

*"Never Underestimate the Power of Senior Health"*

Hattie Holmes Senior Wellness Center

# November 2016 Calendar

Volume 11 Issue 1

324 Kennedy St.,  
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



# November 2016

Monday	Tuesday	Wednesday	Thursday	Friday
	<p><b>1</b> 8:00 Open Gym 9:00 <b>Tai Chi</b> 10:00 <b>Chair Aerobics</b> 10:30 Arts &amp; Crafts 10:30 <b>Intro to Computers</b> 11:00 <b>Pilates</b></p> <p>11:30 <b>Lunch</b></p> <p>12:30 <b>Intermediate Computing</b> 1:00 Card / Board Games / Billiards 1:00 <b>Aerobics w/ Kojak</b> 1:30 Drama Club 1:30 <b>Brain Games</b> 2:00 <b>Enhanced Fitness</b> 3:00 <b>Open Gym</b></p>	<p><b>2</b> 8:00 Open Gym 8:00 <b>Fitness Orientation</b> 9:15 <b>Current Events Discussion Group</b> 9:00 <b>Stretch &amp; Tone</b> 9:30 Quilting 10:00 <b>Chair Aerobics</b> 10:30 <b>Chair Aerobics</b> 10:30 Arts &amp; Crafts 11:00 <b>Linking Oral Health to Overall Health</b></p> <p>11:30 <b>Lunch</b></p> <p>12:40 Basic Computer 1:00 Card / Board Games / Billiards 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><b>3</b> 8:00 Open Gym 10:00 <b>Arthritis Exercise Class w/ Diane Lee</b></p> <p>10:00 <b>Nutrition Class w/ the Dietitian from Giant</b></p> <p>10:45 <b>Color Me Relaxed</b></p> <p>11:30 <b>Lunch</b></p> <p>1:00 Card / Board Games / Billiards 1:00 Knitting 1:15 <b>Stretch &amp; Tone w/ Pat</b> 2:00 <b>Aerobics w/ Kojak</b> 2:00 Intro to Spanish 3:00 Advanced Spanish 3:00 <b>Open Gym</b></p>	<p><b>4</b> 8:00 Open Gym 9:00 <b>Abs &amp; Back</b></p> <p>10:00 <b>Chair Aerobics (Multi -purpose Room)</b></p> <p>11:00 <b>Nutrition Bingo</b> 11:00 <b>Wii Fit</b> 11:00 <b>Men's Fitness Class</b></p> <p>11:30 <b>Lunch</b></p> <p>1:00 Card / Board Games / Billiards 1:00 <b>Line Dancing</b> 2:00 <b>Fitness Assessments (By Appointment Only)</b> 3:00 <b>Open Gym</b></p>
<p><b>7</b> 8:00 Open Gym 8:00 <b>Fitness Orientation</b> 9:00 <b>Stretch &amp; Tone</b> 9:00 Mending &amp; Alterations 10:00 <b>Chair Aerobics</b> 10:30 <b>Enhanced Fitness</b> 11:00 <b>Wellness Challenge</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 w/ Moriah</b> 3:00 <b>Open Gym</b></p>	<p><b>8</b></p> <p style="text-align: center;"><i>Center Closed Election Day</i></p> 	<p><b>9</b> 8:00 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 Quilting 9:30 <b>Club Memory</b> 10:00 <b>Chair Aerobics</b> 10:30 <b>Chair Aerobics</b> 10:30 Arts &amp; Crafts 11:00 <b>Town Hall Meeting</b> 11:30 <b>Lunch</b></p> <p>12:40 Basic Computer 1:00 Card / Board Games / Billiards 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 style="text-align: center;"><i>Member Appreciation Day</i></p>	<p><b>10</b> 8:00 Open Gym 10:00 <b>Arthritis Exercise Class w/ Diane Lee</b></p> <p>10:30 Trip - Dutch Market 10:45 <b>Color Me Relaxed</b> 11:30 - 2:30 <b>Massage</b></p> <p>11:30 <b>Lunch</b></p> <p>1:00 Card / Board Games / Billiards 1:00 Knitting 1:15 <b>Stretch &amp; Tone w/ Pat</b> 2:00 <b>Aerobics w/ Kojak</b> 2:00 Intro to Spanish 3:00 Advanced Spanish 3:00 <b>Open Gym</b></p>	<p><b>11</b></p> <p style="text-align: center;"><i>Center Closed Veteran's Day</i></p> 

# November 2016

Monday	Tuesday	Wednesday	Thursday	Friday
<p>14</p> <p>8:00 Open Gym 8:00 <b>Fitness</b> Orientation 9:00 <b>Stretch &amp; Tone</b> 9:00 Mending &amp; Alterations 10:00 <b>Chair Aerobics</b> 10:30 <b>Enhanced Fitness</b> 10:30 <b>Food Demo w/ Chef Holden</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 w/ Moriah</b> 3:00 <b>Open Gym</b></p> 	<p>15</p> <p>8:00 Open Gym 9:00 <b>Tai Chi</b> 9:30 <b>Blood Pressure Screening</b> 9:30 Senior Medicare Patrol</p> <p>10:00 <b>Chair Aerobics</b> 10:30 <b>Intro to Computers</b> 10:30 Arts &amp; Crafts</p> <p>10:30 Trip - Movie Theater - <i>Almost Christmas</i></p> <p>11:00 <b>Pilates</b></p> <p>11:30 <b>Lunch</b></p> <p>12:30 <b>Intermediate Computing</b> 1:00 Card / Board Games / Billiards 1:00 <b>Aerobics w/ Kojak</b> 1:30 Drama Club 1:30 <b>Brain Games</b> 2:00 <b>Enhanced Fitness</b></p>	<p>16</p> <p>8:00 Open Gym 8:00 <b>Fitness</b> Orientation 9:15 <b>Current Events Discussion Group</b> 9:00 <b>Stretch &amp; Tone</b> 9:30 Quilting 10:00 <b>Chair Aerobics</b> 10:30 <b>Chair Aerobics</b> 10:30 Arts &amp; Crafts</p> <p>10:30 Trip - African American Museum</p> <p>11:00 <b>Surviving the Holidays</b></p> <p>11:30 <b>Lunch</b></p> <p>12:40 Basic Computer 1:00 <b>Crocheting</b> 1:00 Card / Board Games / Billiards 1:00 <b>Enhanced Fitness</b> 2:00 <b>Circuit Training</b> 3:00 <b>Open Gym</b></p>	<p>17</p> <p>8:00 Open Gym 10:00 <b>Arthritis Exercise Class w/ Diane Lee</b></p> <p>10:30 Trip - Dollar Store</p> <p>10:45 <b>Color Me Relaxed</b></p> <p>11:30 <b>Lunch</b></p> <p>1:00 Card / Board Games / Billiards 1:00 Knitting 1:15 <b>Stretch &amp; Tone w/ Pat</b> 2:00 <b>Aerobics w/ Kojak</b> 2:00 Intro to Spanish 3:00 <b>Advanced Spanish</b> 3:00 <b>Open Gym</b></p>	<p>18</p> <p>8:00 Open Gym 9:00 <b>Abs &amp; Back</b> 10:00 <b>Chair Aerobics (Multi-purpose Room)</b></p> <p>10:30 Trip - Bowling White Oak</p> <p>11:00 <b>Nutrition Bingo</b> 11:00 <b>Men's Fitness Class</b> 11:00 <b>Wii Fit</b></p> <p>11:30 <b>Lunch</b></p> <p>1:00 Card / Board Games / Billiards 1:00 <b>Line Dancing</b> 2:00 <b>Fitness Assessments (By Appointment Only)</b> 3:00 <b>Open Gym</b> <b>3:00 - 7:00 Card Party</b></p> 
<p>21</p> <p>8:00 Open Gym 8:00 <b>Fitness</b> Orientation 9:00 <b>Stretch &amp; Tone</b> 9:00 Mending &amp; Alterations 10:00 <b>Chair Aerobics</b> 10:30 <b>Enhanced Fitness</b> 11:00 <b>Circuit Training</b> 11:30 - 2:30 <b>Massage</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 w/ Moriah</b> 3:00 <b>Open Gym</b></p>	<p>22</p> <p>8:00 Open Gym 9:00 <b>Tai Chi</b> 10:00 <b>Chair Aerobics</b> 10:30 <b>Intro to Computers</b> 10:30 Arts &amp; Crafts 11:00 <b>Pilates</b></p> <p>11:30 <b>Lunch</b></p> <p>12:30 <b>Intermediate Computing</b> 1:00 Card / Board Games / Billiards 1:00 <b>Aerobics w/ Kojak</b> 1:30 Drama Club 1:30 <b>Brain Games</b> 2:00 <b>Enhanced Fitness</b> 3:00 <b>Open Gym</b></p>	<p>23</p> <p>8:00 Open Gym 8:00 <b>Fitness</b> Orientation 9:15 <b>Current Events Discussion Group</b> 9:00 <b>Stretch &amp; Tone</b> 9:30 <b>Club Memory</b> 10:00 <b>Chair Aerobics</b> 10:30 Arts &amp; Crafts 10:30 <b>Chair Aerobics</b> 11:00 <b>What is Gout?</b></p> <p>11:30 <b>Lunch</b></p> <p>12:40 Basic Computer 1:00 <b>Crocheting</b> 1:00 Card / Board Games / Billiards 1:00 <b>Enhanced Fitness</b> 2:00 <b>Circuit Training</b> 3:00 <b>Open Gym</b></p>	<p>24</p> <p style="text-align: center;"><i>Center</i></p> <p style="text-align: center;"><i>Closed</i></p> <p style="text-align: center;"><i>Thanksgiving Day</i></p>	<p>25</p> <p style="text-align: center;"><i>Center</i></p> <p style="text-align: center;"><i>Closed</i></p>
				

# November / December 2016

Monday	Tuesday	Wednesday	Thursday	Friday
<p>28</p> <p>8:00 Open Gym 8:00 Fitness Orientation 9:00 <b>Stretch &amp; Tone</b> 9:00 Mending &amp; Alterations 10:00 Chair Aerobics 10:30 Enhanced Fitness 11:00 Circuit Training</p> <p>11:30 <b>Lunch</b> 1:00 Book Club Meeting - <i>Japanese Lover by Isabel Allende</i> 1:00 Line Dancing Beginners 1:00 <b>Crocheting</b> 1:00 <b>Card / Board Games / Billiards</b> 2:00 Chair Yoga w/ Moriah 3:00 <b>Open Gym</b></p>	<p>29</p> <p>8:00 Open Gym 9:00 Tai Chi 10:00 Chair Aerobics 10:30 <b>Intro to Computers</b> 10:30 Arts &amp; Crafts 11:00 Pilates</p> <p>11:30 <b>Lunch</b></p> <p>12:30 <b>Intermediate Computing</b> 1:00 <b>Aerobics w/ Kojak</b> 1:00 Card / Board Games / Billiards 1:30 Drama Club 1:30 <b>Brain Games</b> 2:00 Enhanced Fitness 3:00 <b>Open Gym</b></p> <div style="text-align: center;">  </div>	<p>30</p> <p>8:00 Open Gym 8:00 Fitness Orientation 8:30 <b>Early Bird Breakfast</b> 9:00 <b>Stretch &amp; Tone</b> 9:15 <b>Current Events Discussion Group</b> 9:30 Quilting 10:00 Chair Aerobics 10:30 Chair Aerobics 10:30 Arts &amp; Crafts 11:00 <b>The Dangers of High Blood Pressure</b></p> <p>11:30 <b>Lunch</b></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 <b>Open Gym</b></p>	<p>1</p> <p>8:00 Open Gym 10:00 <b>Arthritis Exercise Class w/ Diane Lee</b> 10:45 <b>Color Me Relaxed</b></p> <p>11:30 <b>Lunch</b></p> <p>1:00 Card / Board Games / Billiards 1:00 Knitting 1:15 <b>Stretch &amp; Tone w/ Pat</b> 2:00 <b>Aerobics w/ Kojak</b> 2:00 Intro to Spanish 3:00 Advanced Spanish 3:00 <b>Open Gym</b></p>	<p>2</p> <p>8:00 Open Gym 9:00 <b>Abs &amp; Back</b> 10:00 Chair Aerobics (Multi -purpose Room) 11:00 <b>Nutrition Bingo</b> 11:00 <b>Wii Fit</b> 11:00 <b>Men's Fitness Class</b></p> <p>11:30 <b>Lunch</b></p> <p>1:00 Card / Board Games / Billiards 1:00 <b>Line Dancing</b> 2:00 <b>Fitness Assessments (By Appointment Only)</b> 3:00 <b>Open Gym</b></p>
<p><b>Blood Pressure Screening Tuesday November 15, 2016 @ 9:30 a.m.</b></p> <div style="text-align: center;">  </div>	<p><b>Club Memory w/ Sibley Hospital Representatives Wednesday November 9, 2016 &amp; November 23, 2016 @ 9:30 a.m.</b></p> <div style="text-align: center;">  </div>	<p><b>Food Demo w/ Chef Holden Monday November 14, 2016 10:30 a.m. -</b></p> <div style="text-align: center;">  </div>	<p><b>Early Bird Breakfast Wednesday November 30, 2016 @ 8:30 a.m. - 10:30 a.m.</b></p> <div style="text-align: center;">  </div>	<p><b>Book Club Meeting Monday November 28, 2016 @ 1:00 p.m. Japanese Lover Isabel Allende</b></p> <div style="text-align: center;">  </div>

## Recipe to Try...

### Sweet Potato & Black Bean Chili

#### Ingredients

- 1 tablespoon plus 2 teaspoons extra-virgin olive oil
- 1 medium-large sweet potato, peeled and diced
- 1 large onion, diced
- 4 cloves garlic, minced
- 2 tablespoons chili powder
- 4 teaspoons ground cumin
- 1/2 teaspoon ground chipotle chile pepper
- 1/4 teaspoon salt
- 2 1/2 cups water
- 2 15-ounce cans black beans, rinsed
- 1 14-ounce can diced tomatoes
- 4 teaspoons lime juice
- 1/2 cup chopped fresh cilantro



#### Directions

1. Heat oil in a Dutch oven over medium-high heat. Add sweet potato and onion and cook, stirring often, until the onion is beginning to soften, about 4 minutes. Add garlic, chili powder, cumin, chipotle and salt and cook, stirring constantly, for 30 seconds. Add water and bring to a simmer. Cover, reduce heat to maintain a gentle simmer and cook until the sweet potato is tender, 10 to 12 minutes.
2. Add beans, tomatoes and lime juice; increase heat to high and return to a simmer, stirring often. Reduce heat and simmer until slightly reduced, about 5 minutes. Remove from heat and stir in cilantro.

#### Nutrition Information

Amount per serving (Makes 4 servings (2 cups each) Calories 323; Fat 8 g; Protein 13g; Fiber 16 g; Cholesterol 0 mg; Sodium 573 mg; Carbohydrates 55 g.

## Food for Thought....Time that is here

There is time, and it is now. You have time, and you have it today.

Instead of waiting for the perfect time, make use of this time, this day, this moment. Rather than wishing for more time, use your energy to more richly fill that time that's here.

Each moment bestows upon you a great opportunity. It is the opportunity to make a difference, in the way to choose, for what you love.

There is time right now to make a little progress. And when you're done, you'll have the inspiration, the momentum, and a fresh moment of time with which to do even more.

Don't hold yourself back by restoring to excuses. Respect, appreciate and make full use of the time that is here, the time that is yours now.

Each moment flowing into your life is worth more than pure gold. See that potential value, make it real, and now, make it yours.



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

# 6 Life-changing Rituals for an Excellent Start of the Day

Healthy morning rituals can really have a positive impact on the way you spend your day. Not everyone realizes that what you do and the way you think in the morning can affect your mood, motivation, energy and the way you do things throughout day. **It is of great importance to start your day the proper way in order to grow, feel happier and to be more productive. Read on for ideas on how to make the best of your mornings.**

## 1. EARLY TO BED, EARLY TO RISE...

If you really want to improve your mornings and work on building some new healthy morning habits, you would probably need more time. Getting up earlier is a way to add an extra hour or so to your day. But if you love the peace and quiet the late nights provide you with and you have turned into a night owl, you would probably love the peace and quiet that the early mornings offer, too. Getting up before others gives you not only a feeling of satisfaction but also provides you with extra time to follow your morning rituals before you leave the house for work/school.

## 2. STRETCHING

Most people experience a feeling of stiffness right after waking up. This can be dealt with really easily by following a stretching routine every morning. There are so many benefits to stretching but you can only feel them if you stretch regularly. If you are not sure how to stretch properly, you can find tons of them on YouTube. Choose the ones that you think will suit you best and just do them every single morning. You will sense the change yourself.

## 3. LISTENING TO MUSIC OR AN AUDIOBOOK

Listening to your favorite songs in the morning is a great way to uplift your spirit and get prepared for an exciting new day. It sets a positive mindset and gets you pumped for an active day. Depending on the responsibilities and plans you have for the day, you can adjust the genres of music that you wish to start your day with. If you have planned a day for relaxation, music that is not too loud would be best. But still, it is a matter of choice. Another great source of inspiration in the morning is a good audiobook. Listening to one is a great option for a start of the day because it stimulates the imagination, works on your abilities to focus and can inspire you in a variety of ways. Plus, songs can often be catchy which can affect your work during the day, but audiobooks are less likely to influence your day in a negative way.

## 4. DRINKING A GLASS OF WARM LEMON WATER

Every day when you wake up your body is dehydrated because you haven't drunk any water for about 8 hours while you were sleeping. This is why it is so important to rehydrate your body first thing in the morning. Avoiding that and having breakfast right after you have woken up isn't a good idea because the first thing your body really needs at that time of the day is water. Drinking a glass of warm water with freshly squeezed lemon juice is a perfect start of the day. This beverage helps your digestive system to prepare for the meals you are about to take during the day. Plus, the lemon makes water tastier. You can also add a spoon of honey to sweeten the sour taste of the lemon water.

## 5. SMILING IN THE MIRROR

It is amazing how smiling at yourself in the mirror in the morning can change your whole day. This sends signals to your brain that stimulate the release of hormones that make you feel happier. It also boosts your confidence and you feel more determined to go after your goals. It is a simple way to encourage yourself to do your best every day. Once you make it a habit, you will feel amazed of the way it changes your mindset. You become a more positive and happier person. Yes, that simple trick does wonders!

## 6. SHORT MEDITATION

One of the best ways to clear your mind in the morning is to meditate for several minutes. Remember that there is not just one right way to meditate. Don't judge yourself if you don't enjoy sitting in the lotus position or if you have tried other specific methods to meditate and you just haven't felt it right. It is enough to sit wherever you feel comfortable and close your eyes for a few minutes. Simply enjoying the silence can be enough, as well, to get the positive effects. The main idea is to clear your mind, remove all tension and to stay calm.