



MODEL CITIES

Senior Wellness Center

Calendar & Newsletter

1901 Evarts Street, N.E. | Washington, DC 20018 | www.provhosp.org | Ph: (202) 635-1900 | Fax: (202) 635-1477
Hours of Operation: Monday-Friday 8:00am-5:00pm

December 2016
Volume 12 • Issue 9

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Stacie Mack




Calendar of Events...

December 2016

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			8:00 Open Gym 8:45 Tai Chi 9:30 Inspirational Hour Elder Odessa Harris 9:30 Yoga 9:30 Computer Class Beginners & Advance 10:00 Knitting 10:00 No Golf 10:20 Chair Exercise 10:45 Nutrition Class Water and the Filter Fix 12:00 Kojak Low Impact Enhance Fitness 1:00 Beginners Ballet and Dance Co. Class 2:00 Board Games 3:30 Weight Training	8:00 Open Gym 8:45 Tai Chi 9:00 Piano Class 10:00 Sewing Class 10:20 Zumba Gold 11:00 Chair Exercise 11:30 Enhance Fitness Chair Exercise 11:30 Performance, Privilege Band, By Stan 1:00 In House Movie 1:00 Bingo
5	6	7	8	9
8:00 Open Gym 10:15 Kojak Low Impact Aerobics 10:30 Advanced Spanish 11:00 Chair Exercise 11:15 Beginners Spanish 11:30 Enhance Fitness Chair Exercise 1:00 Quilting 1:00 Pinochle 1:00 Redskin Monday 1:30 Hula Dance 2:00 Board Games 5:30 Cardio Interval Exercise	8:00 Open Gym 8:45 Tai Chi 9:30 Computer Class Beginners & Advance 9:30 No Sign Language 9:30 Yoga 10:00 Barber 10:20 Chair Exercise 10:45 Nutrition Class 10 Super Foods for Better Health 12:00 Bowling 12:30 Line Dance (Beginners) 1:00 Advance Line Dance 1:00 Beginners Ballet and Dance Co. Class 2:00 Board Games 3:30 Weight Training	8:00 Open Gym 10:00 Choir Rehearsal 10:00 Chair Exercise 10:00 Enhance Fitness Chair Exercise 10:15 No Circuit Training 11:00 Town Meeting 1:00 Kojak Low Impact Aerobics 1:00 Pinochle 1:30 Fire Prevention 2:00 Board Games 3:30 Weight Training 5:30 Cardio Interval	8:00 Open Gym 8:45 Tai Chi 9:15 Mayor's Senior Holiday Luncheon 9:30 Inspirational Hour Elder Odessa Harris 9:30 Yoga 9:30 Computer Class Beginners & Advance 10:00 Knitting 10:00 No Golf 10:20 Chair Exercise 10:45 No Nutrition Class 12:00 Kojak Low Impact Enhance Fitness 1:00 Beginners Ballet and Dance Co. Class 2:00 Board Games 3:30 Weight Training	8:00 Open Gym 8:45 Tai Chi 9:00 Piano Class 10:00 Sewing Class 10:20 Zumba Gold 11:00 Chair Exercise 11:30 Enhance Fitness Chair Exercise 1:00 In House Movie 1:00 Bingo

Calendar of Events...

<p style="text-align: right;">12</p> <p>8:00 Open Gym 10:15 Kojak Low Impact Aerobics 10:30 Advanced Spanish 11:00 Chair Exercise 11:15 Beginners Spanish 11:30 Enhance Fitness Chair Exercise 1:00 Quilting 1:00 Pinochle 1:00 Redskin Monday 1:30 Hula Dance 2:00 Board Games 5:30 Cardio Interval Exercise</p>	<p style="text-align: right;">13</p> <p>8:00 Open Gym 8:45 Tai Chi 9:30 Computer Class Beginners & Advance 9:30 No Sign Language 9:30 Yoga 10:20 Chair Exercise 10:45 Nutrition Class Foods that may help with Back Pain 11:00 Massage 11:00 Barber 12:00 Bowling 12:30 Line Dance (Beginners) 1:00 Advance Line Dance 1:00 Beginners Ballet and Dance Co. Class 2:00 Board Games 3:30 Weight Training</p>	<p style="text-align: right;">14</p> <p>8:00 Open Gym 10:00 Choir Rehearsal 10:00 Chair Exercise 10:00 Enhance Fitness Chair Exercise 10:15 Circuit Training 10:30 Model Cities Holiday Program 1:00 Kojak Low Impact Aerobics 1:00 Elijah Huggins from Sweet and Natural 1:00 Pinochle 1:00 Presentation, Providence Hospital, Men's Focus Group Dr. Batipps 2:00 Board Games 3:30 Weight Training 5:30 Cardio Interval</p>	<p style="text-align: right;">15</p> <p>8:00 Open Gym 8:45 Tai Chi 9:30 Inspirational Hour Elder Odessa Harris 9:30 Yoga 9:30 Computer Class Beginners & Advance 10:00 Knitting 10:00 No Golf 10:20 Chair Exercise 10:45 Nutrition Class Triple B-Fresh Korean Restaurant 12:00 Kojak Low Impact Enhance Fitness 1:00 Beginners Ballet and Dance Co. Class 2:00 Board Games 3:30 Weight Training</p>	<p style="text-align: right;">16</p> <p>8:00 Open Gym 8:45 Tai Chi 9:00 No Piano Class 10:00 Sewing Class 10:20 Zumba Gold 11:00 Chair Exercise 11:30 Model Cities Holiday Party (Guest) \$16.00 11:30 Enhance Fitness Chair Exercise 1:00 In House Movie 1:00 Bingo</p>
<p style="text-align: right;">19</p> <p>8:00 Open Gym 10:15 Kojak Low Impact Aerobics 10:30 Advanced Spanish 11:00 Chair Exercise 11:15 Beginners Spanish 11:30 Enhance Fitness Chair Exercise 1:00 Quilting 1:00 Pinochle 1:00 Redskin Monday 1:30 Hula Dance 2:00 Board Games 5:30 Cardio Interval Exercise</p>	<p style="text-align: right;">20</p> <p>8:00 Open Gym 8:45 Tai Chi 9:30 Computer Class Beginners & Advance 9:30 No Sign Language 9:30 Yoga 10:00 Barber 10:20 Chair Exercise 10:45 Nutrition Class Top six alkaline foods 12:00 Bowling 12:30 Line Dance (Beginners) 1:00 Advance Line Dance 1:00 Beginners Ballet and Dance Co. Class 2:00 Board Games 3:30 Weight Training</p>	<p style="text-align: right;">21</p> <p>8:00 Open Gym 10:00 Barber 10:00 Choir Rehearsal 10:00 Chair Exercise 10:00 Enhance Fitness Chair Exercise 10:15 Circuit Training 11:00 AARP Display Table 1:00 Kojak Low Impact Aerobics 1:00 Pinochle 2:00 Board Games 3:30 Weight Training 5:30 Cardio Interval</p>	<p style="text-align: right;">22</p> <p>8:00 Open Gym 8:45 Tai Chi 9:30 Inspirational Hour Elder Odessa Harris 9:30 Yoga 9:30 Computer Class Beginners & Advance 10:00 Knitting 10:00 No Golf 10:20 Chair Exercise 10:45 Nutrition Class Spices for Thanksgiving 12:00 Kojak Low Impact Enhance Fitness 1:00 Beginners Ballet and Dance Co. Class 2:00 Board Games 3:30 Weight Training</p>	<p style="text-align: right;">23</p> <p>8:00 Open Gym 8:45 Tai Chi 9:00 No Piano Class 10:00 Sewing Class 10:20 Zumba Gold 11:00 Chair Exercise 11:30 Enhance Fitness Chair Exercise 1:00 In House Movie 1:00 Bingo</p>

Calendar of Events...

26	27	28	29	30
8:00 Open Gym 10:15 Kojak Low Impact Aerobics 10:30 Advanced Spanish 11:00 Chair Exercise 11:15 Beginners Spanish 11:30 Enhance Fitness Chair Exercise 1:00 Quilting 1:00 Pinochle 1:00 Redskin Monday 1:30 Hula Dance 2:00 Board Games 5:30 Cardio Interval Exercise	8:00 Open Gym 8:45 Tai Chi 9:30 Computer Class Beginners & Advance 9:30 No Sign Language 9:30 Yoga 10:20 Chair Exercise 10:45 Nutrition Class Minerals are not just in rocks 11:00 Barber 12:00 Bowling 12:30 Line Dance (Beginners) 1:00 Advance Line Dance 1:00 Beginners Ballet and Dance Co. Class 2:00 Board Games 3:30 Weight Training	8:00 Open Gym 10:00 Barber 10:00 Choir Rehearsal 10:00 Chair Exercise 10:00 Enhance Fitness Chair Exercise 10:15 Circuit Training 1:00 Kojak Low Impact Aerobics 1:00 Pinochle 2:00 Board Games 3:30 Weight Training 5:30 Cardio Interval	8:00 Open Gym 8:45 Tai Chi 9:30 Inspirational Hour Elder Odessa Harris 9:30 Yoga 9:30 Computer Class Beginners & Advance 10:00 Knitting 10:00 No Golf 10:20 Chair Exercise 10:45 Nutrition Class What is IBS 12:00 Kojak Low Impact Enhance Fitness 1:00 Beginners Ballet and Dance Co. Class 2:00 Board Games 3:30 Weight Training	8:00 Open Gym 8:45 Tai Chi 9:00 No Piano Class 10:00 Sewing Class 10:20 Zumba Gold 11:00 Chair Exercise 11:30 Enhance Fitness Chair Exercise 1:00 In House Movie 1:00 Bingo 5:30-8:30 Happy Hour Donation \$10.00 Light Buffet, Non- Alcoholic Drinks Music by DJ. Tyzer

Upcoming Events...

- **Model Cities Holiday Bazaar** - Wednesday, December 7, 2016, 10:30am, Model Cities. (Interested in a table, see Monica Carroll or Stacie Mack for more details)
- **DC Office on Aging Senior Holiday Luncheon** - Thursday, December 8, 2016, 9:30 am, D.C. Armory Washington, 2001 East Capitol St, SE, Washington, DC (See front for sign-up sheet)
- **Model Cities Holiday Concert and Program** - Wednesday, December 14, 2016, 10:30am (See front desk for sign- up sheet)
- **Model Cities Holiday Party** - Friday, December 16, 2016, 11:00am, Model Cities (Non-Benevolence members & guests \$16.00)
- **Director Birthday Luncheon, The Hamilton** –Friday, January 13, 2017 10:45 am
 Donation Includes Lunch and transportation \$30.00 all monies in by Monday, January 9, 2017 see Monica Carroll or Rubell Bing for information.
- **Alvin Ailey-Kennedy Center-** Saturday, February 11, 2017 12:00pm. Donation \$90.00 with transportation deposit of \$10.00 is due by Friday, December 30, 2016 See Monica Carroll for sign up all monies due by Monday, January 16, 2016

Director's Corner & Health Observances



Stacie Mack, Project Director

Health Observances for December

- Drunk and Drugged Driving Prevention Month
- Handwashing Awareness Week (4th-10th)
- National Book Month
- National Influenza Vaccination Week (4th -12th)
- Safe Toys and Gifts Month
- Stress-Free Family Holiday Month
- World AIDS Day (1st)

Season Greetings Ladies and Gentlemen!

It is that time of year to get together with family and friends and enjoy the holidays. Don't forget portion control and continue with your fitness classes while you enjoy the festivities.

As you are shopping this holiday, please be vigilant of your surroundings. There are people preying on senior citizens and you need to be alert at all times.

- Don't travel alone.
- Don't leave your pocket books in the front seat of the car. Put it on the floor behind the seat before leaving home.
- Remove your keys from the ignition when you get out of your cars. (Pumping gas, going to the mail box, etc.).
- Don't go to the ATM machine alone or in the dark.
- Don't answer the door for strangers.
- Don't give your personal information (social Security Number) to anyone over the phone.
- Don't send money to people in the mail, because they tell you there sending you a check. It's a SCAM.
- Remember IRS will NOT call you on the phone with issues. It's a SCAM. They only send letters.

Every first Wednesday, a town hall meeting is conducted in the Multi-purpose Room at 11:00am. Please plan to attend.

Let us look forward to another year filled with good health and wellness.

Please do not forget to update your intake forms on an annual basis as well your physician forms. If you need a physician, please do not hesitate to ask someone at the front des
Please treat one another with respect and dignity.



It's that time of year again, and holiday "hype" is rising. Unfortunately for many of us, so are our stress levels.

Holidays can be a reminder of negative memories and past family tension. Holiday traditions may require us to spend time with certain people who know how to push our buttons and trigger unresolved difficult emotions. Our schedules are tighter because of longer to-do lists and extra obligations.

Additionally, the holiday season coincides with cold and flu season. Physical illness may weaken our bodies and make it more difficult to keep up with tasks and responsibilities. Less sunlight and shorter days also make us more vulnerable to depressed moods.

It's no secret that stress left unmanaged can take quite a toll on your physical health, mental health, and even your relationships. As the holiday season swings into full gear, take some time to consider what stressors may sneak up on you and how you can best prepare to fight off holiday stress.

Here are 4 tips to help manage holiday stress:

1. Take care of your body and mind. This can include regular exercise, adequate sleep, a healthy diet, and relaxation practices. You may want to combine some of these habits for optimal self-care. For example, after a workout stretch your muscles while practicing deep breathing techniques. Eat a nutritious meal while practicing mindfulness of the moment. Get to bed at a decent hour and practice progressive muscle relaxation to help you wind down and fall asleep relaxed. You can find more information on how to practice mindfulness at <http://www.mindful.org/five-steps-to-mindfulness/>

2. Identify your priorities and establish boundaries. Consider what is most important and valuable to you during the holidays and keep those as priority. This will require you to set boundaries around your priorities. Say no to "lesser" priorities, and ask for help when needed. For example, if exercising regularly is a priority, set boundaries around your time to ensure you're able to get to the gym on a consistent basis. Similarly, if you want to spend quality time with loved ones you don't see often, then you may have to say no to other responsibilities. This will keep you from feeling like you're being pulled in all directions. It may also help reduce the risk of feeling resentment or disappointment once the holidays are over.

3. Be realistic. Assess your expectations of yourself and others. Try not to expect the holidays to go perfectly, and realize that you do not have to be perfect. You don't have to prepare an ultra-fancy meal or give the perfect gift to every friend and family member. Practice some relaxation skills (mentioned above) to help clear your mind and determine what's most realistic and what's not. If family conflict has popped up in past holidays, don't expect there to be perfect peace and harmony this year. Instead, plan ahead for your healthy response to conflict that may arise and be prepared to set boundaries if needed.

Recipes You Can Use...

~Turkey Bacon-wrapped Brussels Sprouts Skewers~



Total Time: about 40 minutes

Makes 16 Brussels sprouts

Ingredients:

- 16 Brussels sprouts, tough outer leaves removed and woody stalks trimmed
- 8 rashers of turkey bacon, cut crosswise in half
- freshly ground black pepper
- salt
- ice bath

Directions:

Bring a large pot of water to boil. Season generously with salt. Add the Brussels sprouts and cook for 5-8 minutes, depending on the size of your vegetables. You want them to be just a bit tender when squeezed. Transfer the Brussels sprouts to an ice bath to stop the cooking process. Drain well.

Wrap a half-slice of bacon around each Brussels sprout, securing the overlapping ends of the bacon as you slide it onto a skewer. You can probably fit 3-4 Brussels sprouts onto each skewer. Position each so that the bacon-covered parts are all facing the same direction. Sprinkle with freshly ground black pepper.

Meanwhile, preheat your grill over medium-high heat. Place the skewers on the grill, making sure the bacon makes contact with the grill grates. Grill 8-10 minutes per side, depending on the size of the sprouts, or until the bacon gets a bit crispy and the vegetables are cooked through.

~Cherry Bomb~

INGREDIENTS

- cup grenadine
- 1 liter clear citrus soda, or seltzer
- 18 maraschino cherries



Place 2 cups water in a medium saucepan, and bring to a boil over medium-high heat. Add grenadine; stir to combine. Pour mixture into two ice-cube trays. Freeze until solid, 2 hours or overnight. Fill six glasses with grenadine ice cubes. Top with soda. Garnish with cherries, and serve.

Member Info...

ABOUT MODEL CITIES

Model Cities, through a partnership between Providence and the DC Office on Aging, provide services that enhance the social, physical, and spiritual health of DC seniors free of charge.

MEMBERSHIP IS FREE

To all District of Columbia residents who are 60 years of age and older. *Donations are accepted.*

MODEL CITIES SENIOR WELLNESS CENTER'S TRIP POLICY

We welcome all Model Cities Senior Wellness Center participants and their guest to join us for activities and outings. Registration for all events is honored on a first come, first served basis. When a donation is required, payment must be made when you register by mail or in person. Telephone registration for these programs will not be accepted. Cash and checks are welcome. Please make checks payable to Model Cities Senior Wellness Center.

INCLEMENT WEATHER POLICY

Model Cities member will follow the DC Public Schools closing, if the schools open two hours late, Model Cities will be open for business at 10:00am. Please listen to the weather stations and watch your local television channels for weather up-dates for closures.

CENTER STAFF

Stacie Mack, Project Director
Vernetta Broady, Nutrition Site Manager
Monica Carroll, Community Health Specialist
Gloria Franklin-Austin, Front Desk Registration
Jandel Benjamin, Nutritionist
Linda Smith, Administrative Assistant

Model Cities Senior Wellness Center is part of the Senior Services Network- supported by the D.C. Office on Aging and managed by Providence Health System.