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 5

CITIES TALK

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CENTER STAFF

Stacie Mack, Project Director x 22
Vernetta Broady, Nutrition Site Manager x 25
Monica Carroll, Community Health Specialist x 24
Chantay Long, Front Desk Registration x21
Jandel Benjamin, Nutritionist x 23
Linda Smith, Administrative Assistant x 21

PROVIDENCE HOSPITAL

ASCENSION HEALTH

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

Mon. May 2	Tues. May 3	Wed. May 4	Thurs. May 5	Fri. May 6
8:00 Open Gym **9:00 DC Senior Games Open Ceremony** 9:30 Walking 10:15 Kojak Low Impact Aerobics 10:30 Advanced Spanish 11:00 Chair Exercise 11:15 Beginners and Intermediate Spanish **11:30 Enhance Fitness Chair Exercise** 1:00 Quilting 1:00 Pinochle **1:00 Men's Health Issues, Providence Hospital, Dr. Batipps** 1:00 Nutrition Bingo 1:30 Hula Dance 2:00 Board Games **5:30 Cardio Interval Exercise**	8:00 Open Gym 9:00 Computer Class Beginners & Advance 9:30 Sign Language 9:30 Yoga **10:00 Barber** 10:20 Chair Exercise **10:45 Nutrition Class Orange juice day, Not from concentrate** **11:30 Massage** **12:00 Bowling** 12:30 Line Dance (Beginners) 1:00 Advance Line Dance **1:00 Pageant Rehearsal** 2:00 Board Games 3:30 Weight Training	8:00 Open Gym 9:30 Walking **10:00 Barber** **10:00 Spring Bazaar** 10:00 Choir Rehearsal **10:00 Enhance Fitness Chair Exercise** 10:15 No Circuit Training 10:15 Chair Exercise **11:00 Town Hall Meeting** 1:00 Kojak Low Impact Aerobics 1:00 Pinochle **1:00 5 Wishes Vitas, Allyson Butler** 1:00 Nutrition Bingo **1:30 Advisory Board Meeting** 2:00 Board Games 3:30 Weight Training **5:30 Cardio Interval Exercise**	8:00 Open Gym 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 Speaker from DC Greens** **12:00 No Kojak Low Impact Aerobics** 1:00 Beginners Ballet and Dance Co. Class 2:00 Board Games **3:30 Weight Training**	8:00 Open Gym 9:30 Walking 10:00 Piano Class 10:00 Zumba Gold **10:00 Sewing** 11:00 Chair Exercise **11:30 Enhance Fitness Chair Exercise** 1:00 In House Movie **1:00 Mother's Day Tea**
Mon. May 9	**Tues. May 10**	**Wed. May 11**	**Thurs. May 12**	**Fri. May 13**
8:00 Open Gym 9:30 Walking 10:15 Kojak Low Impact Aerobics 10:30 Advanced Spanish 11:00 Chair Exercise 11:15 Beginners and Intermediate Spanish **11:30 Enhance Fitness Chair Exercise** 1:00 Quilting 1:00 Pinochle 1:00 Nutrition Bingo 1:30 Hula Dance **1:00 Community Foodworks** 2:00 Board Games **5:30 Cardio Interval Exercise**	8:00 Open Gym 9:00 Computer Class Beginners & Advance 9:30 Sign Language 9:30 Yoga **10:00 Barber** 10:20 Chair Exercise **10:45 Nutrition Class 12 things you may not Know about B12** **11:00 Beginners Ballet and Dance Co. Class** **12:00 Bowling** 12:30 Line Dance (Beginners) 1:00 Advance Line Dance **1:00 Pageant Rehearsal** 2:00 Board Games 3:30 Weight Training	8:00 Open Gym 9:30 Walking **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 Nutrition Bingo 2:00 Board Games 3:30 Weight Training **5:30 Cardio Interval Exercise**	8:00 Open Gym 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** **Pansaari Trip** **11:00 Beginners Ballet and Dance Co. Class** **12:00 No Kojak Low Impact Aerobics** **1:00 Pageant Rehearsal** **1:00 Community Foodworks** 2:00 Board Games **3:30 Weight Training**	8:00 Open Gym 9:30 Walking 10:00 Piano Class 10:00 Zumba Gold **10:00 Sewing** 11:00 Chair Exercise **11:30 Enhance Fitness Chair Exercise** **1:00 Ambit Energy Program, Jackie White** 1:00 In House Movie

Mon. May 16	Tues. May 17	Wed. May 18	Thurs. May 19	Fri. May 20
8:00 Open Gym 9:30 Walking 10:15 Kojak Low Impact Aerobics 10:30 Advanced Spanish 11:00 Chair Exercise 11:15 Beginners and Intermediate Spanish **11:30 Enhance Fitness Chair Exercise** 1:00 Quilting **1:00 Senior Finance Fraud** 1:00 Pinochle 1:00 Nutrition Bingo 1:30 Hula Dance 2:00 Board Games **5:30 Cardio** Interval Exercise .	8:00 Open Gym 9:00 Computer Class Beginners & Advance 9:30 Sign Language 9:30 Yoga **10:00 Barber** 10:20 Chair Exercise **10:45 Nutrition Class Bee Population** **11:00 Beginners Ballet and Dance Co. Class** **11:30 Massage** **12:00 Bowling** 12:30 Line Dance (Beginners) 1:00 Advance Line Dance **1:00 Pageant Rehearsal** 2:00 Board Games 3:30 Weight Training	8:00 Open Gym 9:30 Walking **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 Nutrition Bingo **1:00 Qualified Medicare Benefits, Did you Know? Sally Walther, Seabury** 2:00 Board Games 3:30 Weight Training **5:30 Cardio Interval Exercise**	8:00 Open Gym 9:00 Computer Class Beginners & Advance 9:30 Inspirational Hour Elder Odessa Harris 9:30 Yoga 10:00 Golf **10:00 Knitting** **10:00 Seabury, Senior Community Day North Michigan Park** 10:20 Chair Exercise **10:45 Nutrition Class 10 unhealthy things Lurking in your burger** **11:00 Beginners Ballet and Dance Co. Class** **12:00 No Kojak Low Impact Aerobics** **1:00 Pageant Rehearsal** **1:00 Legal Council for The Elderly** 2:00 Board Games **3:30 Weight Training**	8:00 Open Gym 9:30 Walking 10:00 Piano Class 10:00 Zumba Gold **10:00 Sewing** 11:00 Chair Exercise 11:30 Enhance Fitness Chair Exercise 1:00 In House Movie **Sat. May 21** **Providence Hospital Medicare Mission at the Panorama Room** **Transportation on your own**
Mon. May 23	**Tues. May 24**	**Wed. May 25**	**Thurs. May 26**	**Fri. May 27**
8:00 Open Gym 9:30 Walking 10:15 Kojak Low Impact Aerobics 10:30 Advanced Spanish 11:00 Chair Exercise 11:15 Beginners and Intermediate Spanish **11:30 Enhance Fitness Chair Exercise** 1:00 Quilting **DC Medicare** 1:00 Pinochle 1:00 Nutrition Bingo 1:30 Hula Dance 2:00 Board Games **5:30 Cardio** Interval Exercise	8:00 Open Gym 9:00 Computer Class Beginners & Advance 9:30 Sign Language 9:30 Yoga **10:00 Barber** 10:20 Chair Exercise **10:45 Nutrition Class 15 Easy ways to cut Back on sugar** **11:00 Beginners Ballet and Dance Co. Class** **12:00 Bowling** 1:00 Advance Line Dance **1:00 Pageant Rehearsal** 2:00 Board Games 3:30 Weight Training	8:00 Open Gym 9:30 Walking **10:00 -2:00pm. National Senior Health Fitness Day Fair** **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 Nutrition Bingo 2:00 Board Games 3:30 Weight Training **5:30 Cardio Interval Exercise**	8:00 Open Gym 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** **11:00 Beginners Ballet and Dance Co. Class** **12:00 No Kojak Low Impact Aerobics** **1:00 Pageant Rehearsal** 2:00 Board Games **3:30 Weight Training**	8:00 Open Gym 9:30 Walking 10:00 Piano Class 10:00 Zumba Gold **10:00 Sewing** 11:00 Chair Exercise 11:30 Enhance Fitness Chair Exercise 1:00 In House Movie ***5:30-8:30 p.m.*** ***Happy Hour*** ***Donation $8.00*** ***Light buffet,*** ***Non-Alcoholic drinks*** ***Music by DJ. Tyzer***

Mon. May 30	Tues. May 31	Wed. June 1	Thurs. June 2	Fri. June 3
Memorial Day Center Closed In Observance Of the Holiday	8:00 Open Gym 9:00 Computer Class Beginners & Advance 9:30 Sign Language 9:30 Yoga **10:00 Barber** 10:20 Chair Exercise **10:45 Nutrition Class Food Safety** Ballet and Dance Co. Class **12:00 Bowling** 12:30 Line Dance (Beginners) 1:00 (Advance) **1:00 Pageant Rehearsal** 2:00 Board Games 3:30 Weight Training	8:00 Open Gym 9:30 Walking **10:00 Barber** 10:00 Choir Rehearsal **10:00 Enhance Fitness Chair Exercise** 10:15 Chair Exercise 10:15 No Circuit Training **11:00 Town Hall Meeting** **1:00 Pageant Rehearsal** 1:00 Kojak Low Impact Aerobics 1:00 Pinochle 1:00 Nutrition Bingo 2:00 Board Games 3:30 Weight Training **5:30 Cardio Interval Exercise**	8:00 Open Gym 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** **12:00 No Kojak Low Impact Aerobics** **1:00 Pageant Rehearsal** 1:00 Beginners Ballet and Dance Co. Class 2:00 Board Games **3:30 Weight Training**	8:00 Open Gym 9:30 Walking 10:00 Piano Class 10:00 Zumba Gold **10:00 Sewing** 11:00 Chair Exercise **11:30 Enhance Fitness Chair Exercise** 1:00 In House Movie

Health Observances For May

- Asparagus Month
- Better Hearing and Speech Month
- Better Sleep Month
- Hospital Week (Third Week)
- Nurses Week (Second Week)
- Nursing Home Week (Second Week) Month
- Older American Month
- Physical Fitness & Sports Month
- Pickle Week (International) Fourth Week
- Police Week (National) Second Week
- Strawberry Month
- Tennis Month US National

RECIPES TO TRY!!

Raw Lettuce Wraps

2 very ripe avocados
3 tomatoes, diced
1/2 jalapeno pepper, diced or Bell pepper
2 tbsp yellow onion, diced
3 cloves fresh garlic, minced
1/4 cup fresh cilantro, chopped
kernels from one ear raw corn
2 tsp fresh lime juice
6-8 large lettuce leaves

Directions

These raw food diet lettuce wraps have a hint of Mexican spiciness to them, hence the "burrito" simile. These wraps make a great entree for a raw food meal or a raw food potluck, and, because they're so easy and tasty, they're a great raw transitional food too. They're naturally gluten-free, of course

1. To prepare, combine all dressing ingredients in a small bowl; stir well.
2. Diced everything up fine and served on lettuce leaf; drizzle .

Ask The ? Nutritionist:

I hope all are doing ell at Model Cities! My name is Jandel Benjamin. I am in my 32nd year in the field of Nutrition. Where has the time gone? My two children made it pass by quickly. My oldest son is 25 and my daughter is 18. My son is a graduate of Averett University with a Bachelor's degree in marketing and my daughter plans to go to college this year to major in engineering. They are my pride and joy and I thank God for them every day.

My professional background experience has been in most areas in the profession of Nutrition, such as, clinical in the hospital and nursing home, community WIC (Women, Infant, and Children) and Headstart, and research in MOW (Meals on Wheels).

I have just started working at Model Cities and feel blessed to be working alongside such an awesome group. I have already met staff and seniors that introduced themselves and made me feel right at home as they ask nutrition questions. I'm looking forward to working with everyone in assuring Model Cities continue their wellness plans with the knowledge of good nutrition.

SENIOR ALERT DID YOU KNOW?

Did you get your copy of the New Directory of Services for Seniors? Your Opinion Counts. Every column this year will have two interviews of current members who will share their opinions on different topics about the Center and how it responds to their needs. Both seniors this month are over 90 years old! The 3 questions this month are:

1. ***What accounts for your long life?***
2. ***What activities at Model Cities do you find helpful and beneficial ? and***
3. ***What suggestions do you have for improvements at the Center?***

Ms. Evelyn McKenly is 96: She says she has always been active. She comes to the Center to socialize and remain active.

Ms. McKenly is in chair exercise, quilting and nutrition classes and attends the Town Hall meetings monthly.

She is grateful for the Center and appreciates the efforts that our Director, Stacie, makes to bring people in to share information on aging.

She thinks the parking lot needs to be enlarged and the Center made bigger to allow for larger exercise classes.

Ms. Betty Yates is almost 91: She says she has always been blessed with good health and strength. She comes to the Center to exercise and socialize.

Ms. Yates likes the atmosphere at the Center and many of the seniors she has met here. She came to the Center after meeting two Model Cities members in So. Africa who recommended the Center. She finds the program enjoyable and will continue coming as long as she can.

Ms. Yates believes the general purpose room should be enlarged so that more people can eat lunch and socialize daily. She finds some people are not able to join in the lunch hour because of the limitations on space

Older Americans Month 2016

May is a month of fresh beginnings. Perennials bloom once again, blazing a trail of bright color. May is also when we celebrate Older American's Month (OAM), acknowledging the perennial contributions of older adults to our nation. The 2016 OAM theme is **Blaze a Trail**. The Administration for Community Living will use this opportunity to raise awareness about important issues facing older adults. We will also highlight the ways that older Americans are advocating for themselves, their peers, and their communities.

Be a trailblazer! Join us in promoting activities, inclusion, and wellness for older Americans in your community. Additional outreach tools coming soon

President Kennedy first celebrated older Americans by designating May 1963 as Senior Citizens Month. After a meeting with the National Council of Senior Citizens, Kennedy encouraged all Americans to pay tribute to older people across the country. Every President since has issued a formal proclamation during or before the month of May in support of older Americans. In 1980, President Jimmy Carter's proclamation changed the name to Older Americans Month. This month continues to be a time to celebrate those 65 and older through ceremonies, events and public recognition.

46.2 million

The number of people who were 65 and older in the United States on July 1, 2014. This group accounted for 14.5 percent of the total population. The 65 and older population grew from 44.7 million in 2013.
Source: 2014 Population Estimates
http://factfinder.census.gov/bkmk/table/1.0/en/PEP/2014/PEPAGESEX
http://www.census.gov/newsroom/press-releases/2015/cb15-113.html

98.2 million

Projected population of people 65 and older in 2060. People in this age group would comprise nearly one in four U.S. residents at that time. Of this number, 19.7 million would be 85 or older.
Source: 2014 National Population Projections, Table 3

2.4 million

Projected number of baby boomers in 2060. At that time, the youngest baby boomers would be 96 years old.
Source: Population Estimates and Projections

Optimum health during the golden years!

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

Happy Birthday to all born in the Month of May

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 follow the DC Government inclement weather policy. When the administrative offices are open two hours late, Model Cities will open for business at 10:00am. Please listen to the weather stations and watch your local television channels for the weather updates for closures.

MEMBERSHIP IS FREE

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

Donations are accepted.

Program Highlights

- **Thursday, June 2, 2016 Senior Enterpreneurship Program 2:00pm. at Model Cities see front desk for sign up sheet.**
- **Sunday, June 26, 2016 Ms. Senior DC Pageant 2:30 pm. for information see Monica Carroll or Stacie Mack 202 635-1900**
- **Wednesday, Friday June 29– July 1, 2016 Shuffle Along 7:45 am. At the Music Box Theatre in New York City starring Audra McDonald and Savion Glover stay at the Flagship Resort in At-lantic City. Donation $320.00 include Motorcoach Bus 1 ticket to the Broadway show and a meal deposit of $120.00 is due by Friday, April 29, 2016 all monies Due by Friday, June 3, 2016 ticket more information see Monica Carroll 202 635-1900 or Dee Powers**
- **Thursday, August 4, 2016 DC Senior Symposium 9:00am. At Dunbar High School pre– Registration required**

NATIONAL DO NOT CALL REGISTRY 1-888-382-1222