

“Never Underestimate the Power of Senior Health”

Hattie Holmes Senior Wellness Center

July 2016 Calendar

Volume 9 Issue 10

324 Kennedy St.,
Washington, DC 20011
(202) 291-6170
Fax (202) 291-2790

Teresa Moore
Director

LaDonna Love
Administrative Support

Arthur Dunbar
Fitness Specialist

Kristina Vera
Nutritionist
Tuesday & Thursday

Stephanie Peters
Health Promotion
Specialist

Gwen Green
Activities Coordinator
Monday, Wednesday, & Friday

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. - 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



July 2016

Monday	Tuesday	Wednesday	Thursday	Friday
<p>4</p> <p><i>Center</i></p> <p><i>Closed</i></p> <p><i>Independence</i></p> <p><i>Day</i></p> 	<p>5</p> <p>7:30 Open Gym 8:00 Walk Club 9:00 Tai Chi 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 1:00 Memoir Writing 1:30 Brain Games 2:00 Enhanced Fitness 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 11:00 How Cancer Cells Kill 11:00 Hand Dancing</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>7</p> <p>8:00 Open Gym 10:00 Arthritis Exercise Class w/ Diane Lee 10:45 Color Me Relaxed 11:00 Nutrition & Skin Health</p> <p>11:30 Lunch</p> <p>1:00 Card / Board Games / Billiards 1:00 Knitting 1:00 Eating Well While Eating Out 1:15 Stretch & Tone w/ Pat 2:00 Aerobics w/ Kojak 3:00 Nutrition Chat-Hypertension Counseling 3:00 Open Gym</p>	<p>8</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>11</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 10:30 Healthy Living Course 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>12</p> <p>7:30 Open Gym 8:00 Walk Club 9:00 Tai Chi 10:00 Chair Aerobics 10:30 Blood Pressure Screening Multi-purpose room 10:30 Intro to Computers 11:00 Addressing Childhood Obesity 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 1:00 Fair Food 1:30 Drama Club 1:30 Brain Games 2:00 Enhanced Fitness 3:00 Nutrition Chat-Weight Management 3:00 Open Gym</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 11:00 How To Stay Mentally Sharp 11:00 Hand Dancing 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</p> <p>9:00 Trip - Senior Luncheon Cruise 10:00 Arthritis Exercise Class w/ Diane Lee</p> <p>10:30 Trip - Dutch Market 10:45 Color Me Relaxed 11:00 What is Prediabetes & Could you Have it?</p> <p>11:30 Lunch</p> <p>1:00 Card / Board Games / Billiards 1:00 Knitting 1:00 8 Ways to Prevent Dehydration 1:15 Stretch & Tone w/ Pat 2:00 Aerobics w/ Kojak 3:00 Nutrition Chat-Diabetes Counseling 3:00 Open Gym</p>	<p>15</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>

July 2016

Monday	Tuesday	Wednesday	Thursday	Friday
<p>18</p> <p>8:00 Open Gym 8:00 Fitness Orientation 9:00 Stretch & Tone 9:00 Mending & Alterations 10:00 Chair Aerobics 10:30 Healthy Living Course 10:30 Enhanced Fitness 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 w/ Moriah 3:00 Open Gym</p>	<p>19</p> <p>7:30 Open Gym 8:00 Walk Club 9:00 Tai Chi 10:00 Chair Aerobics 10:30 Intro to Computers 11:00 Restaurant Lingo Decoded 11:00 Pilates 11:30 Lunch</p> <p>12:30 Intermediate Computing 1:00 Aerobics w/ Kojak 1:00 Memoir Writing 1:00 Nutrition Chat - Weight Management 1:30 Brain Games 1:30 Drama Club 2:00 Enhanced Fitness 3:00 Food Demo/ Kale Chips 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 Trip - Golf - East Potomac Golf Course</p> <p>10:00 Chair Aerobics 10:30 Chair Aerobics 11:00 Planning for Living & Dying 11:00 Hand Dancing</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>21</p> <p>8:00 Open Gym 10:00 Arthritis Exercise Class w/ Diane Lee</p> <p>10:30 Trip - Dollar Store</p> <p>10:45 Color Me Relaxed 11:00 Nutritional Needs for Older Adults 11:30 Lunch</p> <p>1:00 Card / Board Games / Billiards 1:00 Nutrition Chat - Hypertension Counseling 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 Blood Sugar Rollercoaster 3:00 Open Gym</p>	<p>22</p> <p>8:00 Open Gym 9:00 Abs & Back</p> <p>9:30 Trip - The Universoul Circus</p> <p>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 1:30 Talent Show 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 9:00 Mending & Alterations 10:00 Chair Aerobics 10:30 Healthy Living Course 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 1:00 Book Club Meeting - <i>Dark Money Jane Myers</i> 2:00 Chair Yoga w/ Moriah 3:00 Open Gym</p>	<p>26</p> <p>7:30 Open Gym 8:00 Walk Club 9:00 Food Demo/ Healthy Snacks you can make at home 9:00 Tai Chi 10:00 Chair Aerobics 10:30 Intro to Computers 11:00 Helping people with Alzheimer's 11:00 Pilates 11:30 Lunch</p> <p>12:30 Intermediate Computing 1:00 Juicing Food Trend 1:00 Aerobics w/ Kojak 1:00 AARP Driver Safety Course 1:00 AARP Driver Safety Course 1:30 Drama Club 1:30 Brain Games 2:00 Enhanced Fitness 3:00 Nutrition Chat - Diabetes Counseling 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 Club Memory 9:30 Quilting 10:00 Chair Aerobics 10:30 Chair Aerobics 11:00 Hand Dancing 11:00 What is Heart Disease</p> <p>11:30 - 2:30 Massage</p> <p>11:30 Lunch</p> <p>12:40 Basic Computer 1:00 AARP Driver Safety Course 1:00 Crocheting 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 10:00 Arthritis Exercise Class w/ Diane Lee 10:45 Color Me Relaxed 11:00 Getting Cultured on Yogurt 11:30 Lunch</p> <p>1:00 Card / Board Games / Billiards 1:00 Nutrition Chat - Hypertension Counseling 1:00 Knitting 1:15 Stretch & Tone w/ Pat 2:00 Intro to Spanish 3:00 Advanced Spanish 2:00 Aerobics w/ Kojak 3:00 Food Demo/Fresh Summer Salad - Tomato Watermelon Peach Salad 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 Men's Fitness Class 11:00 Wii Fit</p> <p>11:30 Lunch</p> <p>1:00 Trip - Arena Stage - Born For This The BeBe Winans Story (Sold Out)</p> <p>1:00 Card / Board Games / Billiards 1:00 Line Dancing 2:00 Fitness Assessments (By Appointment Only) 3:00 Open Gym</p> 

July 2016

New
Men's Fitness Class

Friday's

@

11:00 a.m.



Memoir Writing

Workshop

Tuesday

July 5, 2016

&

July 19, 2016

1:00 p.m.



Blood Pressure

Screening

Tuesday

July 12, 2016

@

10:30 a.m.



Club Memory
w/ Sibley Hospital

Representatives

Wednesday

July 13, 2016

&

July 27, 2016

@

9:30 a.m.



Senior Luncheon

Cruise

Odyssey Cruise Ship

Thursday

July 14, 2016

@

9:00 a.m.

\$35/Person



Golf
East Potomac Golf
Course

Wednesday

July 20, 2016

@

10:00 a.m.



The Universoul

Circus

Friday

July 22, 2016

@

9:30 a.m.

\$12.00/Person



Food Demo's

w/ Kristina

Tuesday

July 19, 26, & 28,

2016

Check your schedule

for times



Talent Show

Friday

July 22, 2016

@

1:30 p.m.



AARP Driver Safety

Course

Tuesday

July 26, 2016

&

July 27, 2016

1:00 p.m.



Recipe to Try...

Zucchini and Potato Bake



Ingredients

- 2 medium zucchini, quartered and cut into large pieces
- 4 medium potatoes, peeled and cut into large chunks
- 1 medium red bell pepper, seeded and chopped
- 1 clove garlic, sliced
- 1/2 cup dry bread crumbs
- 1/4 cup olive oil
- paprika to taste
- salt to taste
- Ground black pepper to taste

Directions

1. Preheat oven to 400 degrees F (200 degrees C).
2. In a medium baking pan, toss together the zucchini, potatoes, red bell pepper, garlic, bread crumbs, and olive oil. Season with paprika, salt, and pepper.
3. Bake 1 hour in the preheated oven, stirring occasionally, until potatoes are tender and lightly brown.

Nutrition Information

Amount per serving

Calories 243, Fat 9.8 g, Protein 5.1 g, Carbohydrate 7.5 g, Cholesterol 0 mg, Sodium 108 mg.

Food for Thought....Good thoughts

Your thoughts set the direction of your day, of your life. Think power, think action, think gratitude and think positive.

Think of the people you love, and of all the things you can do to support and encourage them. Think of the values that matter most to you, and of what you can do to express, promote and live those values.

Think of how fortunate you are to be alive in this moment. Think of all the knowledge, resources, experience and skills at your disposal right now.

Think of your dreams, your goals, your highest vision for how life can be. Think of all the ways, big and small, you can make a positive difference today.

Think of the beauty you've experienced, of the richness you've lived, of the good people you've encountered. Think of how great it feels to make someone's life a little brighter.

Fill your awareness with thoughts of goodness, love, joy, beauty and possibility. Let those good thoughts push you forward into action all day long.



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

Summer Heat Safety

We all know that hot weather can be dangerous. This is especially true for older adults. Every summer, nearly 200 Americans die of health problems caused by high heat and humidity. Most of these individuals happen to be age 50 or older. Hot weather is more likely to cause health problems for older adults for a variety of reasons. These reasons include aging-related physical changes in the body, chronic health conditions, and even side effects of taking some medications.

How to Spot and Treat Health Problems Caused by Heat

It's important to recognize when hot weather is making you sick, and when to get help. Here's a list of health problems caused by too much heat:

Dehydration	<p>WHAT IT IS: A loss of water in your body. It can be serious if not treated.</p> <p>WARNING SIGNS: Weakness, headache, muscle cramps, dizziness, confusion, and passing out.</p> <p>WHAT TO DO: Call your healthcare provider or 911. Meanwhile, drink plenty of water and, if possible, “sports drinks” such as Gatorade™, which contain important salts called “electrolytes.” Among other things, electrolytes play a key role in regulating your heartbeat. Your body loses electrolytes when you're dehydrated.</p>
Heat stroke	<p>WHAT IT IS: A very dangerous rise in your body temperature. It can be deadly.</p> <p>WARNING SIGNS: A body temperature of 103 or higher; red, hot, and dry skin; a fast pulse; headache; dizziness; nausea or vomiting; confusion; and passing out.</p> <p>WHAT TO DO: Call 911 immediately. Move to a cool, shady place, take off or loosen heavy clothes. If possible, douse yourself with cool water, or put cloths soaked with cool water on your wrists, ankles, armpits, and neck to lower your temperature. Try and see if you can safely swallow water or sports drinks. Note: If you are caring for someone else who has heat stroke, only give them water or drinks if they are awake and can swallow.</p>
Heat exhaustion	<p>WHAT IT IS: A serious health problem caused by too much heat and dehydration. If not treated, it may lead to heat stroke (see above).</p> <p>WARNING SIGNS: Heavy sweating or no sweating, muscle cramps, tiredness, weakness, paleness, cold or clammy skin, dizziness, headache, nausea or vomiting, fast and weak pulse, fainting.</p> <p>WHAT TO DO: Without delay, move to a cool, shady place, and drink plenty of cool fluids, such as water or Gatorade. Call 911 without delay if you have high blood pressure or heart problems, or if you don't feel better quickly after moving to the shade and drinking liquids.</p>
Heat syncope	<p>WHAT IT IS: Fainting caused by high temperatures</p> <p>WARNING SIGNS: Dizziness or fainting.</p> <p>WHAT TO DO: Lie down and put your feet up, and drink plenty of water and other cool fluids.</p>