

"Never Underestimate the Power of Senior Health"

Hattie Holmes Senior Wellness Center

August 2015 Calendar

Volume 8 Issue 8

324 Kennedy St.,
Washington, DC 20011
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Teresa Moore
Director

Vacant
Administrative Assistant

Arthur Dunbar
Fitness Specialist

Kristina Vera
Nutritionist

Stephanie Peters
*Health Promotion
Specialist*

Gwen Green
Activities Coordinator

Transportation Available

Seabury Connector

Steve McDougal
Maynard Chandler



LUNCH

Monday-Saturday

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

REGISTRATION REQUIRED

Site Manager - Dennis Robinson

Hours of Operation

Mon. 8:00 a.m. - 6:00 p.m. Thu. 8:00 a.m. - 6:30 p.m.

Tue. 7:30 a.m. - 6:00 p.m. Fri. 8:00 a.m. - 4:30 p.m.

Wed. 7:30 a.m. - 4:30 p.m. Sat. 9:00 a.m. - 1:00 p.m.



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

Managed by Vida Senior Services



August 2015

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 8:00 Open Gym 8:00 Fitness Orientation 9:00 Stretch & Tone 10:00 Chair Aerobics 10:30 Enhanced Fitness</p> <p>New 10:30 Healthy Living Course</p> <p>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 3:00 Open Gym</p>	<p>4 7:30 Open Gym 8:00 Walk Club 8:00 Fitness Orientation 9:00 Tai Chi 9:15 Food Demo/Veggies for Breakfast 10:00 Piano Lessons 10:00 Chair Aerobics 10:30 Intro to Computers 11:00 Menu Planning 11:00 Pilates</p> <p>11:30 Lunch 12:30 Intermediate Computing 1:00 Card / Board Games / Billiards 1:00 Aerobics w/ Kojak 1:00 Nutrition Chat-Hypertension Counseling 2:00 Enhanced Fitness 3:00 Blood Pressure 3:00 Open Gym 4:00 - 6:00 Nutrition Consultation</p>	<p>5 7:30 Open Gym 8:00 Fitness Orientation 9:00 Current Events Discussion Group 9:00 Stretch & Tone 9:30 Quilting 9:30 Garden Club Meeting / Food Demo w/ JuJu 10:00 Chair Aerobics 10:30 Chair Aerobics 11:00 Hand Dancing 11:00 Prostate Presentation</p> <p>11:30 Lunch</p> <p>12:50 Basic Computer 1:00 Crocheting 1:00 Enhanced Fitness 2:00 Circuit Training 3:00 Open Gym</p>	<p>6 8:00 Open Gym 8:00 Walk Club 10:00 Arthritis 11:00 Pilates 11:00 Nutrition Basics</p> <p>11:30 Lunch</p> <p>12:00 Intro to Spanish 1:00 Zumba 1:00 Nutrition Chat-Hypertension 1:00 Computer Essentials 101 1:00 Card / Board Games / Billiards 1:00 Knitting 1:30 Brain Games 2:00 Aerobics w/ Kojak 3:00 Food Demo/Post Whole Grains for Breakfast New 3:00 Afro Jazz 3:00 Open Gym 4:00 - 6:00 Nutrition Consultation</p>	<p>7 8:00 Open Gym 9:00 Abs & Back 10:00 Chair Aerobics (Multi -purpose Room) 11:00 Nutrition Bingo 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>
<p>10 8:00 Open Gym 8:00 Fitness Orientation 9:00 Stretch & Tone 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 3:00 Open Gym</p>	<p>11 7:30 Open Gym 8:00 Walk Club 8:00 Fitness Orientation 9:00 Tai Chi 10:00 Piano Lessons 10:00 Chair Aerobics 10:30 Intro to Computers 11:00 Calorie Control 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 1:30 Brain Games 1:00 Nutrition Chat-Weight Management 2:00 Enhanced Fitness 3:00 Eating with Diabetes 3:00 Open Gym 4:00 - 6:00 Nutrition Consultation</p>	<p>12 7:30 Open Gym 8:00 Fitness Orientation 9:00 Current Events Discussion Group 9:00 Stretch & Tone 9:30 Quilting 9:30 Garden Club Meeting 10:00 Chair Aerobics 10:30 Chair Aerobics 10:30 Money Smart Presentation</p> <p>10:30 Trip - Dollar Store</p> <p>11:00 Hand Dancing 11:00 Sickle Cell Anemia</p> <p>11:30 Lunch</p> <p>12:50 Basic Computer 1:00 Crocheting 1:00 Enhanced Fitness 2:00 Circuit Training 3:00 Open Gym</p>	<p>13 8:00 Open Gym 8:00 Walk Club 9:15 Food Demo/Sweet & Healthy Breakfast 10:00 Arthritis 10:45 Color Me Relaxed 11:00 Pilates 11:00 Diabetes 101</p> <p>11:30 Lunch 1:00 Zumba 1:00 Nutrition Chat-Weight Management 1:00 Computer Essentials 101 1:00 Card / Board Games / Billiards 1:00 Knitting 2:00 Aerobics w/ Kojak 2:00 Intro to Spanish 3:00 Food Demo/Low-Refreshing Salad Ideas New 3:00 Afro Jazz 3:00 Open Gym 4:00 - 6:00 Nutrition Consultation</p>	

August 2015

Monday	Tuesday	Wednesday	Thursday	Friday
<p>17 8:00 Open Gym 8:00 Fitness Orientation 9:00 Stretch & Tone 10:00 Chair Aerobics 10:30 Enhanced Fitness 10:30 Healthy Living Course 10:30 Trip - American History Museum 11:00 Circuit Training 11:30 Lunch 1:00 Line Dancing Beginners 1:00 Crocheting 1:00 Card / Board Games / Billiards 2:00 Chair Yoga 3:00 Open Gym</p>	<p>18 7:30 Open Gym 8:00 Walk Club 8:00 Fitness Orientation 9:00 Tai Chi 9:15 Food Demo/ Savory Breakfast 10:00 Chair Aerobics 10:00 Piano Lessons 10:30 Intro to Computers 11:00 Diabetes Risk 11:00 Pilates 11:30 - 1:00 AARP Legal Counsel 11:30 Lunch 12:30 Intermediate Computing 1:00 Card / Board Games / Billiards 1:00 Aerobics w/ Kojak 1:00 Nutrition Chat - Hypertension Counseling 1:30 Brain Games 2:00 Enhanced Fitness 3:00 Reading the Food Label</p>	<p>19 7:30 Open Gym 8:00 Fitness Orientation 9:00 Current Events Discussion Group 9:00 Stretch & Tone 9:30 Quilting 9:30 Garden Club Meeting / Food Demo w/ JuJu 10:00 Trip - Capitol River Cruise 10:00 Chair Aerobics 10:30 Chair Aerobics 11:00 Hand Dancing 11:00 ABC's of Hepatitis 11:30 Lunch 12:50 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>20 8:00 Open Gym 8:00 Walk Club 10:00 Arthritis 10:30 Trip - Dutch Market 10:45 Color Me Relaxed 11:00 Pilates 11:00 Foodborne Illness 11:30 Lunch 1:00 Let's Make a Deal 1:00 Zumba 1:00 Computer Essentials 101 1:00 Card / Board Games / Billiards 1:00 Nutrition Chat - Hypertension Counseling 1:00 Knitting 2:00 Intro to Spanish 2:00 Aerobics w/ Kojak New 3:00 Afro Jazz 3:00 Food Demo/ Lean Snacking Ideas</p>	<p>21 8:00 Open Gym 9:00 Abs & Back 10:00 Chair Aerobics (Multi -purpose Room) 11:00 Trip - Wilson Plaza - Live! Concert Series on the Plaza 11:00 Wii Fit 11:00 Comcast Cable 11:30 Lunch 1:00 Card / Board Games / Billiards 1:00 Line Dancing 2:00 Fitness Assessments (By Appointment Only) 3:00 Open Gym</p>
<p>24 8:00 Open Gym 8:00 Fitness Orientation 9:00 Stretch & Tone 10:00 Chair Aerobics 10:30 Enhanced Fitness 10:30 Healthy Living Course 11:00 Circuit Training 11:30 Lunch 1:00 In-house Movie 1:00 Line Dancing Beginners 1:00 Crocheting 1:00 Card / Board Games / Billiards 2:00 Chair Yoga 3:00 Open Gym</p>	<p>25 7:30 Open Gym 8:00 Walk Club 8:00 Fitness Orientation 9:00 Tai Chi 10:00 Chair Aerobics 10:00 Piano Lessons 11:00 Pilates 10:30 Intro to Computers 11:00 Grains 11:30 Lunch 12:30 Intermediate Computing 1:00 Nutrition Chat - Diabetes Counseling 1:00 AARP Driver Safety Course 1:00 Card / Board Games / Billiards 1:00 Aerobics w/ Kojak 1:30 Brain Games 2:00 Enhanced Fitness 3:00 Type 2 Diabetes Overview 3:00 Open Gym</p>	<p>26 7:30 Open Gym 8:00 Fitness Orientation 9:00 Current Events Discussion Group 9:00 Stretch & Tone 9:30 Quilting 9:30 Garden Club Meeting 10:00 Chair Aerobics 10:30 Chair Aerobics 11:00 Hand Dancing 11:00 Town Hall Meeting 11:30 - 2:30 Massage 11:30 Lunch 12:50 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>27 8:00 Open Gym 8:00 Walk Club 9:15 Food Demo/ Breakfast Sandwiches 10:00 Arthritis 10:30 Trip - Wegman's 10:45 Color Me Relaxed 11:00 Is Soy Beneficial? 11:00 Pilates 11:30 Lunch 1:00 Zumba 1:00 Computer Essentials 101 1:00 Card / Board Games / Billiards 1:00 Knitting 1:00 Nutrition Chat - Diabetes Counseling 2:00 Intro to Spanish 2:00 Aerobics w/ Kojak 3:00 Food Demo/Plant-based Protein Snack 3:00 Open Gym</p>	<p>28 8:00 Open Gym 9:00 Abs & Back 9:30 New Member Orientation 10:00 Chair Aerobics (Multi -purpose Room) 11:00 Trip - Wilson Plaza - Live! Concert Series on the Plaza 11:00 Wii Fit 11:00 Nutrition Bingo 11:30 Lunch 1:00 Food Demo w/ DeAnna 1:00 Card / Board Games / Billiards 1:00 Line Dancing 2:00 Fitness Assessments (By Appointment Only) 3:00 Open Gym 3:00 -7:00 Card Party</p>



August / September 2015

Monday	Tuesday	Wednesday	Thursday	Friday
<p>31</p> <p>8:00 Open Gym 8:00 Fitness Orientation 9:00 Stretch & Tone 10:00 Chair Aerobics 10:30 Enhanced Fitness 10:30 Healthy Living Course 11:00 Circuit Training 11:30 Lunch</p> <p>1:00 Book Club Meeting - <i>God Help The Child</i> by Toni Morrison</p> <p>1:00 Line Dancing Beginners 1:00 Crocheting 1:00 Card / Board Games / Billiards 2:00 Chair Yoga 3:00 Open Gym</p>	<p>1</p> <p>7:30 Open Gym 8:00 Walk Club 8:00 Fitness Orientation 9:00 Tai Chi 10:00 Chair Aerobics 10:00 Piano Lessons 11:00 Pilates 10:30 Intro to Computers 11:00 Nutrition Class 11:30 Lunch</p> <p>12:30 Intermediate Computing 1:00 Card / Board Games / Billiards 1:00 Aerobics w/ Kojak 1:00 Nutrition Chat - Weight Management 1:30 Brain Games 2:00 Enhanced Fitness 3:00 Nutrition Class 3:00 Open Gym 4:00 - 6:00 Nutrition Nutrition Consultation</p>	<p>2</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 Hand Dancing 11:00 Circuit Training 11:00 How Cancer Cells Proliferate 11:30 Lunch</p> <p>12:50 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>3</p> <p>8:00 Open Gym 8:00 Walk Club 9:15 Food Demo/ Low-Cholesterol Breakfast 10:00 Arthritis 10:45 Color Me Relaxed 11:00 Pilates 11:00 Nutrition Class 11:30 Lunch</p> <p>1:00 Nutrition Chat - Hypertension Counseling 1:00 Zumba 1:00 Computer Essentials 101 1:00 Card / Board Games / Billiards 1:00 Knitting 2:00 Intro to Spanish 2:00 Aerobics w/ Kojak New 3:00 Afro Jazz 3:00 Nutrition Class 3:00 Open Gym 4:00 - 6:00 Nutrition Consultation</p>	<p>4</p> <p>8:00 Open Gym 9:00 Abs & Back 10:00 Chair Aerobics (Multi -purpose Room) 11:00 Wii Fit 11:00 Nutrition Bingo 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>

<p>Family & Friends Day / Open House Friday August 14, 2015 10:00 a.m. - 2:00 p.m.</p> 	<p>Capitol River Cruise Wednesday August 19, 2015 @ 10:00 a.m.</p> <p><small>*See Gwen Green for details</small></p> 	<p>Live! Concert Series on the Plaza Friday August 21, 2015 & Friday August 28, 2015 @ 11:00 a.m.</p> <p><small>*See Arthur Dunbar for details</small></p>	<p>Food Demo w/ DeAnna Friday August 28, 2015 @ 1:00 p.m.</p> 	<p>Book Club Meeting Monday August 31, 2015 @ 1:00 p.m.</p> <p><i>God Help The Child</i> Toni Morrison</p> 
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Recipe to Try...

Quinoa and Black Beans



Ingredients

- 1 teaspoon vegetable oil
- 1 onion, chopped
- 3/4 cup quinoa
- 1 1/2 cups vegetable broth
- 1 teaspoon ground cumin
- 1/4 teaspoon cayenne pepper
- Salt and ground black pepper to taste
- 1 cup frozen corn kernels
- 2 (15 ounce) cans black beans, rinsed and drained
- 1/2 cup chopped fresh cilantro

Nutrition

Per serving: 153 Calories; 1.7 g Fat; 7.7 g Protein; 517 mg Sodium; 27.8 g Carbohydrates.

Directions

1. Heat oil in a saucepan over medium heat; cook and stir onion and garlic until lightly browned, about 10 minutes.
2. Mix quinoa into onion mixture and cover with vegetable broth; season with cumin, cayenne pepper, salt, and pepper. Bring the mixture to a boil. Cover, reduce heat, and simmer until quinoa is tender and broth is absorbed, about 20 minutes.
3. Stir frozen corn into the saucepan, and continue to simmer until heated through, about 5 minutes; mix in the black beans and cilantro.

Food for Thought...Good place for everyone

There are a lot of other people in this world. You'll do much better in life when you are good to those people.

Saturday Programming

9:15 Low Impact Aerobics



9:00 Open
Computer lab

10:00 Open
Gym

11:30 Lunch

*Additional programming to be announced.

There is one of you, and billions of everyone else. The more of those billions who have a positive experience with you, the better.

Being considerate to others is old fashioned. That means it has stood the test of time.

Before you act, before you speak, think of the impact it will have on everyone else. Then make the choice that makes the world where you live a better one.

Take care not to sacrifice the goodwill of others just to grab yourself a momentary advantage or convenience. Live with respect and consideration, even when it is not noticed.

The behavior of each person directly influences the kind of world we all live in. Make it a good place for everyone to be.



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

5 Myths About Hearing Loss

Audiologists sounds off about a condition that will eventually affect almost all of us

by Craig Newman, Ph.D., [AARP The Magazine](#), June/July 2015

For a long time, [hearing loss](#) carried a huge stigma. People didn't want to be seen as old — and [hearing aids](#) were a visible sign that they didn't have all their original faculties intact. These days, with the likes of Rob Lowe, Halle Berry, Jodie Foster and Bill Clinton not just wearing hearing aids but talking about them, that stigma has all but disappeared. Everyone is walking around with something in their ears anyway — headphones, earbuds, a Bluetooth device. Folks may as well use technology that helps them hear.

As section head of audiology at the Cleveland Clinic, I see a lot of patients with misconceptions about hearing loss. Here are a few of the most common.

Myth: Hearing loss happens only to old people.

Truth: In fact, 40 percent of the 48 million Americans with hearing loss are younger than 60. Hearing loss does accelerate with age: Almost 30 percent of those between ages 50 and 59 suffer from some degree of [impaired hearing](#) in one or both ears; 45 percent of people between 60 and 69 have impaired hearing; and three-quarters of those older than 70 do.

Myth: Your hearing loss was caused by all those rock concerts years ago.

Truth: They certainly didn't help, but there are many other contributors, including the normal aging process, genetics, medications, smoking, a poor diet and diabetes. All of these destroy the hair cells in the inner ear — and it's the hair cells that send auditory signals to your brain. Once hair cells are damaged, they're damaged. There's no approved drug that will regrow them in humans, though researchers have been able to regenerate the cells in birds and mice.

Myth: If other people would just talk louder, you would hear just fine.

Truth: Hearing is like the body's biological microphone. If you've ever heard anyone speak into a microphone that's damaged, it might be plenty loud, but there's a level of distortion that makes it hard to understand. The goal of today's hearing aid technology is both to make sounds louder and to reduce background noise and extract the more important features of sound to clarify speech. Other technology can turn your hearing aid into a Bluetooth device; some options let you stream directly from your cellphone to your hearing aid, not just for calls but for music apps such as Pandora.

Myth: As long as you can hear some sound, it's OK to wait to get hearing aids.

Truth: The longer you wait, the harder your hearing loss will be to treat. That's because the auditory system in your brain isn't stimulated, and so the brain stops recognizing sound. That's why people with hearing loss who wait to get hearing aids sometimes find that they don't help as much. Fortunately, our brains can "relearn" to hear, thanks to neuroplasticity — the fairly recent finding that the brain can reprogram itself into very old age with the proper stimulation. Practically speaking, that means you have to teach your brain to hear again, by wearing the hearing aids regularly.

Myth: Hearing loss is annoying, but it doesn't really affect your health.

New research from Johns Hopkins University shows that hearing loss may increase your risk of developing dementia. The upside is that research also shows you can improve memory and mood by correcting the hearing loss. And a study that just came out in the journal *Laryngoscope* found that hearing aids can improve balance. Falling is such a big problem for older adults — and some scientists are now suggesting that hearing aids could be used to treat problems with balance.

