 9:00 <b>Tai Chi</b> 10:00 <b>Piano Lessons</b> 10:00 <b>Chair Aerobics</b> 10:30 <b>Intro to Computers</b> 11:00 <b>Are you Ready for the Holidays?</b> 11:00 <b>Pilates</b> 11:30 <b>Lunch</b> 12:30 <b>Intermediate Computing</b> 1:00 <b>Card / Board Games / Billiards</b> 1:00 <b>Aerobics w/ Kojak</b> 1:00 <b>Nutrition Chat-Weight Management</b> 1:30 <b>Brain Games</b> 2:00 <b>Enhanced Fitness</b> 2:00 <b>Drama Club</b> 3:00 <b>Food Demo/Sweet Potato &amp; Black Bean Burgers</b> 3:00 <b>Open Gym</b></p>	<p>11</p> <p style="text-align: center; color: orange; font-size: 1.5em;"><b>Center</b></p> <p style="text-align: center; color: orange; font-size: 1.5em;"><b>Closed</b></p> <p style="text-align: center; color: orange; font-size: 1.5em;"><b>Veteran's</b></p> <p style="text-align: center; color: orange; font-size: 1.5em;"><b>Day</b></p> 	<p>12</p> <p>8:00 Open Gym 9:15 <b>Food Demo/Cinnamon &amp; Apple Oatmeal</b> 10:00 <b>Flexibility &amp; Toning w/ Lillian</b> 10:30 <b>Trip - Dutch Market</b> 10:45 <b>Color Me Relaxed</b> 11:00 <b>Pilates</b> 11:00 - <b>Reflexology</b> 11:00 <b>Hearty Party Dishes</b> 11:30 <b>Lunch</b> 1:00 <b>Zumba</b> 1:00 <b>Nutrition Chat-Diabetes Counseling</b> 1:00 <b>Computer Essentials 101</b> 1:00 <b>Card / Board Games / Billiards</b> 1:00 <b>Knitting</b> 2:00 <b>Aerobics w/ Kojak</b> 2:00 <b>Intro to Spanish</b> 3:00 <b>Advanced Spanish</b> 3:00 <b>Eat Better All Day</b> 3:00 <b>Open Gym</b></p>	<p>13</p> <p>8:00 Open Gym 9:00 <b>Abs &amp; Back</b> 10:00 <b>Chair Aerobics (Multi-purpose Room)</b></p> <p>11:00 <b>DC Office of Cable Television Presentation</b></p> <p>11:00 <b>Wii Fit</b></p> <p>11:30 <b>Lunch</b></p> <p>1:00 <b>Card / Board Games / Billiards</b> 1:00 <b>Food Demo w/ DeAnna</b> 1:00 <b>Line Dancing</b> 2:00 <b>Fitness Assessments (By Appointment Only)</b> 3:00 <b>Open Gym</b></p> 

# November 2015

Monday	Tuesday	Wednesday	Thursday	Friday
<p>16</p> <p>8:00 Open Gym 8:00 Fitness Orientation 9:00 <b>Stretch &amp; Tone</b> 10:00 Chair Aerobics 10:30 Enhanced Fitness 11:00 Circuit Training 11:00 <b>Holiday Challenge</b></p> <p>11:30 Lunch</p> <p>1:00 Line Dancing Beginners 1:00 Crocheting 1:00 <b>Card / Board Games / Billiards</b> 2:00 Chair Yoga 3:00 <b>Open Gym</b></p> 	<p>17</p> <p>7:30 Open Gym 8:00 Fitness Orientation 9:00 Tai Chi 10:00 Piano Lessons 10:00 Chair Aerobics 10:30 <b>Intro to Computers</b> 11:00 Holiday Survival Tips 11:00 Pilates 11:30 Lunch 12:30 <b>Intermediate Computing Aerobics w/ Kojak</b> 1:00 Nutrition Chat - Weight Management 1:30 Brain Games 2:00 Drama Club 2:00 Enhanced Fitness 3:00 Dining Out Bariatric Style 3:00 <b>Open Gym</b></p>	<p>18</p> <p>7:30 Open Gym 8:00 Fitness Orientation 9:00 <b>Current Events Discussion Group</b> 9:00 <b>Stretch &amp; Tone</b> 9:30 Quilting 10:00 Chair Aerobics 10:00 Medstar Presentation - Medicare 10:30 Chair Aerobics</p> <p>10:30 Trip - Kennedy Center Tour 11:00 Managing Holiday Stress 11:00 Hand Dancing 11:30 - 2:30 Massage</p> <p>11:30 Lunch 12:40 Basic Computer 1:00 <b>Crocheting</b> 1:00 Card / Board Games / Billiards 1:00 Enhanced Fitness 2:00 Circuit Training 3:00 <b>Open Gym</b></p> <p style="text-align: center;"><b>Member Appreciation Day</b></p>	<p>19</p> <p>8:00 Open Gym 10:00 Flexibility &amp; Toning w/ Lillian</p> <p>10:30 Trip - Dollar Store</p> <p>10:45 Color Me Relaxed 11:00 Vacation Dining Tips 11:00 - Reflexology 11:00 Pilates 11:30 Lunch 1:00 Zumba 1:00 <b>Computer Essentials 101</b> 1:00 Card / Board Games / Billiards 1:00 Nutrition Chat - Hypertension Counseling 1:00 Knitting 2:00 Intro to Spanish 3:00 Advanced Spanish 2:00 <b>Aerobics w/ Kojak</b> 3:00 Managing Cues 3:00 <b>Open Gym</b></p>	<p>20</p> <p>8:00 Open Gym 9:00 <b>Abs &amp; Back</b> 9:30 <b>New Member Orientation</b> 10:00 Chair Aerobics (Multi -purpose Room) 11:00 Nutrition Bingo 11:00 <b>Wii Fit</b></p> <p>11:00 Sweet Potato Pie Bakeoff</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 <b>Open Gym</b></p> 
<p>23</p> <p>8:00 Open Gym 8:00 Fitness Orientation 9:00 <b>Stretch &amp; Tone</b> 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 <b>Card / Board Games / Billiards</b> 2:00 Chair Yoga 3:00 <b>Open Gym</b></p>	<p>24</p> <p>7:30 Open Gym 8:00 Fitness Orientation 8:45 Food Demo/Sweet Potato Pie 9:00 Tai Chi 10:00 Chair Aerobics 10:00 Piano Lessons 10:30 <b>Intro to Computers</b> 11:00 Lower Calorie Desserts 11:00 Pilates</p> <p>11:30 Lunch 12:30 <b>Intermediate Computing</b> 1:00 Nutrition Chat - Weight Management 1:00 Card / Board Games / Billiards 1:00 <b>Aerobics w/ Kojak</b> 1:30 Brain Games 2:00 Drama Club 2:00 Enhanced Fitness 3:00 Healthy Party Dishes 3:00 <b>Open Gym</b></p>	<p>25</p> <p>7:30 Open Gym 8:00 Fitness Orientation 9:00 <b>Current Events Discussion Group</b> 9:00 <b>Stretch &amp; Tone</b> 9:30 Quilting 10:00 Chair Aerobics 10:30 Chair Aerobics 11:00 What is Sepsis? 11:00 Hand Dancing 11:30 Lunch 12:40 Basic Computer 1:00 <b>Crocheting</b> 1:00 Card / Board Games / Billiards 1:00 Enhanced Fitness 2:00 Circuit Training 3:00 <b>Open Gym</b></p> <p style="text-align: center;"><i>Feast of Sharing Convention Center 9:30 am - 1:00 pm</i></p> 	<p>26</p> <p style="text-align: center;"><i>Center Closed Thanksgiving Day</i></p> 	<p>27</p> <p>8:00 Open Gym 9:00 <b>Abs &amp; Back</b> 10:00 Chair Aerobics (Multi -purpose Room) 11:00 <b>Wii Fit</b> 11:00 Nutrition Bingo</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 <b>Open Gym</b></p>

# November / December 2015

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>30</b>                      8:00 Open Gym                      8:00 Fitness Orientation                      9:00 <b>Stretch &amp; Tone</b>                      10:00 Chair Aerobics                      10:30 Enhanced Fitness                      11:00 Circuit Training                      11:00 <b>Holiday Challenge</b></p> <p>11:30 Lunch</p> <p>1:00 Book Club Meeting - <i>Gray Mountain</i> By John Grisham</p> <p>1:00 Line Dancing Beginners                      1:00 Crocheting                      1:00 <b>Card / Board Games / Billiards</b>                      2:00 Chair Yoga                      3:00 <b>Open Gym</b></p>	<p><b>1</b>                      7:30 Open Gym                      8:00 Fitness Orientation                      8:45 Food Demo/                      9:00 Tai Chi                      10:00 Chair Aerobics                      10:00 Piano Lessons                      11:00 Pilates                      10:30 <b>Intro to Computers</b>                      11:00 Nutrition Class</p> <p>11:30 Lunch</p> <p>12:30 <b>Intermediate Computing</b>                      1:00 Card / Board Games / Billiards                      1:00 <b>Aerobics w/ Kojak</b>                      1:00 Nutrition Chat - <i>Diabetes Counseling</i>                      1:30 <b>Brain Games</b>                      2:00 Enhanced Fitness                      2:00 Drama Club                      3:00 Nutrition Class                      3:00 <b>Open Gym</b></p>	<p><b>2</b>                      7:30 Open Gym                      8:00 Fitness Orientation                      9:00 <b>Current Events Discussion Group</b>                      9:00 <b>Stretch &amp; Tone</b>                      10:00 Chair Aerobics                      10:30 Chair Aerobics                      11:00 Hand Dancing                      11:00 Circuit Training                      11:00 <b>The 411 on Lupus</b></p> <p>11:30 Lunch</p> <p>12:40 Basic Computer                      1:00 <b>Crocheting</b>                      1:00 Card / Board Games / Billiards                      1:00 Enhanced Fitness                      2:00 Circuit Training                      3:00 Open Gym</p>	<p><b>3</b>                      8:00 Open Gym                      10:00 Flexibility &amp; Toning w/ Lillian                      10:45 <b>Color Me Relaxed</b>                      11:00 Nutrition Class                      11:00 Pilates                      11:00 - <b>Reflexology</b>                      11:30 Lunch                      1:00 <b>Computer Essentials 101</b>                      1:00 Card / Board Games / Billiards                      1:00 Knitting                      1:00 Nutrition Chat - <i>Weight Management</i>                      2:00 Intro to Spanish                      3:00 Advanced Spanish                      2:00 <b>Aerobics w/ Kojak</b>                      3:00 Food Demo/                      3:00 <b>Open Gym</b></p>	<p><b>4</b>                      8:00 Open Gym                      9:00 <b>Abs &amp; Back</b>                      10:00 Chair Aerobics (Multi -purpose Room)                      11:00 <b>Wii Fit</b>                      11:00 Nutrition Bingo</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 <b>Open Gym</b></p>
<p>Join Council Member Brandon Todd For State of the Ward 4 Senior Address</p> <p>Thursday November 5, 2015</p> <p>10:00 am - 2:00 pm</p> <p>Riggs-LaSalle Recreation Center</p>	<p>Tanger Outlets</p> <p>Monday</p> <p>November 9, 2015</p> <p>@</p> <p>10:30 a.m.</p> 	<p>Food Demo w/ DeAnna</p> <p>Friday</p> <p>November 13, 2015</p> <p>@</p> <p>1:00 p.m.</p> 	<p>Feast of Sharing</p> <p>Convention Center</p> <p>Wednesday</p> <p>November 25, 2015</p> <p>10:00 a.m. - 2:00 p.m.</p> 	<p>Book Club Meeting</p> <p>Monday</p> <p>November 30, 2015</p> <p>@</p> <p>1:00 p.m.</p> <p>Gray Mountain</p> <p>John Grisham</p> 

## Recipe to Try...



### *Cranberry-Oatmeal Bars*

#### Ingredients

##### **Crust:**

- 4.5 ounces all-purpose flour (about 1 cup)
- 1 cup quick-cooking oats
- 1/2 cup packed brown sugar
- 1/4 teaspoon salt
- 1/4 teaspoon baking soda
- 1/4 teaspoon ground cinnamon
- 6 tablespoons butter, melted
- 3 tablespoons orange juice
- Cooking spray

##### **Filling:**

- 1 1/3 cups dried cranberries (about 6 ounces)
- 3/4 cup sour cream
- 1/2 cup granulated sugar
- 2 tablespoons all-purpose flour
- 1 teaspoon vanilla extract
- 1/2 teaspoon grated orange rind

#### Directions

- Preheat oven to 325°.
- To prepare crust, weigh or lightly spoon flour into a dry measuring cup; level with a knife. Combine flour and next 5 ingredients (through cinnamon) in a medium bowl, stirring well with a whisk. Drizzle butter and juice over flour mixture, stirring until moistened (mixture will be crumbly). Reserve 1/2 cup oat mixture. Press remaining oat mixture into the bottom of an 11 x 7-inch baking dish coated with cooking spray.
- To prepare filling, combine cranberries, sour cream, granulated sugar, and remaining ingredients in a medium bowl, stirring well. Spread cranberry mixture over prepared crust; sprinkle reserved oat mixture evenly over filling. Bake at 325° for 40 minutes or until edges are golden. Cool completely in pan on a wire rack.

Cherry-Oatmeal Bars: Substitute dried cherries for the dried cranberries and lemon rind for the orange rind in filling.

#### Nutrition Information

CALORIES 135 (31% from fat); FAT 4.6g (sat 2.6g, mono 0.8g, poly 0.2g); PROTEIN 1.7g; CARB 21.5g; FIBER 1.3g; CHOL 13mg; IRON 0.7mg; SODIUM 68mg; CALC 27mg

## Food for Thought....Live in Gratitude

Every moment you live in gratitude is a moment you do not have to live in fear, or anger, frustration or disappointment. Every moment you live in gratitude empowers you to be more purposeful, effective, kind and creative.

It's easy to be grateful, though sometimes hard to remember to be. Let this serve as your reminder.

In fact, you can remind yourself to be grateful in a lot of different ways. It's obvious that you would be grateful for your blessings, yet there are plenty of other things you can add to the list.

When a challenge arises, you can be grateful for the strength and experience you'll gain and the new value you'll create by working through that challenge. When you've been disappointed or suffered a loss, you can be grateful for your ability to care about life.

Gratitude keeps you connected to the good and valuable parts of your life. When you remember to be grateful, you suddenly equip yourself with a powerful, positive perspective.

No matter what may happen, you can find a way to be grateful. Live in gratitude, and live at your very best.



*Happy Birthday to all who were born in the month November!*

# Preventing Falls: Five Dangers That Affect Seniors' Stability

September 23rd, 2015, the first day of fall, also marks the 8th annual National Falls Prevention Awareness Day, sponsored by the National Council on Aging. Falls are the leading cause of injury related emergency department visits for older adults, the major cause of hip fractures and responsible for more than half of fatal head injuries. Numerous states and countries worldwide are now coming together to address this serious and often overlooked health issue.

The goal of this year's theme, Taking a Stand to Prevent Falls, is to bring together professionals, older adults, caregivers and family members to raise awareness and prevent falls in the older adult population. Forty-eight states participated in Falls Prevention Awareness Day last year, joining more than 70 national organizations, including the American Occupational Therapy Association, other professional associations, and federal agencies that comprise the Falls Free© Initiative. The hope is for that number to grow this year and stop the rise in these serious accidents.

According to the Center for Disease Control, one out of three adults age 65 and older falls each year. These falls can be moderate to severe in nature, yet less than half talk to their healthcare providers about it. When a fall occurs, most people assume the contributing factor is an unsafe home environment; however, what most people don't know is that there are many other risk factors to consider.

“After a fall occurs, many people will begin taking measures to ensure that the safety of their aging loved one is never compromised—home modification is traditionally the first step,” said Sharon Roth Maguire, MS, RN, GNP-BC, Senior Vice President of Quality & Clinical Operations for Bright Star Care. “What folks may not realize is there are many other factors that come into play, in addition to an unsafe home environment, that may contribute to falls. It is vital to identify these issues and address them appropriately.”

According to Maguire, these five fall risk factors should be addressed when working to identify the cause of a fall and prevent future falls:

**Medication interactions.** Drugs including sedatives, anti-depressants and anti-psychotics can contribute to falls by reducing mental alertness, worsening balance and gait and causing drops in systolic blood pressure while standing. Mixing multiple medications also increases the risk of falling. To reduce the likelihood of falls, review all medications with the primary doctor and any specialists to identify medications that may cause this side effect.

**Lack of physical strength and poor balance.** Without regular exercise it's easy to lose muscle tone, strength, bone mass and flexibility. All of these weaknesses are factors that contribute to the severity of a fall. While certain medical conditions can make it harder to exercise, a loved one who has fallen before, even if they weren't injured, could develop a fear of falling that causes them to limit their activity and be less mobile. Engaging in regular exercise to increase strength and muscle tone and taking extra time when transitioning from one position to another may reduce the risk of falls. Unsure of how to re-start an exercise plan? Engage the doctor's advice.

**Impaired vision.** Age-related vision diseases, such as cataracts and glaucoma, alter an older person's depth perception, visual acuity, peripheral vision and susceptibility to glare. In addition, older adults may no longer be able to recognize visual cues of danger and, in turn, take appropriate action. Although these diseases are sometimes unavoidable, obtaining regular eye exams can reduce the risk of a fall. Adding color and contrast to identify objects, especially safety items like grab bars and handrails may help overcome vision-related issues as well.

**Home hazards.** Poor lighting, loose rugs, lack of grab bars or poorly located/mounted grab bars, and unstable furniture can increase tripping hazards. Improving safety around a loved one's home by adding grab bars and other safety aids inside and outside of the tub or shower and next to the toilet, adding railings on both sides of stairways and improving the lighting where needed will aid in decreasing environmental hazards in the home.

**Chronic conditions.** Health issues, such as Parkinson's or heart disease, greatly increase an older adult's risk of falling. Understanding the disease process and helping them follow a treatment plan, assisting them to doctor appointments and knowing red flag alerts can reduce fall risk in people suffering from chronic conditions.