

“Never Underestimate the Power of Senior Health”

Hattie Holmes Senior Wellness Center

December 2017 Calendar

Volume 11 Issue 3

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Health Promotion Specialist

Pat Hunt

Fitness Director

Maya Fiellin

Nutrition Director



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

Managed by Mary's Center



LUNCH

Monday-Friday

12:00 p.m. - 1:00 p.m.

REGISTRATION REQUIRED

Site Manager - Dennis Robinson

Hours of Operation

Monday - Wednesday 8:00 a.m. - 4:30 p.m.

Thursday & Friday 8:00 a.m. - 6:00 p.m.

Transportation Available via

Seabury Connector

Maynard Chandler



December 2017

Monday	Tuesday	Wednesday	Thursday	Friday
				<p>1</p> <p>8:00 Open Gym 9:00 Nutrition Consultations 9:00 Butts & Gutts 9:30 Diabetes Support Group 10:00 Cardio Stick (Multi -purpose Room)</p> <p>10:30 Trip – Movie - Roman J. Israel, Esq. Beltway Plaza</p> <p>11:00 Weight Loss 11:30 Town Hall Meeting 12:00 Lunch</p> <p>1:00 Line Dancing 1:00 Cards / Billiards 3:00 Food Demo 3:00 Open Gym 4:00 Nutrition Consultations</p>
<p>4</p> <p>8:00 Open Gym 9:00 Stretch & Tone 9:00 Mending & Alterations 10:00 Enhanced Fitness w/ Kim 11:00 Circuit Training 11:00 Active Living (Conference Room)</p> <p>12:00 Lunch</p> <p>1:00 Line Dancing Beginners 1:00 Crocheting 1:00 Cards / Billiards 2:00 Chair Yoga w/ Moriah 3:00 Open Gym</p>	<p>5</p> <p>8:00 Open Gym 9:00 Tai Chi w/ Jerry 10:00 Enhanced Fitness w/ Arthur 10:30 Enhanced Fitness w/ Arthur 10:30 Arts & Crafts 10:30 Intro to Computers 11:00 Trip – Unique - Value Village 11:00 Practices for Relaxation & Peace 11:00 Pilates w/ Arthur 12:00 Lunch 12:30 Intermediate Computing 1:00 Georgetown Medical Students 1:00 Cards / Billiards 1:00 Aerobics w/ Kojak 1:30 Brain Games 2:00 Strength, Flexibility, & Balance 3:00 Fitness Assessment (By Appointment Only) 3:00 Open Gym</p>	<p>6</p> <p>8:00 Open Gym 8:00 Gym Orientation 9:00 Cardio Lite 9:15 Current Events Discussion Group 9:30 Club Memory 9:30 Quilting 10:00 Enhanced Fitness w/ Kim 11:00 Holiday Challenge 11:00 Men's Fitness 11:00 What are Auto-immune Disorders 11:00 Trip: Arena Stage - Nina Simone: Four Women 12:00 Lunch 1:00 Basic Computer 1:00 Crocheting 1:00 Cards / Billiards 1:15 Chair Aerobics 1:30 Beginners Piano 2:00 Chair Yoga w/ Moriah 3:00 Fitness Assessment (By Appointment Only) 3:00 Open Gym</p>	<p>7</p> <p>8:00 Open Gym 8:00 Gym Orientation 9:00 Tai Chi w/ Jerry 9:00 Nutrition Consultations 10:00 Arthritis Exercise Class w/ Diane Lee 10:45 Color Me Relaxed</p> <p>11:00 Trip – Rock Creek Park 11:00 Sugar vs Sweeteners 11:00 Women's Fitness</p> <p>12:00 Lunch</p> <p>12:30 Knitting 1:00 Cards / Billiards 1:15 Aerobics w/ Kojak 1:30 Howard Study 2:00 Strength, Flexibility, & Balance 2:00 Intro to Spanish 3:00 Advanced Spanish 3:00 Open Gym 4:00 Nutrition Consultations</p>	<p>8</p> <p>8:00 Open Gym 9:00 Nutrition Consultations 9:00 Butts & Gutts 9:30 Trip - Terrific Inc. Holiday Party - 19th St. Baptist 9:30 Diabetes Support Group 10:00 Cardio Stick (Multi -purpose Room) 10:15 Chair Aerobics 11:00 Blood Pressure & Nutrition 11:00 Golden Mat</p> <p>12:00 Lunch</p> <p>1:00 Line Dancing 1:00 Cards / Billiards 2:15 Strength, Flexibility, & Balance 3:00 Food Demo 3:00 Fitness Assessments (By Appointment Only) 3:00 Open Gym 4:00 Nutrition Consultations</p>

December 2017

Monday	Tuesday	Wednesday	Thursday	Friday
<p>11 8:00 Open Gym 9:00 Stretch & Tone 9:00 Mending & Alterations 10:00 Enhanced Fitness w/ Kim 10:30 Trip – GW Textile Museum 11:00 Circuit Training 11:00 Active Living (Conference Room)</p> <p>12:00 Lunch</p> <p>12:30 Holiday Challenge 1:00 Line Dancing Beginners 1:00 Crocheting 1:00 Cards / Billiards 2:00 Chair Yoga w/ Moriah 3:00 Open Gym</p> 	<p>12 8:00 Open Gym 9:00 Tai Chi w/ Jerry 10:00 Enhanced Fitness w/ Arthur 10:30 Enhanced Fitness w/ Arthur 10:30 Arts & Crafts 10:30 Intro to Computers 11:00 Practices for Relaxation & Peace 11:00 Pilates w/ Arthur</p> <p>12:00 Lunch</p> <p>12:30 Intermediate Computing 1:00 Cards / Billiards 1:00 Aerobics w/ Kojak 1:30 Brain Games 2:00 Strength, Flexibility, & Balance 3:00 Fitness Assessments (By Appointment Only) 3:00 Open Gym</p>	<p>13 8:00 Open Gym 8:00 Gym Orientation 9:00 Trip – DC Armory Holiday Party 9:00 Cardio Lite 9:15 Current Events Discussion Group 9:30 Quilting</p> <p>12:00 Lunch</p> <p>1:00 Basic Computer 1:00 Crocheting 1:00 Cards / Billiards 1:15 Chair Aerobics 1:30 Beginners Piano 2:00 Chair Yoga w/ Moriah 3:00 Fitness Assessment (By Appointment Only) 3:00 Open Gym</p>  <p style="text-align: center;">Happy Holidays</p>	<p>14 8:00 Open Gym 8:00 Gym Orientation 9:00 Tai Chi w/ Jerry 9:00 Nutrition Consultations 10:00 Arthritis Exercise Class w/ Diane Lee</p> <p>10:30 Trip – Dutch Market 10:45 Color Me Relaxed 11:00 Diabetes & Diet 11:00 Women's Fitness</p> <p>12:00 Lunch</p> <p>12:30 Knitting 1:00 Cards / Billiards 1:15 Aerobics w/ Kojak 1:30 Howard Study 2:00 Strength, Flexibility, & Balance 2:00 Intro to Spanish 3:00 Advanced Spanish 3:00 Open Gym 4:00 Nutrition Consultations</p>	<p>#HSWE <i>Annual Holiday Party</i> <i>10:30 a.m. - 3:30 p.m.</i></p> 
<p>18 8:00 Open Gym 9:00 Stretch & Tone 9:00 Mending & Alterations 10:00 Enhanced Fitness w/ Kim 11:00 Circuit Training</p> <p>12:00 Lunch</p> <p>1:00 Line Dancing Beginners 1:00 Crocheting 1:00 Cards / Billiards 2:00 Chair Yoga w/ Moriah 3:00 Open Gym</p> 	<p>19 8:00 Open Gym 9:00 Tai Chi w/ Jerry 10:00 Enhanced Fitness w/ Arthur 10:30 Enhanced Fitness w/ Arthur 10:30 Arts & Crafts 10:30 Intro to Computers 10:30 Trip – Bible Museum 11:00 Practices for Relaxation & Peace 11:00 Pilates w/ Arthur</p> <p>12:00 Lunch</p> <p>12:30 Intermediate Computing 1:00 Cards / Billiards 1:00 Aerobics w/ Kojak 1:30 Brain Games 2:00 Strength, Flexibility, & Balance 3:00 Fitness Assessments 3:00 Open Gym</p>	<p>20 8:00 Open Gym 8:00 Gym Orientation 9:00 Cardio Lite 9:30 Club Memory 9:30 Quilting 10:00 Enhanced Fitness w/ Kim 11:00 Seasonal Affective Disorder 11:00 Men's Fitness 12:00 Lunch 12:00 Birthday Party</p> <p>1:00 Basic Computer 1:00 Crocheting 1:00 Cards / Billiards 1:15 Chair Aerobics 1:30 Beginners Piano 2:00 Chair Yoga w/ Moriah 3:00 Fitness Assessment (By Appointment Only) 3:00 Open Gym</p> 	<p>21 8:00 Open Gym 8:00 Gym Orientation 9:00 Tai Chi w/ Jerry 9:00 Nutrition Consultations 10:00 Arthritis Exercise Class w/ Diane Lee 10:30 Trip – Dollar Store 10:45 Color Me Relaxed 11:00 Portion Control 11:00 Women's Fitness</p> <p>12:00 Lunch</p> <p>12:30 Knitting 1:00 Cards / Billiards 1:00 Movie - Mud bound 1:15 Aerobics w/ Kojak 2:00 Strength, Flexibility, & Balance 2:00 Intro to Spanish 3:00 Advanced Spanish 3:00 Food Demo 3:00 Open Gym 4:00 Nutrition Consultations</p>	<p>22 8:00 Open Gym 9:00 Nutrition Consultations 9:00 Butts & Gutts 9:30 Diabetes Support Group 10:00 Cardio Stick (Multi-purpose Room) 10:15 Chair Aerobics 11:00 Diet vs. Lifestyle Change 11:00 Golden Mat</p> <p>12:00 Lunch</p> <p>1:00 Line Dancing 1:00 Cards / Billiards 2:15 Strength, Flexibility, & Balance 3:00 Fitness Assessments (By Appointment Only) 3:00 Food Demo 3:00 Open Gym 4:00 Nutrition Consultations</p> 

December 2017

Monday	Tuesday	Wednesday	Thursday	Friday
<p>25</p> <p><i>Center</i></p> <p><i>Closed</i></p> <p><i>Christmas Day</i></p>  	<p>26</p> <p><i>Center</i></p> <p><i>Closed</i></p> 	<p>27</p> <p>8:00 Open Gym 8:00 Gym Orientation 9:00 Cardio Lite 9:15 Current Events Discussion Group 9:30 Quilting 10:00 Enhanced Fitness w/ Kim 11:00 Men's Fitness 11:00 The Dangers of High Blood Pressure</p> <p>11:30 Massage</p> <p>12:00 Lunch</p> <p>1:00 Basic Computer 1:00 Crocheting 1:00 Cards / Billiards 1:15 Chair Aerobics 1:30 Beginners Piano 2:00 Chair Yoga w/ Moriah 3:00 Fitness Assessments (By Appointment Only) 3:00 Open Gym</p>	<p>28</p> <p>8:00 Open Gym 9:00 Tai Chi w/ Jerry 9:00 Nutrition Consultations 10:00 Arthritis Exercise Class w/ Diane Lee 10:45 Color Me Relaxed 11:00 Meal Plans 11:00 Women's Fitness</p> <p>12:00 Lunch</p> <p>12:30 Knitting 1:00 Cards / Billiards 1:15 Aerobics w/ Kojak 2:00 Strength, Flexibility, & Balance 2:00 Intro to Spanish 3:00 Advanced Spanish 3:00 Food Demo 3:00 Open Gym 4:00 Nutrition Consultations</p>	<p>29</p> <p>8:00 Open Gym 9:00 Nutrition Consultations 9:00 Butts & Gutts 9:30 Diabetes Support Group 10:00 Cardio Stick (Multi-purpose Room) 10:15 Chair Aerobics 11:00 Fruits & Veggies 11:00 Golden Mat</p> <p>12:00 Lunch</p> <p>1:00 Line Dancing 1:00 Cards / Billiards 2:15 Strength, Flexibility, & Balance 3:00 Food Demo 3:00 Fitness Assessments (By Appointment Only) 3:00 Open Gym 4:00 Nutrition Consultations</p>



Recipe to Try... *Broccoli Casserole*

Ingredients

- 2 slices whole-wheat sandwich bread
- 2 pounds broccoli florets
- 3 tablespoons butter, divided
- 2 tablespoons extra-virgin olive oil
- 2 cups diced onion
- 4 cloves garlic, minced
- 1/3 cup all-purpose flour
- 3 1/2 cups low-sodium chicken broth
- 6 ounces reduced-fat cream cheese
- 2 teaspoons Worcestershire sauce
- 3/4 teaspoon ground pepper
- 1/2 teaspoon salt
- 2 cups shredded Colby-Jack Cheese, divided



Directions

- 1) Preheat oven to 300°F. Coat a 9-by-13 inch baking dish with cooking spray.
- 2) Tear bread into pieces and process in a food processor until coarse crumbs form. Spread the breadcrumbs on a baking sheet and bake until dry and crispy, about 10 minutes.
- 3) Meanwhile, bring 1 to 2 inches of water to a boil in a large pot fitted with a steamer basket. Steam broccoli until just tender, 4 to 6 minutes. Chop coarsely and spread evenly in the prepared baking dish.
- 4) Increase oven temperature to 350°F.
- 5) Heat 1 tablespoon butter and the oil in a large saucepan over medium-high heat. Add onion and garlic; cook, stirring frequently, until soft and translucent, 3 to 5 minutes. Sprinkle flour over vegetables and cook for 1 minute. While stirring, slowly pour in chicken broth. Cook, stirring occasionally, until thickened, about 3 minutes. Stir in cream cheese, Worcestershire, pepper and salt, cook, stirring, until smooth, about 2 minutes. Remove from heat and stir in 1 1/2 cups cheese. Pour the cheese sauce over the broccoli.
- 6) Melt the remaining 2 tablespoons butter. Combine the melted butter and the breadcrumbs in a medium bowl. Spread evenly over the broccoli mixture. Top with the remaining 1/2 cup cheese.
- 7) Bake until the cheese is melted and the sauce is bubbling around the edges, 25 to 30 minutes.

Nutrition Information (Serving size: 3/4 cup)

Per serving: 224 calories; 15 fat (8 g sat); 13 g carbohydrates; 11 g protein; 25 mg cholesterol; 215 mg calcium; 331 mg sodium; 412 mg potassium

Food for thought...Your day to fill with richness

You are alive and living, so today, act like it. Put your imagination to use, and then put effort and commitment into creating the good things you imagine.

When conditions change, adapt. When you encounter beauty, enjoy it, without guilt, without judgment, without doubt or worry.

Instead of wondering what certain experiences would be like, find out. Instead of wishing for things to be better, get busy making a positive difference.

Say what you think and do what you say. Follow the dreams that live in the heart of who you are.

Welcome the challenges and feel yourself growing strong as you work through them. Admit what you don't know and make use of what you do know to learn more.

This is your day to fill with the richness of life. See what a great opportunity you have, and live it with all you can.



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

6 Tips for Staying Healthy and Happy During the Holidays

By Leana Wen, M.D.

Christmas, Hanukkah, New Year's — these are supposed to be times of celebration, togetherness, and happiness. Yet, they can bring challenges to our physical and emotional health. Here are six tips for staying healthy and happy during this season of joy.

#1. Eat well. It's common to pack on 5-10 pounds during the holiday season, but there are ways you can eat both healthy and well! Know which foods are high in caloric content and low in nutrition. Don't deprive yourself of such treats, but indulge in moderation. Eat smaller meals instead of "saving yourself" for one huge buffet. Opt for healthy options at home, and when visiting others, bring a healthy dish to share. Be careful of liquid calories, including alcoholic beverages.

#2. Stay active. Exercise is just as important during the holidays as any other time of the year. You should be active at least four to five times a week, preferably with some aerobic exercise every day. The weather may be cold outside, but the winter offers additional fun, too! Ice skating, sledding, snow sprints — all of these can be great exercise. Enlist your loved ones to join you for quality bonding time.

#3. Prevent illness and injuries. Colds and the flu are most prevalent in the winter. Prevent them by washing your hands regularly and urging others to do the same. Stay warm by dressing in layers. Sprinkle sand on icy patches. Watch young ones and assist the elderly, who are at increased risk of falls and other injuries during this time.

#4. Check your heating system. Making sure your heating works and is safe. Carbon monoxide is a silent killer. Install a carbon monoxide detector and test it once a month. Keep grills and generators out of the house, and don't run your car for long periods of time in the garage. Most residential fires also occur in the winter; never leave fireplaces, stoves, and candles unattended.

#5. De-stress. Holidays can be a stressful time. You may be working, and feel the stress of managing your work duties along with additional commitments to your friends and family. You may feel the financial stress of gifts and the interpersonal stress of conflicts. Try to anticipate sources of stress and develop a plan to manage them. This may involve committing to fewer get-togethers or setting a tighter budget. Don't feel guilty; you have to take care of yourself before you can take care of others.

#6. Treat yourself. The holiday spirit is about helping others around you, but you also have to make time to take care of yourself. So treat yourself with something over the holidays. It may be something as simple as sleep. Wake up late and enjoy a day of rest; you need it. How about reading that book you've been meaning to for a long time, or getting a manicure or massage? Take the time to do the things that make you happy.

*Season's
Greetings*