



Ward 6: HAYES SENIOR WELLNESS CENTER
500K Street NE 202-727-0357

Website: www.hayesswc.com

Hours: Monday - Friday 8:00 am to 5:00 pm

FEBRUARY 2017

Mon	Tue	Wed	Thu	Fri
		1	2	3
		8:30 Open Gym 10-11 Arts & Crafts 10-2 HU Nursing Students 10:30 Greenhouse Workshop 11-12 Enhance Fitness 11:30 New Member Assessment 12:30 "Butts & Gutts" 1-1:30 Nutrition Bingo 1:00 Strength & Resistance 2-3 Yoga 2:00 Flexibility/Strength/Cardio/Abs	8:30 Open Gym 9-12 Computer Class 10:00 "Ms. Fit"ness 10-2 Massage Therapy 11:30-1 Lunch 1-2 The Pound Workout 1:30 Diabetes Management Workshop 2-3 Tai Chi 2-4 Grocery Plus Distribution 3-3:30 Line Dance 4-5 Hand Dancing	8:30 Open Gym 10-11:30 Arts & Crafts 11-12 Enhance Fitness 11:30-1 Lunch 12:30 "Butts & Gutts" 1-1:30 Nutrition Bingo 1:00 Strength & Resistance 2-3 Yoga 2:00 Flexibility/Strength/Cardio/Abs 3-4:30 Taste Budding (Black History Month Edition) 3:30-5 Movie
6	7	8	9	10
8:30 Open Gym 9-12 Computer Class 10:00 Line Dancing 11:00 Enhance Fitness 11:30-1 Lunch 12:30 "Butts & Gutts" 1:00 Strength & Resistance 2:00 Yoga 2:00 Flexibility/Strength/Cardio/Abs 3:30-5 Movie	8:30 Open Gym 10-11 Artistic Expression 10-1 Denny's Restaurant Trip 10:00 "Ms. Fit"ness 11:30-1 Lunch 1-2 The Pound Workout 12-2 HU Study Recruitment 2-3 Tai Chi 3-4 Hand Dancing 3-5 Memory Club	8:30 Open Gym 10-11 Arts & Crafts 10-2 HU Nursing Students 10:30 Greenhouse Workshop 11-12 Enhance Fitness 11:30-1 Lunch 11:30 New Member Assessment 12:30 Town Hall Meeting 1:00 Sign Language Class 12:30 "Butts & Gutts" 1:00 Strength & Resistance 2-3 Yoga 2:00 Flexibility/Strength/Cardio/Abs	8:30 Open Gym 9-12 Computer Class 10:00 "Ms. Fit"ness 10-2 Massage Therapy 11:30-1 Lunch 1-2 The Pound Workout 1:30 Diabetes Management Workshop 2-3 Tai Chi 3-3:30 Line Dance 4-5 Hand Dancing	8:30 Open Gym 10-11:30 Arts & Crafts 11:30 Heart Health Presentation 11-12 Enhance Fitness 11:30-1 Lunch 12:30 "Butts & Gutts" 1-1:30 Nutrition Bingo 1:00 Strength & Resistance 2-3 Yoga 2:00 Flexibility/Strength/Cardio/Abs 3-4:30 Taste Budding (Black History Month Edition) 3:30-5 Movie
13	14	15	16	17
8:30 Open Gym 9-12 Computer Class 10:00 Line Dancing 11:00 Enhance Fitness 11:30-1 Lunch 12:30 "Butts & Gutts" 1:00 Strength & Resistance 2:00 Yoga 2:00 Flexibility/Strength/Cardio/Abs 3:30-5 Movie	8:30 Open Gym 10-11 Artistic Expression 10:00 "Ms. Fit"ness 10:45 Legs Work Presentation 11:30-1 Lunch 1-2 The Pound Workout 2-3 Tai Chi 3-4 Hand Dancing	8:30 Open Gym 10-11 Arts & Crafts 10-2 HU Nursing Students 10:45 Solar Grid Presentation 11-12 Enhance Fitness 11:30-1 Lunch 11:30 New Member Assessment 12:30 "Butts & Gutts" 1:00 Strength & Resistance 1-1:30 Nutrition Bingo 2-3 Yoga 2:00 Flexibility/Strength/Cardio/Abs	8:30 Open Gym 9-12 Computer Class 10:00 "Ms. Fit"ness 10-2 Massage Therapy 11:30-1 Lunch 1-2 The Pound Workout 1:30 Diabetes Management Workshop 2-3 Tai Chi 3-3:30 Line Dance 4-5 Hand Dancing	8:30 Open Gym 10-11:30 Arts & Crafts 11-12 Enhance Fitness 11:30-1 Lunch 12:30 "Butts & Gutts" 1-1:30 Nutrition Bingo 1:00 Strength & Resistance 2-3 Yoga 2:00 Flexibility/Strength/Cardio/Abs 3-4:30 Taste Budding (Black History Month Edition) 3:30-5 Movie



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<p>20 CENTER CLOSED</p>	<p>21</p> <p>8:30 Open Gym 10-11 Artistic Expression 10:00 "Ms. Fit"ness 11:30-1 Lunch 1-2 The Pound Workout 2-3 Tai Chi 3-4 Hand Dancing 3-5 Memory Club</p>	<p>22</p> <p>8:30 Open Gym 10-11 Arts & Crafts 10-2 HU Nursing Students 10:30 Greenhouse Workshop 11-12 Enhance Fitness 11:30-1 Lunch & A Movie 11:30 New Member Assessment 12:30 "Butts & Gutts" 1:00 Strength & Resistance 1:00 Sign Language Class 1-1:30 Nutrition Bingo 2-3 Yoga 2:00 Flexibility/Strength/Cardio/Abs</p> <p style="text-align: center;">Free Diabetes Self-Management Workshop</p> <p>When: Every Thursday - ending February 16th, 2017 Time: 1:30 pm – 3:30 pm Location: 1st Floor Conference Room Register online to reserve your space!</p>	<p>23</p> <p>8:30 Open Gym 9-12 Computer Class 10-1 Dollar Tree Store Trip 10:30-11:30 Elder Abuse Presentation 10:00 "Ms. Fit"ness 10-2 Massage Therapy 11:30-1 Lunch 1-2 The Pound Workout 2-3 Tai Chi 3-3:30 Line Dance 4-5 Hand Dancing</p>	<p>24</p> <p>8:30 Open Gym 10-11:30 Arts & Crafts 11-12 Enhance Fitness 11:30-1 Lunch 12:30 "Butts & Gutts" 1-1:30 Nutrition Bingo 1:00 Strength & Resistance 2-3 Yoga 2:00 Flexibility/Strength/Cardio/Abs 3-4:30 Taste Budding (Black History Month Edition) 3:30-5 Movie</p>
<p>27</p> <p>8:30 Open Gym 9-12 Computer Class 10:00 Line Dancing 11:00 Enhance Fitness 11:30-1 Lunch 12:30 "Butts & Gutts" 1:00 Strength & Resistance 2:00 Yoga 2:00 Flexibility/Strength/Cardio/Abs 3:30-5 Movie</p>	<p>28</p> <p>8:30 Open Gym 10-11 Artistic Expression 10:00 "Ms. Fit"ness 11:30-1 Lunch 1-2 The Pound Workout 2-3 Tai Chi 3-4 Hand Dancing</p>	<h3 style="color: red;">HEART HEALTH AWARENESS</h3> <p>February is National Heart Month — a great time to make sure your ticker is tickin' properly. We've all heard it: change your diet, maintain a healthy weight, be physically active, quit smoking. But why? Can this advice REALLY HELP you lower your cholesterol and improve your heart health? YES! Making small changes in your daily routine can add up to big benefits and help you live a healthier, more balanced life.</p>		
<h3 style="color: red;">Heart Healthy Cooking Tips for American Heart Month</h3> <p>To lower your risk of heart disease or to manage your existing disease, try these tips in preparing meals.</p>				
<p>Limit Saturated and Trans Fat</p> <ul style="list-style-type: none"> Select lean cuts of beef and pork, especially cuts with "loin" or "round" in their name. Cut back on processed meats high in saturated fat, such as hot dogs, salami and bacon. Bake, broil, roast, stew or stir-fry lean meats, fish or poultry. Drain the fat off of cooked, ground meat. Include plant foods as sources of protein, including soybeans, pinto beans, lentils and nuts. Use liquid vegetable oils and soft margarine instead of stick margarine or shortening. Limit trans fats often found in foods such as cakes, cookies, crackers, pastries, pies, muffins, doughnuts and French fries. Many food manufacturers have removed trans fats from their foods. Check the Nutrition Facts panel on food labels to see if trans fats are listed. <p>Eat Foods Containing Omega-3 Fatty Acids</p> <ul style="list-style-type: none"> Select oils that provide omega-3 fatty acids, such as canola, flaxseed or soybean oil. Add walnuts to cereal, salads or muffins. Try walnut oil in salad dressings, too. Eat two 4-ounce portions of fatty fish each week, such as salmon, lake trout, albacore tuna (in water, if canned), mackerel and sardines. <p>Reduce Salt (Sodium)</p> <ul style="list-style-type: none"> Use as little salt in cooking as possible. You can cut at least half the salt from most recipes. Select reduced-sodium or no-salt-added canned soups and vegetables. Season foods with herbs, spices, garlic, onions, peppers and lemon or lime juice to add flavor. <p><small>Source: www.eatright.org</small></p>		<p>Important Events this Month</p> <ul style="list-style-type: none"> February 1st @ 10:30 am – Greenhouse Workshop February 1st @ 2:00 pm – Grocery Plus Distribution February 2nd @ 1:30 pm – Diabetes Self-Management Workshop February 7th @ 10:00 am – Denny's Restaurant Trip February 7th @ 12:00 pm – HU Study Recruitment February 7th @ 3:00 pm – Memory Club February 8th @ 10:30 am – Greenhouse Workshop February 8th @ 12:30 pm – Town Hall Meeting February 8th @ 1:00 pm – Sign Language Class February 9th @ 1:30 pm – Diabetes Self-Management Workshop February 10th @ 11:30 am – Heart Health Presentation February 14th @ 10:45 am – Legs Work Presentation February 15th @ 10:45 am – Solar Grid Presentation February 16th @ 1:30 pm – Diabetes Self-Management Workshop February 21st @ 3:00 pm – Memory Club February 22nd @ 10:30 am – Greenhouse Workshop February 22nd @ 11:30 am – Lunch & a Movie February 22nd @ 1:00 pm – Sign Language Class February 23rd @ 10:00 am – Dollar Tree Store Trip February 23rd @ 10:30 am – Elder Abuse Presentation 		