



**Model Cities
Senior Wellness
Center**

Model Cities Senior Wellness Center

1901 Evarts Street, N.E.

Washington, D.C. 20018

(202) 635-1900 Phone (202) 635-1477 Fax

Hours of Operation M-F 8:00 a.m.-5:00 p.m.

Volume 13, Issue 8

CITIES TALK



August 2016

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CENTER STAFF

Stacie Mack, Project Director

Vernetta Broady, Nutrition Site Manager

Monica Carroll, Community Health Specialist

Gloria Franklin– Austin, Front Desk Receptionist

Jandel Benjamin, Nutritionist

Linda Smith, Administrative Assistant

Lanisa Haygood, Driver



Healthcare that Works • Healthcare that is Safe • Healthcare that Leaves No One Behind



Mon. August 1	Tues. August 2	Wed. August 3	Thurs. August 4	Fri. August 5
<p>8:00 Open Gym 10:15 Kojak Low Impact Aerobics 10:30 No Advanced Spanish 11:00 Chair Exercise 11:15 No Beginners and Intermediate Spanish 11:30 Enhance Fitness 12:30 Lunchtime Tour of The Conservatory Trip 1:00 Quilting 1:00 Pinochle 1:30 No Hula Dance 2:00 Board Games 5:30 Cardio Interval Exercise</p> 	<p>8:00 Open Gym 8:45 Tai Chi 9:00 No Computer Class Beginners & Advance 9:30 No Sign Language 9:30 Yoga 10:00 Barber 10:20 Chair Exercise 10:45 Nutrition Class Philip Sambol of Good Food Groceries 12:00 Bowling 12:30 No Line Dance (Beginners) 1:00 No Advance Line Dance 1:00 Beginners Ballet and Dance Co. Class 2:00 Board Games 3:30 Weight Training</p> 	<p>8:00 Open Gym 10:00 Choir Rehearsal 10:00 Enhance Fitness Chair Exercise 10:15 No Circuit Training 11:00 No Chair Exercise 11:00 Town Hall Meeting 1:00 Kojak Low Impact 1:00 Pinochle 1:00 Nutrition Bingo 2:00 Board Games 3:30 Weight Training 5:30 Cardio-Interval Exercise Class</p> 	<p>8:00 Open Gym 8:00 Mayor's Symposium Dunbar High School  8:45 Tai Chi 9:00 No Computer Class Beginners & Advance 9:30 Inspirational Hour Elder Odessa Harris 9:30 Yoga 10:00 Golf 10:00 Knitting 10:20 Chair Exercise 10:45 Nutrition Class 12:00 Kojak Low Enhance Fitness 1:00 Beginners Ballet and Dance Co. Class 2:00 Board Games 3:30 Weight Training</p>  	<p>8:00 Open Gym 8:45 Tai Chi 10:00 No Piano Class 10:00 Zumba Gold 10:00 Sewing Class 11:00 Chair Exercise 11:30 Enhance Fitness Chair Exercise 1:00 In House Movie 1:00 Bingo</p> 
Mon. August 8	Tues. August 9	Wed. August 10	Thurs. August 11	Fri. August 12
<p>8:00 Open Gym 10:15 Kojak Low Impact Aerobics 10:30 No Advanced Spanish 11:00 Chair Exercise 11:15 No Beginners and Intermediate Spanish 11:30 Enhance Fitness Chair Exercise 1:00 Quilting 1:00 Health Durable Complete Plan United Health Care, Jaslynn Dodds 1:00 Pinochle 1:00 Food Demonstration 1:30 No Hula Dance 2:00 Board Games 5:30 Cardio Interval Exercise</p>	<p>8:00 Open Gym 8:45 Tai Chi 9:00 No Computer Class Beginners & Advance 9:30 No Sign Language 9:30 Yoga 10:00 Barber 10:20 Chair Exercise 10:45 Nutrition Class Quick Guide to Iron 11:30 Massage 12:00 Bowling 12:30 No Line Dance (Beginners) 1:00 No Advance Line Dance 1:00 Beginners Ballet and Dance Co. Class 2:00 Board Games 3:30 Weight Training</p> 	<p>8:00 Open Gym 10:00 Barber 10:00 Choir Rehearsal 10:15 Circuit Training 10:45 Arena Stage, Be Be Winans Story Donation \$50.00 Bus Donation  11:00 Chair Exercise 11:30 Enhance Fitness Chair Exercise 1:00 Kojak Low Impact Aerobics 1:00 Pinochle 1:00 Speaker: Dominique for Produce Plus Cards 2:00 Board Games 3:30 Weight Training 5:30 Cardio Interval Exercise</p>	<p>8:00 Open Gym 8:45 Tai Chi 9:30 Inspirational Hour Elder Odessa Harris 9:30 Yoga 10:00 Golf 10:00 Computer Class Beginners & Advance 10:20 Chair Exercise 10:45 Nutrition Class Keeping Weight in Check 12:00 Kojak Low Impact, Enhance Fitness 1:00 Beginners Ballet and Dance Co. Class 1:00 Presentation by Richard Walters, Visually Impaired 1:00 Club Memory 2:00 Board Games 3:30 Weight Training</p>	<p>8:00 Open Gym 8:45 Tai Chi 10:00 Sewing 10:00 No Piano Class 10:00 Zumba Gold 10:15 Walmart  11:00 Chair Exercise 11:30 Enhance Fitness Chair Exercise 1:00 In House Movie 1:00 Bingo</p>

Mon. August 15	Tues. August 16	Wed. August 17	Thurs. August 18	Fri. August 19
<p>8:00 Open Gym 10:15 Kojak Low Impact Aerobics 10:30 No Advanced Spanish 11:00 Chair Exercise 11:15 No Beginners and Intermediate Spanish 11:30 Enhance Fitness Chair Exercise 1:00 Quilting 1:00 Pinochle 1:00 Sugar, Geri Feaster- Bethea 1:30 No Hula Dance 2:00 Board Games 5:30 Cardio Interval Exercise</p>	<p>8:00 Open Gym 8:45 Tai Chi 9:00 No Computer Class Beginners & Advance 9:30 No Sign Language 9:30 Yoga 10:00 Barber 10:20 Chair Exercise 10:45 Nutrition Class Protein Packed Grains 12:00 Bowling 12:30 No Line Dance (Beginners) 1:00 No Advance Line Dance 1:00 Beginners Ballet and Dance Co. Class 2:00 Board Games 3:30 Weight Training</p>	<p>8:00 Open Gym 10:00 Barber 10:00 Choir Rehearsal 10:15 Circuit Training 11:00 Chair Exercise 11:00 AARP Display Table 11:30 Enhance Fitness Chair Exercise 1:00 Kojak Low Impact Aerobics 1:00 Pinochle 1:00 Woodridge Library, How to get the most out of Your digital device, Mr. White 1:00 Nutrition Bingo 2:00 Board Games 3:30 Weight Training 5:30 Cardio Interval Exercise</p>	<p>8:00 Open Gym 8:45 Tai Chi 9:00 Computer Class Beginners & Advance 9:30 Inspirational Hour Elder Odessa Harris 9:30 Yoga 10:00 Golf 10:00 Knitting 10:15 Bladensburg Waterfront Park Boat Tour 10:20 Chair Exercise 10:45 Nutrition Class Nutrition Film Festival 12:00 Kojak Low Impact Aerobics 1:00 Beginners Ballet and Dance Co. Class 2:00 Board Games 3:30 Weight Training</p>	<p>8:00 Open Gym 8:45 Tai Chi 10:00 No Piano Class 10:00 Zumba Gold 10:00 Sewing Class 11:00 Chair Exercise 11:30 Enhance Fitness Chair Exercise 12:45 In house Movie 1:00 Bingo</p>
<p>Mon. August 22</p>	<p>Tues. August 23</p>	<p>Wed. August 24</p>	<p>Thurs. August 25</p>	<p>Fri. August 26</p>
<p>8:00 Open Gym 10:15 Kojak Low Impact Aerobics 10:30 No Advanced Spanish 10:30 Old Ebbitt Grill Restaurant Donation \$ 27.00  11:00 Chair Exercise 11:15 No Beginners and Intermediate Spanish 11:30 Enhance Fitness Chair Exercise 1:00 Quilting 1:00 Pinochle 1:30 No Hula Dance 2:00 Board Games 5:30 Cardio Interval Exercise</p>	<p>8:00 Open Gym 8:45 Tai Chi 9:00 No Computer Class Beginners & Advance 9:30 No Sign Language 9:30 Yoga 10:00 Barber 10:20 Chair Exercise 10:45 Nutrition Class Speaker: Leila Parker From DC Urban Greens 11:30 Massage 12:00 Bowling 12:30 No Line Dance (Beginners) 1:00 No Advance Line Dance 1:00 Beginners Ballet and Dance Co. Class 2:00 Board Games 3:30 Weight Training</p>	<p>8:00 Open Gym 10:00 Barber 10:00 Choir Rehearsal 10:15 Circuit Training 11:00 Chair Exercise 11:30 Enhance Fitness Chair Exercise 1:00 Kojak Low Impact Aerobics 1:00 Pinochle 1:00 General Fall Risk/ Hip Fractures, Dr. Mitchell 2:00 Board Games 3:30 Weight Training 5:30 Cardio Interval Exercise</p>	<p>8:00 Open Gym 8:45 Tai Chi 9:30 Inspirational Hour Elder Odessa Harris 9:30 Yoga 10:00 Golf 10:00 Computer Class Beginners & Advance 10:20 Chair Exercise 10:45 Nutrition Class Speaker: Debra Smith From Share 12:00 Kojak Low Impact, Enhance Fitness 1:00 Beginners Ballet and Dance Co. Class 1:00 Club Memory 2:00 Board Games 3:30 Weight Training</p>	<p>8:00 Open Gym 8:45 Tai Chi 10:00 Sewing 10:00 No Piano Class 10:00 Zumba Gold 11:00 Chair Exercise 11:30 Enhance Fitness Chair Exercise 12:45 In house Movie 1:00 Bingo 5:30-8:30 p.m. Happy Hour Donation \$8.00 Light buffet, Non-Alcoholic drinks Music by DJ. Tyzer</p>

Mon. August 29	Tues. August 30	Wed. August 31	Thurs. September 1	Fri. September 2
8:00 Open Gym 10:15 Kojak Low Impact Aerobics 10:30 No Advanced Spanish 11:00 Chair Exercise 11:15 No Beginners and Intermediate Spanish 11:30 Enhance Fitness Chair Exercise 1:00 Quilting 1:00 Pinochle 1:00 Gluts Food Co op Tour 1:30 No Hula Dance 2:00 Board Games 5:30 Cardio Interval Exercise	8:00 Open Gym 8:45 Tai Chi 9:00 No Computer Class Beginners & Advance 9:30 No Sign Language 9:30 Yoga 10:00 Barber 10:20 Chair Exercise 10:45 Nutrition Class DC Urban Greens Farm Tour 12:00 Bowling 🤪 12:30 No Line Dance (Beginners) 1:00 No 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 10:15 Circuit Training 11:00 Chair Exercise 11:30 Enhance Fitness Chair Exercise 1:00 Kojak Low Impact Aerobics 1:00 Blood Pressure Screening with Jandel 1:00 Pinochle 2:00 Board Games 3:30 Weight Training 5:30 Cardio Interval Exercise	8:00 Open Gym 8:45 Tai Chi 9:00 Computer Class Beginners & Advance 9:30 Inspirational Hour Elder Odessa Harris 9:30 Yoga 10:00 Golf 10:00 Knitting 10:20 Chair Exercise 10:45 Nutrition Class Nutrition Film Festival 12:00 Kojak Low Impact Aerobics 1:00 Beginners Ballet and Dance Co. Class 2:00 Board Games 3:30 Weight Training	8:00 Open Gym 8:45 Tai Chi 10:00 No Piano Class 10:00 Zumba Gold 10:00 Sewing Class 11:00 Chair Exercise 11:30 Enhance Fitness Chair Exercise 12:45 In house Movie 1:00 Bingo
Health Observances For August				



- Cataract Awareness Month**
- Health Safety Month**
- Catfish**
- Peach Month**
- Clown Week August 1-7**
- Water Quality Month**
- Eye Exam Month**
- Watermelon Month**

RECIPES TO TRY!!

Watermelon Pizza



Ingredients

- 1/2 c. ricotta
- 1/4 c. softened cream cheese
- 1 tbsp. honey
- 1/2 tsp. vanilla
- Watermelon slice, 1" thick
- Fresh berries, for garnish
- Fresh mint, for garnish
- Toasted coconut, for garnish

Preparation

1. In a small bowl, mix ricotta, cream cheese, honey, and vanilla together until combined.
2. Spread mixture onto slice of watermelon and top with berries, mint, and toasted coconut. Serve immediately.

Total

8 mins

Ask The Director:



Stacie Thweatt, Project Director

Hello Ladies and Gentleman,

The Weather has been extremely hot and humid. Please drink plenty of water and wear cool cotton clothing. Check on your family and neighbors who may not have air conditioning. Model Cities is a cooling center open Mondays and Wednesdays from 8:00am to 6:30pm, Tuesdays, Thursdays and Fridays from 8:00am to 5:00pm.

We would like to congratulate Billie LaVerne Smith, Ms. Senior DC 2015 and thank our reigning Queen Ms. Wendy Bridges for her hard work and dedication representing the seniors of the District of Columbia in 2015. Please join us in October 17-21, 2016 as we travel with our Queen to the Resort Hotel in Atlantic City as a contestant in the Ms. Senior America Pageant. See Monica for more information.

Piano, Sign Language, Line Dancing and Spanish Classes will resume in September 2016. Please participate in the Town Hall meeting on the first Wednesday of each month at 11:00am in the Multi-Purpose Room for changes within the calendar.

Please do not forget to update your intake forms on an annual basis as well your physician forms. If you need physician, please do not hesitate to ask someone at the front desk.

Congratulations to Gloria Franklin– Austin our new Front desk Receptionist

Please treat one another with respect and dignity.

Water and Your Diet: Staying Slim and Regular with H₂O

The Digestive Health Benefits of Water

But getting enough water doesn't just help you regulate how much you eat -- it helps you digest it properly, as well.

"Water allows your [kidneys](#) to function properly and filter everything they need to, and allows us to eliminate effectively and not be [constipated](#)," Melton says. "People who don't get enough fluids in their diet tend to be [constipated](#)."

And that's not all. The single biggest cause of painful [kidney stones](#) is chronic [dehydration](#). When you don't get enough water, [calcium](#) and other minerals build up in your urine and are harder for your body to filter out. They can form the crystals that make up [kidney](#) and urinary stones.



Doctors who specialize in pediatric kidney problems report seeing more [kidney stones](#) in children in recent years, and they believe it's because of a combination of factors. Many kids aren't drinking enough water. Also, many kids are [overweight](#) and eat a poor diet.

"I've been in this field for over 30 years, and I'd say that until about the last 10 to 15 years, you almost never saw stones in kids," says Robert Weiss, MD, chief of pediatric nephrology at Maria Fareri Children's Hospital of the Westchester Medical Center in New York. "Lately, the frequency is increasing dramatically."

How Much Water Do You Need?

How can you know if you're getting enough water to keep your [metabolism](#) cranking at peak efficiency and your [digestive system](#) functioning? The formula used to be "one size fits all" -- eight 8-ounce glasses of water a day. But that's changed, experts say.

"It depends on your size and weight, and also on your activity level and where you live," Nessler says. "In general, you should try to drink between half an ounce and an ounce of water for each pound you weigh, every day." For example, if you weigh 150 pounds, that would be 75 to 150 ounces of water a day. If you're living in a hot climate and [exercising](#) a lot, you'd be on the higher end of that range; if you're in a cooler climate and mostly sedentary, you'd need less.

Optimum health during the golden years!

Model Cities Senior Wellness Center is of the Senior Services

Happy Birthday to all born in the Month of August

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.

MEMBERSHIP IS FREE

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

Donations are accepted.



Program Highlights

- **Friday, September 2 2016 Ice Cream Social 1:00pm** For donation see Monica Carroll and Gloria Austin for sign up sheet deadline for donation is Thursday, August 25, 2016
- **Friday, September 23, 2016 National Museum of African American History & Culture Fundraiser Party 7:00pm-11:00pm** at Model Cities, Members only \$40 non members \$50.00 all monies due by Thursday, September 1, 2016 check or money order payable to NMAAHC contact K. Brisbane 202 550-2305
- **Wednesday, September 28, 2016 Chop Tank River Boat Dinner Cruise 8:30am.** All You can eat Crab Feast, Crab soup, Fried chicken, Clam Strips and more. 3 hour cruise. Donation \$90.00 for the meal \$52.00 and bus \$38.00 information call Monica Carroll or Dee Powers 202 635-1900 x24 Deposit of \$52.00 is due by Friday, August 5, 2016 Final Payment of \$38.00 due by Monday, September 5, 2016
- **Monday-Friday, October 17-21, 2016 Senior America Pageant, Resort Hotel, Atlantic City 9:00am** more information see Monica Carroll or Dee Powers call (202) 635-1900 x24 donation for Single room \$442.00 Double \$285.00 the price included \$45.00 Rebate (4) \$20.00 meal credits and Ticket to a casino show is available. deposit of \$100.00 is due by Friday, July 24, 2015 all monies Due Thursday, September 10, 2015 for Ticket \$60.00