



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

MARCH 2017

Mon	Tue	Wed	Thu	Fri
<p>March is National Nutrition Month</p>				
		<p>1</p> <p>8:30 Open Gym 10-11 Arts & Crafts 11-12 Enhance Fitness 11:30 New Member Assessment 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</p>	<p>2</p> <p>8:30 Open Gym 9-12 Computer Class 10:00 "Ms. Fit"ness 11:30-1 Lunch 12-2 Massage Therapy 1-2 The Pound Workout 2-3 Tai Chi 2-4 Grocery Plus Distribution 3-3:30 Line Dance 4-5 Hand Dancing 3:30-5 Movie</p>	<p>3</p> <p>8:30 Open Gym 10-11:30 Arts & Crafts 10:00 Golden Corral Restaurant Trip 10-2 GWU Student Interviews 10:15 United Medical Center 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</p>
<p>6</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>7</p> <p>8:30 Open Gym 10-11 Artistic Expression 10:30 Greenhouse Workshop 10:30 United Healthcare Presentation 10:00 "Ms. Fit"ness 11:30-1 Lunch 12-2 HU SBIRT Study Recruitment 1-2 The Pound Workout 2-3 Tai Chi 3-4 Hand Dancing 3-5 Memory Club</p>	<p>8</p> <p>8:30 Open Gym 10-11 Arts & Crafts 10-2 HU Nursing Students 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</p>	<p>9</p> <p>8:30 Open Gym 9-12 Computer Class 10:00 "Ms. Fit"ness 10:30 - 11:15 Nutrition Presentation "Put Your Best Fork Forward" 11:30-1 Lunch 12-2 Massage Therapy 1-2 The Pound Workout 2-3 Tai Chi 3-3:30 Line Dance 4-5 Hand Dancing 3:30-5 Movie</p>	<p>10</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</p>
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Tips on how to Reduce Sources of Added Sugars for National Nutrition Month

Sugar is found naturally in some foods and drinks, like fruit and milk, but it is also added to many of them. Added sugars give these items a sweet taste. Sources of added sugars lack nutrients and most Americans get too many calories from added sugars – which may affect their weight and health over time. Try the following tips to lower your intake of added sugars:

- Sweeten low-fat plain yogurt with fresh, frozen, or canned (in its own juice) fruit in place of fruit-flavored yogurt.
- Add cinnamon and dried fruit to plain cooked oats instead of using instant flavored oatmeal.
- Substitute 100% fruit juice for fruit punch and other fruit-flavored drinks.
- Switch from sweetened to unsweetened applesauce.
- Drink plain low-fat milk instead of chocolate milk.
- Use jams and jellies with no sugar added.
- Enjoy a homemade smoothie with frozen fruit, low-fat milk, and yogurt in place of ice cream.
 - Quench your thirst with water, low-fat milk, or 100% fruit or vegetable juice instead of sweetened beverages, like energy, soft and sports drinks.



Source: www.eatright.org



Important Events this Month

- March 2nd @ 2:00 pm – Grocery Plus Distribution
- March 3rd @ 10:00 am – Golden Corral Restaurant Trip
- March 3rd @ 10:00 am – GWU Student Interviews
- March 3rd @ 10:15 am – United Medical Care Presentation
- March 7th @ 10:30 am – United Healthcare Presentation
- March 7th @ 10:30 am – Greenhouse Workshop
- March 7th @ 12:00 pm – HU SBIRT Study Recruitment
- March 7th @ 3:00 pm – Memory Club
- March 8th @ 12:30 pm – Town Hall Meeting
- March 8th @ 1:00 pm – Sign Language Class
- March 9th @ 10:30 am – Nutrition Presentation "Put Your Best Fork Forward"
- March 15th @ 11:30 am – Lunch & a Movie
- March 21st @ 10:30 am – Greenhouse Workshop
- March 21st @ 3:00 pm – Memory Club
- March 21st @ 1:00 pm – Sign Language Class
- March 24th @ 10:00 am – Roses Department Store Trip