

"Never Underestimate the Power of Senior Health"

Hattie Holmes Senior Wellness Center

June 2016 Calendar

Volume 9 Issue 8

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 - Mariam Meadows

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



June 2016

Monday	Tuesday	Wednesday	Thursday	Friday
		<p>1 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 Normal Aging Part 2 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>2 8:00 Open Gym 10:00 Arthritis Exercise Class w/ Diane Lee 10:45 Color Me Relaxed 11:00 Habits to Shake</p> <p>11:30 Lunch</p> <p>1:00 Card / Board Games / Billiards 1:00 Knitting 1:00 Eating Balanced at Restaurants 1:15 Stretch & Tone w/ Pat 2:00 Aerobics w/ Kojak 3:00 Nutrition Chat-Hypertension Counseling 3:00 Open Gym</p>	<p>3 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>
<p>6 8:00 Open Gym 8:00 Fitness Orientation 9:00 Stretch & Tone 10:00 Chair Aerobics 10:30 Enhanced Fitness</p> <p>10:30 Healthy Living Course New</p> <p>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>7 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 Foods to Skip This Year 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 1:00 Getting Cultured on Yogurt 1:30 Drama Club 1:30 Brain Games 2:00 Enhanced Fitness 3:00 Nutrition Chat-Weight Management</p>	<p>8 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</p> <p>10:30 Trip - Library of Congress</p> <p>11:00 Red Wine: Fact, Fiction and the Hazy In-between 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>9 8:00 Open Gym 10:00 Arthritis Exercise Class w/ Diane Lee 10:45 Color Me Relaxed 11:00 The Art of Portion Control</p> <p>11:30 Lunch</p> <p>1:00 Card / Board Games / Billiards 1:00 Knitting 1:00 Cost of Healthcare & Chronic Disease in the U.S. 1:15 Stretch & Tone w/ Pat 2:00 Aerobics w/ Kojak 3:00 Nutrition Chat-Diabetes Counseling 3:00 Open Gym</p>	<p>10 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>

June 2016

Monday	Tuesday	Wednesday	Thursday	Friday
<p>13</p> <p>8:00 Open Gym 8:00 Fitness Orientation 9:00 Stretch & Tone <i>New</i></p> <p>9:00 Mending & Alterations</p> <p>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>14</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 National Diabetes Facts 11:00 Pilates 11:30 Lunch</p> <p>12:30 Intermediate Computing Aerobics w/ Kojak 1:00 Nutrition Chat-Weight Management 1:30 Brain Games 1:30 Drama Club 2:00 Enhanced Fitness 3:00 Food Demo/Vegetable Stir-Fry 3:00 Open Gym</p>	<p>15</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 Clinical Depression: More than Just Sadness 11:00 Hand Dancing</p> <p>11:30 Lunch</p> <p>12:00 Father's Day Luncheon </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>16</p> <p>8:00 Open Gym 10:00 Arthritis Exercise Class w/ Diane Lee 10:30 Trip - Dutch Market 10:45 Color Me Relaxed 11:00 Blood Sugar Rollercoaster 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 Open Gym</p>	<p>17</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 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 style="text-align: center;"><i>6:00 pm - 9:00 pm</i> <i>Senior Prom</i></p> <div style="text-align: center;"></div>
<p>20</p> <p>8:00 Open Gym 8:00 Fitness Orientation 9:00 Stretch & Tone 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 2:00 Chair Yoga w/ Moriah 3:00 Open Gym</p> <div style="text-align: center;"></div>	<p>21</p> <p>7:30 Open Gym 8:00 Walk Club 9:00 Food Demo/Apple Banana Quinoa Oatmeal 9:00 Tai Chi 9:30 Financial Service Clinic 10:00 Chair Aerobics 10:30 Intro to Computers 10:30 Blood Pressure Screening Multi purpose room 11:00 Why do You Get Hungry? 11:00 Pilates 11:30 Lunch 12:30 Intermediate Computing 1:00 Top 10 Convenience Store Eats 1:00 Memoir Writing 1:00 Aerobics w/ Kojak 1:30 Drama Club 1:30 Brain Games 2:00 Enhanced Fitness 3:00 Nutrition Chat - Diabetes Counseling</p>	<p>22</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</p> <p>11:00 Town Hall Meeting</p> <p>11:30 - 2:30 Massage</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>23</p> <p>8:00 Open Gym 10:00 Arthritis Exercise Class w/ Diane Lee 10:30 Trip - Dollar Store 10:45 Color Me Relaxed 11:00 The New Food Labels 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</p> <p style="text-align: center;"><i>New</i></p> <p>2:00 Intro to Spanish 3:00 Advanced Spanish 2:00 Aerobics w/ Kojak 3:00 Food Demo/Make Your Own Pizza 3:00 Open Gym</p>	<p>24</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 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>

June / July 2016

Monday	Tuesday	Wednesday	Thursday	Friday
<p>27</p> <p>8:00 Open Gym 8:00 Fitness Orientation 9:00 Stretch & Tone New 9:00 Mending & Alterations</p> <p>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 Book Club Meeting - <i>Year of Yes</i> By Shonda Rhimes 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>28</p> <p>7:30 Open Gym 8:00 Walk Club 9:00 Tai Chi 9:30 New Member Orientation 10:00 Chair Aerobics 10:30 Intro to Computers 11:00 Concentrate on a Healthy Eating Pattern 11:00 Pilates</p> <p>11:30 Lunch</p> <p>12:30 Intermediate Computing 1:00 Aerobics w/ Kojak 1:00 AARP Driver Safety Course 1:00 Banish the Belly Bulge 1:30 Brain Games 1:30 Drama Club 2:00 Enhanced Fitness 3:00 Nutrition Chat-Diabetes Counseling 3:00 Open Gym</p>	<p>29</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 Liver Health and Dysfunction 11:00 Hand Dancing</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>30</p> <p>8:00 Open Gym 10:00 Arthritis Exercise Class w/ Diane Lee 10:45 Color Me Relaxed 11:30 Lunch</p> <p>1:00 Card / Board Games / Billiards 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 Open Gym</p>	<p>1</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>

Memoir Writing

Workshop

Tuesday

June 7, 2016

&

June 21, 2016

1:00 p.m.



Blood Pressure

Screening

Tuesday

June 7, 2016

&

June 21, 2016

@

10:30 a.m.



Club Memory

w/ Sibley Hospital

Representatives

Wednesday

June 8, 2016

&

June 22, 2016

@

9:30 a.m.



Dutch Market

Thursday

June 16, 2016

@

10:30 a.m.



Book Club Meeting

Monday

June 27, 2016

@

1:00 p.m.

Year of Yes

Shonda Rhimes



Recipe to Try...

Creole Tomato Salad



Ingredients

Salad:

- 3 ripe tomatoes, cut into 1/4-inch thick slices
- 1 Vidalia or other sweet onion, thinly sliced and separated into rings
- 1/4 teaspoon salt
- 1 tablespoon thinly sliced fresh mint
- 2 teaspoons chopped fresh chives

Vinaigrette:

- 4 teaspoons olive oil
- 4 teaspoons red wine vinegar
- 1 teaspoon Dijon mustard
- 1/2 teaspoon minced fresh garlic
- 12 ounces skinless, boneless rotisserie chicken breast, sliced
- 2 tablespoons unsalted cashews, halved
- 1/2 cup (2 ounces) crumbled blue cheese

Preparation

1. To prepare salad, alternate tomato and onion slices on a platter. Sprinkle with salt. Top with mint and chives.
2. To prepare vinaigrette, combine oil, vinegar, mustard, and garlic in a jar. Cover tightly; shake vigorously. Drizzle vinaigrette over salad, and serve at room temperature.

Nutrition Information

Amount per serving

Calories 73 Fat 4.8 g Sat fat 0.7 g Mono fat 3.4 g Poly fat 0.6 g Protein 1.4 g Carbohydrate 7.5 g Fiber 1.5 g

Cholesterol 0 mg Iron 20.6mg Sodium 185 mg Calcium 13 mg.

Food for Thought....Offer serenity

There are times and circumstances when life offers you serenity. There are many more times when you can offer serenity to life's circumstances, whatever they are.

Serenity is a powerful, effective state. Serenity enables you to be purposeful, intentional, and focused rather than fearful, anxious and reactionary.

You can choose to hold a powerful, peaceful sense of serenity within, no matter what is going on around you. When you do, that serenity flows outward to great benefit.

Let the constant chattering of your thoughts subside. Release the need for judgment worry.

See that the most important thing is not who wins or who loses. What really matters is the preciousness of life itself, and adding richness to life.

For the moment, allow what is to be what is. Feel the deep serenity and in that good feeling see and follow a positive way forward for all.



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

Senior Fitness: Muscle Strength

According to the National Institute on Aging, even very small changes in muscle strength—muscle increases that may not even be visible in the mirror—can make a real difference in function, especially in people who have already lost a lot of muscle. Lower-body strength exercises in particular also will improve your balance, which helps prevent falling and its serious consequences.

Getting Started With Strength Training For Seniors

Strength exercises generally involve lifting or pushing weights—light weights like dumbbells, stretchy resistance bands or even common objects from your kitchen like cans of soup. Advantage to joining a fitness center or gym over working out at home is having the help of a fitness trainer and a virtually unlimited amount of weights or other equipment that you can use as you gain strength—though you might start out with as little as one-pound weights, you want to gradually increase the amount of weight you use as you progress.

Strength Training Hints

The goal is to do strength exercises for all of your major muscle groups on 2 or more days per week for 30-minute sessions each. Don't exercise the same muscle group on any 2 days in a row—muscles need the time off to recover from weight training, but you can still walk or do any type of cardiovascular exercise any day, including a strength-training day.

Here are other tips on strength training for seniors from the National Institute on Aging:

- Depending on your condition, you might need to start out using just 1- or 2-pound weights or no weight at all. Your body needs to get used to strength exercises.
- Use a light weight the first week, then gradually add more weight. Starting out with weights that are too heavy can cause injuries.
- You need to challenge your muscles to get the most benefit from strength exercises, so gradually increase the weights you're using.
- How to tell if you're using too heavy or too light a weight? It should feel somewhere between hard and very hard for you to lift or push the weight, but you should be able to do 8 repetitions of the exercise in a row.
- A repetition, or rep, is one complete movement of an exercise, and a set is one group of reps. Aim to do a set of 10 to 15 repetitions for each exercise. You may not be able to reach that goal at first—just do as many as you can and build up over time.
- For each rep, take 3 seconds to lift or push the weight, hold the position for 1 second and take another 3 seconds to return to your starting position. Don't let the weight drop at the end of each rep—maintain control; returning it slowly is very important.

Working with Weights

You don't have to buy weights for strength exercises. All you need is something you can hold on to easily (for some exercises, you will need two equal "somethings"). You may be able to make your own weights from unbreakable household items:

Fill a plastic milk jug with sand or water, cap it and tape the opening securely closed.

Fill a sock with dried beans and tie up the open end.

Use grocery items, such as bags of rice, vegetable or soup cans or bottled water.

Another option is to use **resistance bands**, stretchy elastic bands that come in several strengths, from light to heavy. To perform exercises with a resistance band, you wrap one end around each hand and then follow the specific directions.

“Get A Grip”

Get started with this simple strength exercise to **improve your grip**—picking up and holding onto objects and opening jars.

Hold a tennis ball or a small rubber or foam ball in one hand. Slowly squeeze the ball as hard as you can and hold it for 3 to 5 seconds. Relax the squeeze slowly. Repeat 10 to 15 times, then repeat the same number of times with your other hand. Repeat the entire sequence one more time.