



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 9, Issue 8

CITIES TALK



September 2016

Newsletter and Calendar

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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 Registration

Jandel Benjamin, Nutritionist

Linda Smith, Administrative Assistant

Lanisa Haygood, Driver



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

Model Cities Senior Wellness Center

				Thurs. Sept. 1	Fri. Sept. 2
		 		<p>8:00 Open Gym</p> <p>8:45 Tai Chi</p> <p>9:00 Computer Class Beginners & Advance</p> <p>9:30 Inspirational Hour</p> <p>Elder Odessa Harris</p> <p>9:30 Yoga</p> <p>10:00 Golf</p> <p>10:00 Knitting</p> <p>10:20 Chair Exercise</p> <p>10:45 Nutrition Class Food Safety Tips</p> <p>12:00 Kojak Low Impact Aerobics</p> <p>1:00 Beginners Ballet and Dance Co. Class</p> <p>2:00 Board Games</p> <p>3:30 Weight Training</p>	<p>8:00 Open Gym</p> <p>8:45 Tai Chi</p> <p>10:00 No Piano Class</p> <p>10:00 Zumba Gold</p> <p>10:00 Sewing Class</p> <p>11:00 Chair Exercise</p> <p>11:30 Enhance Fitness Chair Exercise</p> <p>12:45 No house Movie</p> <p>1:00 Ice Cream Social</p> <p>1:00 Bingo</p> 
Mon. Sept. 5	Tues. Sept. 6	Wed. Sept. 7	Thurs. Sept. 8	Fri. Sept. 9	
<p>Happy Labor Day Center Closed In Observance of the Holiday</p> 	<p>8:00 Open Gym</p> <p>8:45 Tai Chi</p> <p>9:30 Computer Class Beginners & Advance</p> <p>9:30 No Sign Language</p> <p>9:30 Yoga</p> <p>10:00 Barber</p> <p>10:20 Chair Exercise</p> <p>10:45 Nutrition Class Dr. Akmal Muwwakki, Healing Types of Fruits And Veggies</p> <p>12:00 Bowling </p> <p>12:30 No Line Dance (Beginners)</p> <p>1:00 No Advance Line Dance</p> <p>1:00 Beginners Ballet and Dance Co. Class</p> <p>2:00 Board Games</p> <p>3:30 Weight Training</p>	<p>8:00 Open Gym</p> <p>10:00 Barber</p> <p>10:00 Choir Rehearsal</p> <p>10:15 No Circuit Training</p> <p>10:00 Chair Exercise</p> <p>10:00 Enhance Fitness Chair Exercise</p> <p>11:00 Town Meeting</p> <p>1:00 Kojak Low Impact Aerobics</p> <p>1:00 Pinochle</p> <p>2:00 Board Games</p> <p>3:30 Weight Training</p> <p>5:30 Cardio Interval Exercise</p>	<p>8:00 Open Gym</p> <p>8:45 Tai Chi</p> <p>9:30 Inspirational Hour</p> <p>Elder Odessa Harris</p> <p>9:30 Yoga</p> <p>9:30 Computer Class Beginners & Advance</p> <p>10:00 Knitting</p> <p>10:00 Golf</p> <p>10:20 Chair Exercise</p> <p>10:45 Nutrition Class</p> <p>Panamanian Restaurant </p> <p>12:00 Kojak Low Impact Enhance Fitness</p> <p>1:00 Beginners Ballet and Dance Co. Class</p> <p>1:00 Club Memory</p> <p>2:00 Board Games</p> <p>3:30 Weight Training</p>	<p>8:00 Open Gym</p> <p>8:45 Tai Chi</p> <p>10:00 Sewing, Joann Fabric Store</p>  <p>10:00 Piano Class</p> <p>10:00 Zumba Gold</p> <p>11:00 Chair Exercise</p> <p>11:30 Enhance Fitness Chair Exercise</p> <p>1:00 In House Movie</p> <p>1:00 Bingo</p>	

Mon. Sept. 12	Tues. Sept. 13	Wed. Sept. 14	Thurs. Sept. 15	Fri. Sept. 16
<p>8:00 Open Gym 10:15 Kojak Low Impact Aerobics 10:30 Advanced Spanish 11:00 Chair Exercise 11:15 Beginners and Intermediate Spanish 11:30 Enhance Fitness Hair Exercise 1:00 Quilting 1:00 Pinochle 1:00 Speaker Master Gardener , Ester Mitchell 1:30 Hula Dance 2:00 Board Games 5:30 Cardio Interval Exercise</p>	<p>8:00 Open Gym 8:45 Tai Chi 9:30 Computer Class Beginners & Advance 9:30 Sign Language 9:30 Yoga 10:00 Barber 10:00 Walgreens Flu Shots 10:20 Chair Exercise 10:45 Nutrition Class What is a Well Balanced Diet 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>8:00 Open Gym 10:00 Barber 10:00 Magic Johnson Theatre Southside with you Donation \$8.00 Lunch on your own  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 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 9:30 Computer Class Beginners & Advance 10:00 Knitting 10:00 Golf 10:20 Chair Exercise 10:45 Nutrition Class West African Restaurant  12:00 Kojak Low Impact Enhance Fitness 1:00 Beginners Ballet and Dance Co. Class 1:00 United Health Bingo 2:00 Board Games 3:30 Weight Training</p>	<p>8:00 Open Gym 8:45 Tai Chi 10:00 Sewing 10:00 Piano Class 10:00 Zumba Gold 11:00 Chair Exercise 11:30 Enhance Fitness Chair Exercise 1:00 In House Movie 1:00 Bingo</p>
Mon. Sept. 19	Tues. Sept. 20	Wed. Sept. 21	Thurs. Sept. 22	Fri. Sept. 23
<p>8:00 Open Gym 10:15 Kojak Low Impact Aerobics 10:30 Advanced Spanish 11:00 Chair Exercise 11:15 Beginners and Intermediate Spanish 11:30 Enhance Fitness Hair Exercise 1:00 Quilting 1:00 Pinochle 1:30 Hula Dance 2:00 Board Games 5:30 Cardio Interval Exercise</p>	<p>8:00 Open Gym 8:45 Tai Chi 9:30 Computer Class Beginners & Advance 9:30 Sign Language 9:30 Yoga 10:00 Barber 10:20 Chair Exercise 10:45 Nutrition Class Review of the 6 Basic Nutrients 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>8:00 Open Gym 10:00 Barber 10:00 DCOA Town Hall Meeting (Continental Breakfast) 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 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 9:30 Computer Class Beginners & Advance 10:00 Fall Prevention Day 10:00 Knitting 10:00 Golf 10:20 Chair Exercise 10:45 Nutrition Class Japanese Restaurant  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 Piano Class 10:00 Zumba Gold 11:00 Chair Exercise 11:30 Enhance Fitness Chair Exercise 1:00 In House Movie 1:00 Bingo</p> <p>7:00-11:00 p.m. National Museum of African American History & Culture Fundraiser Donation \$40.00</p>

Mon. Sept. 26	Tues. Sept. 27	Wed. Sept. 28	Thurs. Sept 29	Fri. Sept. 30
<p>8:00 Open Gym 10:15 Kojak Low Impact Aerobics 10:15 Monica's Birthday Celebration at Sea Catch Donation \$30.00</p>  <p>10:30 Advanced Spanish 11:00 Chair Exercise 11:15 Beginners and Intermediate Spanish 11:30 Enhance Fitness Hair Exercise 1:00 Quilting 1:00 Pinochle 1:30 Hula Dance 2:00 Board Games 5:30 Cardio Interval Exercise</p>	<p>8:00 Open Gym 8:45 Tai Chi 9:30 Computer Class Beginners & Advance 9:30 Sign Language 9:30 Yoga 10:00 Barber 10:20 Chair Exercise 10:45 Nutrition Class Healthy Snacks 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>8:00 Open Gym 8:30 Chop Tank Crab Feast Donation \$90.00 10:00 Barber 10:00 Woodridge Library Grand Opening</p>  <p>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 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 9:30 Computer Class Beginners & Advance 10:00 Knitting 10:00 Golf 10:20 Chair Exercise 10:45 Nutrition Class How to Choose Food for your Body, Lifestyle Choices 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>8:00 Open Gym 8:45 Tai Chi 10:00 Sewing 10:00 Piano Class 10:00 Zumba Gold 11:00 Chair Exercise 11:30 Enhance Fitness Chair Exercise 1:00 In House Movie 1:00 Bingo</p> <p>5:30-8:30 p.m. Happy Hour Donation \$8.00 Light buffet, Non-Alcoholic drinks Music by DJ. Tyzer</p>

Health Observances For September



- Chicken Month
- Ethnic Foods
- Fruit and Veggie Month
- Matter Month
- Healthy Aging Month
- National Food Safety Education Month
- National Preparedness Month
- National Recovery Month
- National Traumatic Brain Injury Awareness Month
- National Yoga Awareness Month
- Ovarian Cancer Awareness Month
- Prostate Cancer Month
- Whole Grains Month
- World Heart Day Sept 29

- National Women's Health & Fitness Day Sept 30

RECIPES TO TRY!!

Savory Tomato Cobbler Recipe



Preparation

1. Preheat oven to 375°. Sauté onion in hot oil in a large skillet over medium-high heat 5 to 6 minutes or until tender. Add chopped tomato, garlic, and 1 1/2 cups small tomatoes, and sauté 10 minutes or until tomatoes are softened. Remove from heat, and stir in vinegar and next 4 ingredients.

2. Place remaining small tomatoes in a 13- x 9-inch baking dish. Spoon onion mixture over tomatoes, and gently toss to coat. Bake at 375° for 10 minutes.

3. Meanwhile, stir together flour and next 2 ingredients in a large bowl. Cut butter into flour with a pastry blender until mixture resembles small peas; cover and chill 10 minutes. Stir cheese and next 2 ingredients into cold flour mixture. Add buttermilk, stirring just until dry ingredients are moistened. Dollop mixture by 1/2 cupfuls onto tomato mixture. (Do not spread.)

4. Bake at 375° for 30 to 35 minutes or until golden brown. Cool on a wire rack 30 minutes before serving.

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Ingredients

- 1 medium-size sweet onion, chopped
- 1 tablespoon olive oil
- 1 large tomato, chopped
- 3 garlic cloves, minced
- 3 pounds assorted small tomatoes, divided
- 1 tablespoon Champagne vinegar or white wine vinegar
- 1 tablespoon cornstarch
- 1 teaspoon kosher salt
- 1 teaspoon freshly ground black pepper
- 1 teaspoon fresh thyme leaves
- 1 1/2 cups self-rising soft-wheat flour (such as White Lily)
- 1/2 cup stone-ground yellow cornmeal
- 1/2 teaspoon baking powder
- 1/2 cup cold butter, cut into 1/4-inch-thick pieces
- 3/4 cup (6 oz.) freshly shredded Jarlsberg cheese
- 1/4 cup chopped fresh basil
- 2 tablespoons chopped fresh chives
- 1 1/4 cups buttermilk

Ask The Director:



Stacie Mack, Project Director

Hello Ladies and Gentlemen!!

First of all, I would like to introduce a new member of our team Ms. Gloria Franklin-Austin, our Front Desk Registration Clerk. She has an abundance amount of professional experience to add to the Model Cities Program. Please welcome her to our team.

The Center's membership is growing rapidly. There are 120 new members this fiscal year enjoying the fitness and nutrition classes. We welcome all of you. Please remember to get your picture ID's and renew your intake and physician's forms.

DC Office on Aging has awarded Providence Hospital the opportunity to manage this program for another year. In this fiscal year, we have added Tai Chi and an Arts and Craft class. Tai Chi has already started and the Arts and Craft class will start in October 2016. Please look out for the next calendar.

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

Courtesy is very important. There will be no more double parking in the parking lot. Please make time to arrive early for your classes.

Please treat one another with respect and dignity.

Flu Vaccination: Who Should Do It, Who Should Not

Everyone 6 months and older is recommended for annual flu vaccination with rare exception. Talk to your doctor or other health care professional if you have any questions regarding which flu vaccine options are best for you and your family.

Vaccination to prevent flu is particularly important for people who are at high risk for serious complications from flu. For a complete list of people who are at higher risk for flu complications, see



The Flu Shot People who can get the flu shot:

Different flu shots are approved for people of different ages.* There are flu shots that are approved for use in people as young as 6 months of age and up. Flu shots are approved for use in pregnant women and people with chronic health conditions.

People who can't get the flu shot:

Children younger than 6 months are too young to get a flu shot.

People with severe, life-threatening allergies to flu vaccine or any ingredient in the vaccine. This might include gelatin, antibiotics, or other ingredients. [See Special Considerations Regarding Egg Allergy](#) for more information about egg allergies and flu vaccine.

Some flu shots have different age indications. For example people younger than 65 years of age should not get the [high-dose flu shot](#), and people who are younger than 18 years or older than 64 years should not get the

[intradermal flu shot](#).

For more information, visit www.cdc.gov/flu or call 800-CDC-INFO.

National Center for Immunization and Respiratory Diseases
Influenza Division

The Nasal Spray Flu Vaccine People who can get the nasal spray vaccine:

The nasal spray vaccine is approved for use in people 2 years through 49 years of age.

People who can't get the nasal spray vaccine:

Children younger than 2 years

Adults 50 years and older

People with a history of severe allergic reaction to any component of the vaccine or to a previous dose of any influenza vaccine

People who are allergic to eggs

Children or adolescents (2 years through 17 years of age) on long-term aspirin treatment.

Pregnant women

People with weakened immune systems (immunosuppression)

Children 2 years through 4 years who have asthma or who have had a history of wheezing in the past 12 months.

People who have taken influenza antiviral drugs within the previous 48 hours.

People who care for severely immunocompromised persons who require a protective environment (or otherwise avoid contact with those persons for 7 days after getting the nasal spray vaccine .

Optimum health during the golden years!
Model Cities Senior Wellness Center is part 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 September

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

- Wednesday, October 5, 2016 **Model Cities Monthly Town Meeting** 11:00am.
- Wednesday, October 12, 2016 **AARP 55 Driving Class** 9:00am.-2:00pm. Instructor Cheryl Freeman, see front desk for sign up sheet, donation for AARP Member \$15.00, Non AARP Members \$20.00
- Monday-Friday, October 17-21, 2016 **Senior America Pageant, Resort Hotel, Atlantic City** 9:00am
For 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, Four \$20.00 meal credits and a ticket to a casino show if available. deposit of \$100.00 is due by Friday, July 24, 2016. All monies due Thursday, September 22, 2016 additional \$60.00 for all (3) pageant show tickets.
- Monday, October 31, 2016 **Model Cities Halloween Party** 12:00pm. Wear your costume, sign up at the front desk, see Monica Carroll for donation.
- December TBA White House Christmas Decoration Tour. See Monica Carroll for sign up now