

"Never Underestimate the Power of Senior Health"

Hattie Holmes Senior Wellness Center

January 2016 Calendar

Volume 9 Issue 4

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
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

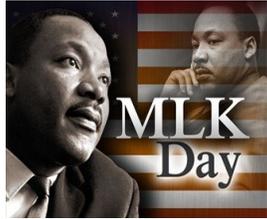
Managed by Vida Senior Services



January 2016

Monday	Tuesday	Wednesday	Thursday	Friday
<p>4</p> <p>8:00 Open Gym 8:00 Fitness Orientation 9:00 Stretch & Tone 10:00 Chair Aerobics 10:30 Enhanced Fitness 11:00 Circuit Training 11:00 Holiday Challenge</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>5</p> <p>7:30 Open Gym 8:00 Fitness Orientation 9:00 Tai Chi 10:00 Piano Lessons 10:00 Chair Aerobics 10:30 Intro to Computers 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 Brain Games 2:00 Enhanced Fitness 2:00 Drama Club 3:00 Open Gym</p>	<p>6</p> <p>7:30 Open Gym 8:00 Fitness Orientation 9:00 Current Events Discussion Group 9:00 Stretch & Tone 9:30 Quilting 10:00 Chair Aerobics 10:30 Chair Aerobics</p> <p>11:00 Town Hall Meeting</p> <p>11:00 Hand Dancing 11:00 Glaucoma and Age Related Vision Changes 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>	<p>7</p> <p>8:00 Open Gym 9:15 Food Demo: Asian Rice Porridge 10:45 Color Me Relaxed 11:00 Blind Taste-Testing 11:00 - Reflexology 11:30 Lunch 1:00 Card / Board Games / Billiards 1:00 Computer Essentials 101 1:00 Nutrition Chat-Hypertension Counseling 1:00 Knitting New 1:15 Stretch & Tone w/ Pat 2:00 Aerobics w/ Kojak 2:00 Intro to Spanish 3:00 Advanced Spanish 3:00 Planning for a Healthier You 3:00 Open Gym</p>	<p>8</p> <p>8:00 Open Gym 9:00 Abs & Back 10:00 Chair Aerobics (Multi -purpose Room)</p> <p>10:00 Facials w/ Daleesha Proctor</p> <p>11:00 Nutrition Bingo 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>11</p> <p>8:00 Open Gym 8:00 Fitness Orientation 9:00 Stretch & Tone 10:00 Chair Aerobics 10:30 Enhanced Fitness</p> <p>New 10:30 Healthy Living Course 11:00 Memoir Writing Representative from Takoma Park Neighborhood Library</p> <p>11:00 Circuit Training</p> <p>11:30 Lunch</p> <p>1:00 Movie Time 1:00 Line Dancing Beginners 1:00 Crocheting 1:00 Card / Board Games / Billiards 2:00 Chair Yoga 3:00 Open Gym</p>	<p>12</p> <p>7:30 Open Gym 8:00 Fitness Orientation 9:00 Tai Chi 9:30 New Member Orientation 10:00 Piano Lessons 10:00 Chair Aerobics 10:30 Intro to Computers 11:00 What do You Know about Oats? 11:00 Pilates 11:30 Lunch 12:30 Intermediate Computing 1:00 Card / Board Games / Billiards 1:00 Aerobics w/ Kojak 1:00 Nutrition Chat-Hypertension Counseling 1:30 Brain Games 2:00 Enhanced Fitness 2:00 Drama Club 3:00 Food Demo: Roasted Seasonal Vegetables</p>	<p>13</p> <p>7:30 Open Gym 8:00 Fitness Orientation 9:00 Current Events Discussion Group 9:00 Stretch & Tone 9:30 Quilting 9:30 Club Memory 10:00 Chair Aerobics 10:30 Chair Aerobics 10:30 Safe Medication Management Presentation 10:00 Trip - Frederick Douglas House 11:00 Hand Dancing 11:00 Understanding Crohn's Disease 11:30 - 2:30 Massage</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>	<p>14</p> <p>8:00 Open Gym 10:30 Trip - Dutch Market 10:45 Color Me Relaxed 11:00 Salt Substitutes 11:00 - Reflexology 11:30 Lunch New 1:15 Stretch & Tone w/ Pat 1:00 Nutrition Chat-Weight Management 1:00 Card / Board Games / Billiards 1:00 Knitting 2:00 Aerobics w/ Kojak 2:00 Intro to Spanish 3:00 Advanced Spanish 3:00 Brain-Healthy Foods 3:00 Open Gym</p>	<p>15</p> <p>8:00 Open Gym 9:00 Abs & Back 10:00 Chair Aerobics (Multi -purpose Room) 10:00 Trip - Academy Theater Greenbelt, MD - Concussion</p> <p>11:00 Nutrition Bingo 11:00 Wii Fit</p> <p>11:30 Lunch</p> <p>1:00 Card / Board Games / Billiards 1:00 Food Demo w/ DeAnna 1:00 Line Dancing 2:00 Fitness Assessments (By Appointment Only) 3:00 Open Gym</p> 

January 2016

Monday	Tuesday	Wednesday	Thursday	Friday
<p>18</p> <p><i>Center</i></p> <p><i>Closed</i></p> <p><i>Martin Luther King Jr.</i></p> <p><i>Day</i></p> 	<p>19</p> <p>7:30 Open Gym 8:00 Fitness Orientation 9:00 Tai Chi 10:00 Piano Lessons <i>New</i> 10:00 Biggest Loser 10:30 Intro to Computers 10:30 Blood Pressure Screening Multi-purpose room 11:00 Biggest Loser-Nutrition Kick start 11:00 Pilates</p> <p>11:30 Lunch 12:30 Intermediate Computing 1:00 Aerobics w/ Kojak 1:00 Nutrition Chat-Diabetes Counseling 1:30 Brain Games 2:00 Drama Club 2:00 Enhanced Fitness 3:00 Healthy Snacking Secret Weapon 3:00 Open Gym</p>	<p>20</p> <p>7:30 Open Gym 8:00 Fitness Orientation 9:00 Current Events Discussion Group 9:00 Stretch & Tone 9:30 Quilting</p> <p>10:00 Diabetes Self-Management Course</p> <p>10:00 Chair Aerobics 10:30 Chair Aerobics 11:00 What is Sepsis 11:00 Hand Dancing</p> <p>11:00 Body Mechanics w/ Gwen Green 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>21</p> <p>8:00 Open Gym 9:00 Food Demo/Breakfast Polenta</p> <p>10:30 Trip - Dollar Store</p> <p>10:45 Color Me Relaxed 11:00 Nutrition Film/Documentary part 1 11:00 - Reflexology 11:30 Lunch 1:00 Card / Board Games / Billiards 1:00 Nutrition Chat - Weight Management <i>New</i> 1:15 Stretch & Tone w/ Pat 1:00 Knitting 2:00 Intro to Spanish 3:00 Advanced Spanish 2:00 Aerobics w/ Kojak 3:00 Tuna: What is There to Know? 3:00 Open Gym</p>	<p>22</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</p> <p>11:30 Lunch</p> <p>1:00 Food Demo w/ DeAnna 1:00 Card / Board Games / Billiards 1:00 Line Dancing 2:00 Fitness Assessments (By Appointment Only) 3:00 Open Gym</p>
<p>25</p> <p>8:00 Open Gym 8:00 Fitness Orientation 9:00 Stretch & Tone 10:00 Chair Aerobics 10:30 Enhanced Fitness</p> <p><i>New</i> 10:30 Healthy Living Course</p> <p>11:00 Circuit Training</p> <p>11:30 Lunch</p> <p>1:00 Book Club Meeting - Grant Park by Leonard Pitts 1:00 Line Dancing Beginners 1:00 Crocheting 1:00 Card / Board Games / Billiards 2:00 Chair Yoga 3:00 Open Gym</p>	<p>26</p> <p>7:30 Open Gym 8:00 Fitness Orientation 9:00 Tai Chi <i>New</i></p> <p>10:00 Biggest Loser 10:00 Piano Lessons 10:30 Intro to Computers 11:00 Nutrition Film/Documentary part 2 11:00 Pilates 11:30 Lunch 12:30 Intermediate Computing 1:00 Nutrition Chat - Hypertension Counseling 1:00 Card / Board Games / Billiards 1:00 Aerobics w/ Kojak 1:00 AARP Driver Safety Course 1:30 Brain Games 2:00 Enhanced Fitness 3:00 Snack Right 3:00 Open Gym</p>	<p>27</p> <p>7:30 Open Gym 8:00 Fitness Orientation 9:00 Current Events Discussion Group 9:00 Stretch & Tone 9:30 Quilting 9:30 Club Memory 10:00 Chair Aerobics 10:30 Chair Aerobics 11:00 Thyroid Gland: What is it and How does it Work 11:00 Hand Dancing</p> <p>11:30 - 2:30 Massage</p> <p>11:30 Lunch 12:40 Basic Computer 1:00 Crocheting 1:00 AARP Driver Safety Course 1:00 Card / Board Games / Billiards 1:00 Enhanced Fitness 2:00 Circuit Training 3:00 Open Gym</p>	<p>28</p> <p>8:00 Open Gym 10:45 Color Me Relaxed 11:00 Nutrition Film/Documentary part 3 11:00 - Reflexology</p> <p>11:30 Lunch</p> <p>1:00 Card / Board Games / Billiards 1:00 Nutrition Chat - Weight Management <i>New</i> 1:15 Stretch & Tone w/ Pat 1:00 Knitting 2:00 Intro to Spanish 3:00 Advanced Spanish 2:00 Aerobics w/ Kojak 3:00 Are Some Foods Fattening? 3:00 Open Gym</p>	<p>29</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</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> 

Recipe to Try...



Cauliflower Soup with Smoked Gouda

Ingredients

- 3 cups cubed whole-wheat bread (1/2 inch)
- 4 teaspoons extra-virgin olive oil, divided
- 3/4 teaspoon ground white pepper, divided
- 1/2 teaspoon chopped fresh thyme plus 1 tablespoon, divided
- 1/4 teaspoon garlic powder
- 1 large sweet onion, chopped
- 1/4 teaspoon salt
- 2 teaspoons smoked paprika
- 1/4 cup dry white wine
- 1 head cauliflower (about 2 pounds), cored and chopped
- 4 cups low-sodium chicken broth or no-chicken broth, divided
- 2 teaspoons cornstarch
- 3/4 cup shredded smoked Gouda
- 1/4 cup heavy cream

Directions

- Preheat oven to 350 degrees.
- Toss bread in a bowl with 2 teaspoons oil, 1/4 teaspoon pepper, 1/2 teaspoon thyme and garlic powder. Spread on a baking sheet. Bake, stirring once, until crispy, 14 to 18 minutes.
- Meanwhile, heat the remaining 2 teaspoons oil in a large pot over medium heat. Add onion and salt, cover and cook, stirring occasionally, until the onion is very soft and barely starting to brown, 7 to 9 minutes. Sprinkle with paprika, the remaining 1/2 teaspoon white pepper and 1 tablespoon thyme; cook, stirring, until fragrant. 30 seconds to 1 minute. Add wine, increase heat to high and bring to a boil, scraping up any browned bits.
- Add cauliflower and 3 1/2 cups broth, cover and bring to boil, stirring often. Reduce heat to maintain a simmer and cook until the cauliflower is very tender, 10 to 12 minutes.
- Puree the soup in the pot with an immersion blender (or in batches in a regular blender and return to the pot). Combine the remaining 1/2 cup broth and cornstarch in a small bowl and stir in to the soup. Return to a simmer over medium heat; simmer, stirring constantly, for 1 minute. Remove from heat. Stir in cheese and cream. Serve the soup topped with croutons.

Nutrition Information

CALORIES 389; FAT 19g (sat 8g); PROTEIN 19g; CARB 22g; FIBER 7g; CHOL 41mg; SODIUM 614mg; SUGAR 10g. (Added 2g).

Food for Thought...Peace on the inside

You can choose to be active and involved on the outside while being fully at peace on the inside. It is a powerful way to live.

You can let all the changes and dramas, the comings and goings, and the ups and downs inspire and inform you. But you don't have to let it all get to you.

There is a part of you that is whole and authentic and imperturbable. It is there that peace always lives.

Let the outer part of you be enthusiastically involved in the brilliant, exhilarating confusion and complexity of what's going on. Let the inner part of you put it all in perspective.

It is authentic, deep-seated peace on the inside that enables you to be highly effective on the outside. Nothing can get to you or bring you down if you're already filled with the best there is.

Choose to let a peaceful presence fill the deepest part of you. Allow that peace to give great power to all you do.



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

For a Healthy 2016, Slow Down
Resolving to go easier can be a healthier way to live
by Ted Spiker, *AARP The Magazine*, December 2015/January 2016

Decrease the speed of your life and instantly boost your health. — Victor Prado

Gandhi once said, "There is more to life than increasing its speed." Nice sentiment, but the mahatma didn't have a smartphone that kept him connected 24/7.

The truth is that today it's all about speed. Whether we are making a meal, breaking a sweat or even visiting our doctor, life can move so quickly, we risk sacrificing effectiveness and enjoyment for efficiency.

The good news: Science (and common sense) shows us that sometimes it's better to slow down. In fact, we found a number of circumstances in which backing off can make you healthier and happier. So, think about taking it a bit easier the next time you're ...

Ready to Rise

Finally, a reason to linger in bed. It turns out that when you pop out of the sack quickly, sometimes your over-50 brain and body can't keep up, increasing the risk of a fall from light-headedness or a stumble due to or a cramp.

Your Slow-Down Strategy: Stretch in bed. The most effective move is called Thread the Needle, says Joel Harper, author of *Mind Your Body: 10 Core Concepts for an Optimally Balanced You*. It will loosen your outer hips and hamstrings, two areas that get notoriously tighter with age.

Here's what to do: Lie on your back with your knees bent and feet flat on the bed. Lift your left leg and cross your ankle over the top of your right thigh above the knee. Next, reach under your right thigh and pull gently toward you — feel it? Hold for five deep breaths, Harper says, and stretch each side twice.

Brushing Up

You'd better watch your mouth. Research shows that inflammation associated with gum trouble is linked to heart issues and dementia, although scientists have not found a direct cause and effect.

Your first preventive step? Be sure to control plaque, the sticky white stuff that furs your teeth along the gumline, says Jonathan B. Levine, a New York prosthodontist and oral health care specialist.

Your Slow-Down Strategy: Take your time. The average American brushes for only 45 seconds instead of the recommended two minutes, and only 15 percent of us make the effort to floss regularly. Try taking your toothbrush into the shower with you; you'll be more likely to brush longer. "The act of brushing and flossing physically removes the plaque from the critical space where the gum meets the tooth," Levine says. "This can't be rushed, and when we do rush, we press too hard." Pressing too hard, especially while brushing, strips the gums off the necks of the teeth, which makes teeth more sensitive, he says.

Moving Muscles

Strength training is crucial to healthy aging. It keeps muscles, bones and joints strong, as well as improves balance and helps prevent osteoporosis.

While working quickly in the gym has its benefits, "negative training" — taking longer on the "easy" part of the exercise instead of when pushing or pulling — may be best, says Ellington Darden, a leading expert in negative training and the author of *The Body Fat Breakthrough*. "It works the entire joint structure, which results in more strength, stability and range of motion," he notes.

Your Slow-Down Strategy: Take twice as long lowering weight as you do raising it. For example, if you are performing a squat, take four seconds to lower your body down and two seconds to push it up. Apply the principle when using weight machines or dumbbells, or doing body-weight exercises.

Getting Heated

The best way to defuse anger? Don't let it get going in the first place.

That's a challenge, biologically speaking: When angry, your body pumps out stress hormones such as cortisol and adrenaline, which further fuel your rage. If you're an over-60 male, decreasing testosterone can affect mood, working to make you angrier faster.

Your Slow-Down Strategy: Call a time-out, then hit reset by going for a walk, listening to soft music or taking a few deep breaths before reengaging, says Elinor Robin, a mediation expert based in Boca Raton, Florida. "If everybody is willing to slow down, we can trick our basic biology, and then we have a better outcome in the end," she says.

The Write Way to Slow Down

We all have our own way of challenging the tyranny of time.

But one thing proven to help you slow down is writing down your thoughts and feelings. In longhand. On paper.

But it's not just writing; it's taking time to think and process recent life events. The ritual is an effective way for you to analyze situations creatively and to stay centered during difficult times.