

"Never Underestimate the Power of Senior Health"

Hattie Holmes Senior Wellness Center

August 2016 Calendar

Volume 9 Issue 11

324 Kennedy St.,
Washington, DC 20011
(202) 291-6170
Fax (202) 291-2790

Teresa Moore
Director

LaDonna Love
Administrative Support

Arthur Dunbar
Fitness Specialist

Nutritionist

Stephanie Peters
*Health Promotion
Specialist*

Gwen Green
Activities Coordinator
Monday, Wednesday, & Friday

Transportation Available
via Seabury Connector
Maynard Chandler
Steve McDougal



LUNCH

Monday-Friday

11:30 a.m. - 1:00 p.m.

REGISTRATION REQUIRED

Site Manager - Dennis Robinson

Hours of Operation

Monday 8:00 a.m. - 6:00 p.m.

Tuesday 7:30 a.m. - 6:00 p.m.

Wednesday 7:30 a.m. - 4:30 p.m.

Thursday 8:00 a.m. - 6:30 p.m.

Friday 8:00 a.m. - 4:30 p.m.



Part of the Senior Services Network, Supported by the DC Office On Aging

Managed by Vida Senior Services



August 2016

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 8:00 Open Gym 8:00 Fitness Orientation 9:00 Stretch & Tone 9:00 Mending & Alterations 10:00 Chair Aerobics 10:30 Enhanced Fitness 10:30 Healthy Living Course 11:00 Circuit Training</p> <p>11:30 Lunch</p> <p>1:00 Line Dancing Beginners 1:00 Crocheting 1:00 Card / Board Games / Billiards 2:00 Chair Yoga w/ Moriah 3:00 Open Gym</p>	<p>2 7:30 Open Gym 8:00 Walk Club 9:00 Tai Chi 9:00 Intro to Computers 10:00 Chair Aerobics 10:30 Intro to Computers 11:00 Pilates</p> <p>11:30 Lunch</p> <p>12:30 Intermediate Computing 1:00 Card / Board Games / Billiards 1:00 Aerobics w/ Kojak 1:00 Memoir Writing 1:30 Brain Games 2:00 Enhanced Fitness 3:00 Open Gym</p>	<p>3 7:30 Open Gym 8:00 Fitness Orientation 9:00 Current Events Discussion Group 9:00 Stretch & Tone 9:30 Quilting 10:00 Chair Aerobics 10:30 Chair Aerobics 11:00 11:00 Hand Dancing 11:00 Town Hall Meeting</p> <p>11:30 Lunch</p> <p>12:30 Ice Cream Social</p> <p>12:40 Basic Computer 1:00 Card / Board Games / Billiards 1:00 Crocheting 1:00 Enhanced Fitness 2:00 Circuit Training 3:00 Open Gym</p>	<p>4 8:00 Open Gym 7:30 Senior Symposium—Dunbar High School 10:00 Arthritis Exercise Class w/ Diane Lee 10:45 Color Me Relaxed</p> <p>11:30 Lunch</p> <p>1:00 Card / Board Games / Billiards 1:00 Knitting 1:15 Stretch & Tone w/ Pat 2:00 Intro to Spanish 3:00 Advanced Spanish 2:00 Aerobics w/ Kojak 3:00 Open Gym</p>	<p>5 8:00 Open Gym 9:00 Abs & Back 10:00 Chair Aerobics (Multi -purpose Room)</p> <p>10:30 Trip - Movie Academy Theater - Ghostbuster</p> <p>11:00 Nutrition Bingo 11:00 Men's Fitness Class 11:00 Wii Fit</p> <p>11:30 Lunch</p> <p>1:00 Card / Board Games / Billiards 1:00 Line Dancing 2:00 Fitness Assessments (By Appointment Only) 3:00 Open Gym</p> <div style="text-align: center;">  </div>
<p>8 8:00 Open Gym 8:00 Fitness Orientation 9:00 Stretch & Tone 9:00 Mending & Alterations 10:00 Chair Aerobics 10:30 Enhanced Fitness 10:30 Healthy Living Course 11:00 Circuit Training</p> <p>11:30 Lunch</p> <p>1:00 Line Dancing Beginners 1:00 Crocheting 1:00 Card / Board Games / Billiards 2:00 Chair Yoga w/ Moriah 3:00 Open Gym</p>	<p>9 7:30 Open Gym 8:00 Walk Club 9:00 Tai Chi 10:00 Chair Aerobics 10:30 Blood Pressure Screening Multi-purpose room 11:00 Pilates</p> <p>11:30 Lunch</p> <p>1:00 Card / Board Games / Billiards 1:00 Aerobics w/ Kojak 1:30 Brain Games 2:00 Enhanced Fitness 3:00 Open Gym</p> <div style="text-align: center;">  </div>	<p>10 7:30 Open Gym 8:00 Fitness Orientation 9:00 Current Events Discussion Group 9:00 Stretch & Tone 9:30 Quilting 9:30 Club Memory 10:00 Chair Aerobics 10:30 Chair Aerobics</p> <p>10:30 Trip - Go Kart Bladensburg, MD</p> <p>11:00 Heat Related Illnesses 11:00 Hand Dancing 11:30 - 2:30 Massage</p> <p>11:30 Lunch</p> <p>12:40 Basic Computer 1:00 Card / Board Games / Billiards 1:00 Crocheting 1:00 Enhanced Fitness 2:00 Circuit Training 3:00 Open Gym</p>	<p>11 8:00 Open Gym 10:00 Arthritis Exercise Class w/ Diane Lee</p> <p>10:30 Trip - Dutch Market 10:45 Color Me Relaxed</p> <p>11:30 Lunch</p> <p>1:00 Card / Board Games / Billiards 1:00 Knitting 1:15 Stretch & Tone w/ Pat 2:00 Intro to Spanish 3:00 Advanced Spanish 2:00 Aerobics w/ Kojak 3:00 Open Gym</p>	<p>12 8:00 Open Gym 9:00 Abs & Back 10:00 Chair Aerobics (Multi -purpose Room)</p> <p>11:00 Nutrition Bingo 11:00 Men's Fitness Class 11:00 Wii Fit</p> <p>11:30 Lunch</p> <p>1:00 Card / Board Games / Billiards 1:00 Line Dancing 2:00 Fitness Assessments (By Appointment Only) 3:00 Open Gym</p> <div style="text-align: center;">  </div>

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<p>15 8:00 Open Gym 8:00 Fitness Orientation 9:00 Stretch & Tone 9:00 Mending & Alterations 10:00 Chair Aerobics 10:30 Healthy Living Course 10:30 Enhanced Fitness 11:00 Circuit Training</p> <p>11:30 Lunch</p> <p>1:00 Movie Time 1:00 Line Dancing Beginners 1:00 Crocheting 1:00 Card / Board Games / Billiards 2:00 Chair Yoga w/ Moriah 3:00 Open Gym</p>	<p>16 7:30 Open Gym 8:00 Walk Club 9:00 Tai Chi 10:00 Chair Aerobics 10:30 Intro to Computers 11:00 Pilates</p> <p>11:30 Lunch</p> <p>12:30 Intermediate Computing 1:00 Aerobics w/ Kojak 1:00 Memoir Writing 1:30 Brain Games 2:00 Enhanced Fitness 3:00 Open Gym</p>	<p>17 7:30 Open Gym 8:00 Fitness Orientation 9:00 Current Events Discussion Group 9:00 Stretch & Tone 9:30 Quilting</p> <p>10:00 Trip - Senior Luncheon Cruise</p> <p>10:00 Chair Aerobics 10:30 Chair Aerobics 11:00 Antioxidants and Free Radicals 11:00 Hand Dancing</p> <p>11:30 Lunch</p> <p>12:40 Basic Computer 1:00 Crocheting 1:00 Card / Board Games / Billiards 1:00 Enhanced Fitness 2:00 Circuit Training 3:00 Open Gym</p>	<p>18 8:00 Open Gym 10:00 Arthritis Exercise Class w/ Diane Lee</p> <p>10:30 Trip - Dollar Store</p> <p>10:45 Color Me Relaxed</p> <p>11:30 Lunch</p> <p>1:00 Card / Board Games / Billiards 1:00 Knitting 1:15 Stretch & Tone w/ Pat 2:00 Aerobics w/ Kojak 2:00 Intro to Spanish 3:00 Advanced Spanish 3:00 Open Gym</p>	<p>19 8:00 Open Gym 9:00 Abs & Back 10:00 Chair Aerobics (Multi - purpose Room) 11:00 Nutrition Bingo 11:00 Men's Fitness Class 11:00 Wii Fit</p> <p>11:30 Lunch</p> <p>1:00 Card / Board Games / Billiards 1:00 Line Dancing 2:00 Fitness Assessments (By Appointment Only) 3:00 Open Gym</p> <div style="text-align: right;">  </div>
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August 2016

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<p>29</p> <p>8:00 Open Gym 8:00 Fitness Orientation 9:00 Stretch & Tone 9:00 Mending & Alterations 10:00 Chair Aerobics 10:30 Healthy Living Course 10:30 Enhanced Fitness 11:00 Circuit Training</p> <p>11:30 Lunch</p> <p>1:00 Book Club Meeting - <i>I Almost Forgot You by Terry McMillan</i> 1:00 Line Dancing Beginners 1:00 Crocheting 1:00 Card / Board Games / Billiards 2:00 Chair Yoga w/ Moriah 3:00 Open Gym</p>	<p>30</p> <p>7:30 Open Gym 8:00 Walk Club 9:00 Tai Chi 10:00 Chair Aerobics 10:30 Intro to Computers 11:00 Pilates</p> <p>11:30 Lunch</p> <p>12:30 Intermediate Computing 1:00 Aerobics w/ Kojak 1:00 AARP Driver Safety Course 1:30 Brain Games 2:00 Enhanced Fitness 3:00 Open Gym</p>	<p>31</p> <p>7:30 Open Gym 8:00 Fitness Orientation 9:00 Current Events Discussion Group 9:00 Stretch & Tone 9:30 Quilting 10:00 Chair Aerobics 10:30 Chair Aerobics 11:00 11:00 What You Should Know About Cholesterol 11:00 Hand Dancing</p> <p>11:30 Lunch</p> <p>12:40 Basic Computer 1:00 AARP Driver Safety Course 1:00 Crocheting 1:00 Card / Board Games / Billiards 1:00 Enhanced Fitness 2:00 Circuit Training 3:00 Open Gym</p>	<p>Blood Pressure Screening</p> <p>Tuesday</p> <p>August 9, 2016</p> <p style="text-align: center;">@</p> <p>10:30 a.m.</p> <div style="text-align: center;">  </div>	<p>Club Memory</p> <p>w/ Sibley Hospital Representatives</p> <p>Wednesday</p> <p>August 10, 2016</p> <p style="text-align: center;">&</p> <p>August 24, 2016</p> <p style="text-align: center;">@</p> <p>9:30 a.m.</p> <div style="text-align: center;">  </div>
<p style="text-align: center;">Memoir Writing</p> <p style="text-align: center;">Workshop</p> <p style="text-align: center;">Tuesday</p> <p style="text-align: center;">August 2, 2016</p> <p style="text-align: center;">&</p> <p style="text-align: center;">August 16, 2016</p> <p style="text-align: center;">1:00 p.m.</p> <div style="text-align: center;">  </div>	<p style="text-align: center;">Ice Cream</p> <p style="text-align: center;">Social</p> <p style="text-align: center;">Wednesday</p> <p style="text-align: center;">August 3, 2016</p> <div style="text-align: center;">  </div>	<p style="text-align: center;">Dutch Market</p> <p style="text-align: center;">Thursday</p> <p style="text-align: center;">August 11, 2016</p> <p style="text-align: center;">@</p> <p style="text-align: center;">10:30 a.m.</p> <div style="text-align: center;">  </div>	<p style="text-align: center;">Senior Luncheon</p> <p style="text-align: center;">Cruise</p> <p style="text-align: center;">Odyssey Cruise</p> <p style="text-align: center;">Ship</p> <p style="text-align: center;">Thursday</p> <p style="text-align: center;">August 17, 2016</p> <p style="text-align: center;">@</p> <p style="text-align: center;">9:00 a.m.</p> <p style="text-align: center;">\$/Person</p>	<p style="text-align: center;">Book Club Meeting</p> <p style="text-align: center;">Monday</p> <p style="text-align: center;">August 29, 2016</p> <p style="text-align: center;">@</p> <p style="text-align: center;">1:00 p.m.</p> <p style="text-align: center;"><i>I Almost Forgot You</i></p> <p style="text-align: center;">Terry McMillan</p> <div style="text-align: center;">  </div>

Recipe to Try...

Spinach Smoothie with Avocado and Apple



Ingredients

- 1 1/2 cups apple juice
- 2 cups stemmed and chopped spinach or kale
- 1 apple-unpeeled, cored, and chopped
- 1/2 avocado, chopped

Directions

1. Combine the apple juice, spinach, apple, and avocado in a blender and puree until smooth, about 1 minute, adding water to reach the desired consistency.

Nutrition Information

Amount per serving

Calories 244, Fat 7 g, Protein 3 g, Carbohydrate 42 g, Cholesterol 0 mg, Sugar 28 g, Fiber 6 g, Sodium 33 mg .

Food for Thought....Thankful no matter what

Whatever you are thankful for gains value from your thankfulness. Whatever you appreciate becomes more useful and accessible by virtue of your appreciation.

You get much more from life when you appreciate what you already have. That's true for relationships, resources, skills, situations and experiences.

The circumstances hardest to appreciate are where appreciation can make the greatest positive difference. Find a way to appreciate, and you find your way to new value.

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Goodness comes into your life in countless forms. Gratitude takes you to the heart of goodness, no matter how it appears on the outside.

It's easy to be thankful for the pleasant things, and certainly a good idea to do so. Yet it is even more empowering and transformative to be thankful for all the other things.

Find a way to be thankful, no matter what. You'll find new value each time you do.



Happy Birthday to all who were born in the month August!

7 Steps to Healthy Aging, Happy Aging

By [Diana Rodriguez](#) | Medically reviewed by [Pat F. Bass III, MD, MPH](#)

Getting older doesn't necessarily mean you'll have a slew of medical conditions or poor quality of life.

Getting older involves change, both negative and positive, but you can enjoy aging if you understand what's going on with your body and take steps to maintain your health.

Many different things happen to your body as you age. Your skin, bones, and even brain may start to behave differently. Don't let the changes that come with old age catch you by surprise.

Here are some of the common ones:

- **Your bones.** Bones can become thinner and more brittle in old age, especially in women, sometimes resulting in the fragile bone condition called osteoporosis. Thinning bones and decreasing bone mass can put you at risk for falls that can easily result in broken bones. Be sure to talk with your physician about what you can do to prevent osteoporosis and falls.
- **Your heart.** While a healthy diet and regular exercise can keep your heart healthy, it may become slightly enlarged, your heart rate may lower, and the walls of the heart may thicken.
- **Your brain and nervous system.** Getting older can cause changes in your reflexes and even your senses. While dementia is not a normal consequence of old age, it is common for people to experience some light forgetfulness as they get older. Cells in the brain and nerves can be damaged by the formation of plaques and tangles, abnormalities that could eventually lead to dementia.
- **Your digestive system.** As you age, your digestive tract becomes more firm and rigid, and doesn't contract as often. This change can lead to problems such as constipation, stomach pain, and feelings of nausea; a better diet can help.
- **Your senses.** You may notice that your vision and hearing aren't quite as sharp as they once were. You may start to lose your sense of taste — flavors may not seem as distinct to you. Your senses of smell and touch may also weaken. Your body is taking longer to react and needs more to stimulate it.
- **Your teeth.** The tough enamel that protects your teeth from decay can start to wear away over the years, leaving you susceptible to cavities. Gum disease is also a concern for older adults. Good dental hygiene can protect your teeth and gums. Dry mouth, which is a common side effect of many medications that seniors take, may also be a problem.
- **Your skin.** With old age, your skin loses its elasticity and may start to sag and wrinkle. However, the more you protected your skin from sun damage and smoking when you were younger, the better your skin will look as you get older. Start protecting your skin now to prevent further damage, as well as skin cancer.
- **Your sex life.** After menopause, when menstruation stops, many women experience physical changes like a loss of vaginal lubrication. Men may experience erectile dysfunction. Fortunately, both problems can be easily treated.

Many bodily changes are a natural part of aging, but they don't have to slow you down. What's more, there's a lot you can do to protect your body and keep it as healthy as possible.

Keys to Aging Well

While maintaining your physical health is important to healthy aging, it's also key to value the experience and maturity you gain with advancing years. Practicing healthy habits throughout your life is ideal, but it's never too late to reap the benefits of taking good care of yourself, even as you get older.

Here are some healthy aging tips that are good advice at any stage of life:

1. Stay physically active with regular exercise.
2. Stay socially active with friends and family and within your community.
3. Eat a healthy, well-balanced diet — dump the junk food in favor of fiber-rich, low-fat, and low-cholesterol eating.
4. Don't neglect yourself: Regular check-ups with your doctor, dentist, and optometrist are even more important now.
5. Take all medications as directed by your doctor.
6. Limit alcohol consumption and cut out smoking.
7. Get the sleep that your body needs.

Finally, taking care of your physical self is vital, but it's important that you tend to your emotional health as well. Reap the rewards of your long life, and enjoy each and every day. Now is the time to savor good health and happiness.