

“Never Underestimate the Power of Senior Health”

Hattie Holmes Senior Wellness Center

July 2017 Calendar

Volume 10 Issue 9

324 Kennedy St.,
Washington, DC 20011
(202) 291-6170
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Teresa Moore
Director

Debbie Queen
Administrative Assistant

Pat Hunt
Fitness Director

Maya Fiellin
Nutrition Director

Stephanie Peters
Health Promotion Specialist

Kim Scales
Fitness Instructor

Victoria Huott
Dietitian

Channing Smith
Office Assistant



Mary's
Center

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 & Derrick VanBuren



July 2017

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p><i>Center</i></p> <p><i>Closed</i></p> <p><i>for</i></p> <p><i>the</i></p> <p><i>Holiday</i></p>	<p>4</p> <p><i>Center</i></p> <p><i>Closed</i></p> <p><i>Independence</i></p> <p><i>Day</i></p> <div style="text-align: center;">  </div>	<p>5</p> <p>8:00 Open Gym</p> <p>8:00 Gym Orientation</p> <p>8:30 Walk w/ Ease</p> <p>9:00 Cardio Lite</p> <p>9:15 Current Events Discussion Group</p> <p>9:30 Quilting</p> <p>10:00 Enhanced Fitness w/ Kim</p> <p>11:00 Staying Safe in Summer's Heat</p> <p>11:00 Arts & Crafts</p> <p>11:00 Men's Fitness</p> <p>11:00 Nutrition Consultations</p> <p>12:00 Lunch</p> <p>1:00 Basic Computer</p> <p>1:00 Cards / Billiards</p> <p>1:00 Crocheting</p> <p>1:30 Beginners Piano</p> <p>1:00 Chair Aerobics</p> <p>1:30 Mindful Eating</p> <p>2:30 Practices for Relaxation & Peace</p> <p>3:00 Fitness Assessments (By Appointment Only)</p> <p>3:00 Open Gym</p>	<p>6</p> <p>8:00 Open Gym</p> <p>8:00 Gym Orientation <i>New</i></p> <p>9:00 Women's Fitness</p> <p>10:00 Arthritis Exercise Class w/ Diane Lee</p> <p>10:30 Trip - Folk life Festival</p> <p>10:45 Color Me Relaxed</p> <p>11:00 Balance & Balls</p> <p>11:00 Anti-Inflammatory Foods</p> <p>12:00 Lunch</p> <p>12:30 Knitting</p> <p>1:00 Cards / Billiards</p> <p>1:15 Aerobics w/ Kojak</p> <p>2:00 Enhanced Fitness w/ Kim (Multi-purpose Room)</p> <p>2:00 Golden Mat</p> <p>2:00 Intro to Spanish</p> <p>3:00 Advanced Spanish</p> <p>3:00 Food Demo</p> <p>3:00 Open Gym</p>	<p>7</p> <p>8:00 Open Gym</p> <p>9:00 Butts & Gutts w/ W. Yates</p> <p>9:00 Walk w/ Ease <i>New</i></p> <p>10:00 Men's Cooking Class w/ Maya (Conference Room)</p> <p>10:00 Cardio Stick (Multi -purpose Room)</p> <p>10:15 Chair Aerobics</p> <p>11:00 Nutrition Bingo</p> <p>11:00 Wii Fit (Massage Room)</p> <p>11:00 Men's Fitness Class</p> <p>12:00 Lunch</p> <p>12:45 Ice Cream Social</p> <p>1:00 Cards / Billiards</p> <p>1:00 Line Dancing</p> <p>1:30 Nutrition Class</p> <p>2:30 Balance & Balls</p> <p>3:00 Fitness Assessments (By Appointment Only)</p> <p>3:00 Open Gym</p>
<p>10</p> <p>8:00 Open Gym</p> <p>9:00 Stretch & Tone</p> <p>9:00 Mending & Alterations</p> <p>9:00 Nutrition Consultations</p> <p>9:30 Living Well Workshop</p> <p>10:00 Enhanced Fitness w/ Kim</p> <p>11:00 Circuit Training</p> <p>11:00 Diabetes - Menu Planning</p> <p>12:00 Lunch</p> <p>1:00 Line Dancing Beginners</p> <p>1:00 Crocheting</p> <p>1:00 Cards / Billiards</p> <p>1:30 Kim -</p> <p>1:30 Metabolic X Syndrome</p> <p>2:00 Chair Yoga w/ Moriah - Cancelled</p> <p>2:30 Biggest Loser Support Group</p> <p>3:00 Open Gym</p>	<p>11</p> <p>8:00 Open Gym</p> <p>9:00 Tai Chi w/ Jerry</p> <p>9:30 Blood Pressure Screening</p> <p>10:00 Chair Aerobics w/ Arthur</p> <p>10:30 Chair Aerobics w/ Arthur</p> <p>10:30 Arts & Crafts</p> <p>10:30 Intro to Computers</p> <p>10:30 Nutrition Class w/ Candice</p> <p>10:30 Active Living (Conference Room)</p> <p>11:00 Pilates w/ Arthur</p> <p>12:00 Lunch</p> <p>12:30 Intermediate Computing</p> <p>1:30 Menu Planning, goal setting & getting organized in your kitchen</p> <p>1:00 Cards / Billiards</p> <p>1:00 Aerobics w/ Kojak</p> <p>1:30 Brain Games</p> <p>2:00 Golden Mat</p> <p>3:00 Open Gym</p>	<p>12</p> <p>8:00 Open Gym</p> <p>8:00 Gym Orientation</p> <p>8:30 Walk w/ Ease</p> <p>9:00 Cardio Lite</p> <p>9:15 Current Events Discussion Group</p> <p>9:30 Club Memory</p> <p>9:30 Quilting</p> <p>10:00 Enhanced Fitness w/ Kim</p> <p>11:00 Arts & Crafts</p> <p>11:00 Men's Fitness</p> <p>11:00 Nutrition Consultations <i>New</i></p> <p>11:00 Choir Rehearsal</p> <p>11:00 Cholesterol 101</p> <p>11:30 - 2:30 Massage</p> <p>12:00 Lunch</p> <p>1:00 Basic Computer</p> <p>1:00 Cards / Billiards</p> <p>1:00 Crocheting</p> <p>1:00 Chair Aerobics</p> <p>1:30 Beginners Piano</p> <p>1:30 Eat this/Not that</p> <p>2:30 Practices for Relaxation & Peace</p> <p>3:00 Fitness Assessments (By Appointment Only)</p>	<p>13</p> <p>8:00 Open Gym</p> <p>8:00 Gym Orientation <i>New</i></p> <p>9:00 Women's Fitness</p> <p>10:00 Arthritis Exercise Class w/ Diane Lee <i>Sold out</i></p> <p>9:30 Trip - Universoul Circus</p> <p>10:45 Color Me Relaxed</p> <p>11:00 Balance & Balls</p> <p>11:00 Keeping the Weight On</p> <p>12:00 Lunch</p> <p>12:30 Knitting</p> <p>1:00 Cards / Billiards</p> <p>1:15 Aerobics w/ Kojak</p> <p>2:00 Enhanced Fitness w/ Kim (Multi-purpose Room)</p> <p>2:00 Golden Mat</p> <p>2:00 Intro to Spanish</p> <p>3:00 Advanced Spanish</p> <p>3:00 Food Demo</p> <p>3:00 Open Gym</p>	<p>14</p> <p>8:00 Open Gym</p> <p>9:00 Walk w/ Ease</p> <p>9:00 Butts & Gutts w/ W. Yates <i>New</i></p> <p>10:00 Men's Cooking Class w/ Maya (Conference Room)</p> <p>10:00 Cardio Stick (Multi -purpose Room)</p> <p>10:15 Chair Aerobics</p> <p>10:30 Trip - Dollar Store</p> <p>11:00 Town Hall Meeting</p> <p>11:00 Wii Fit (Massage Room)</p> <p>11:00 Nutrition Bingo</p> <p>11:00 Men's Fitness Class</p> <p>12:00 Lunch</p> <p>1:00 Cards / Billiards</p> <p>1:00 Line Dancing</p> <p>1:30 Nutrition Class</p> <p>2:30 Balance & Balls</p> <p>3:00 Fitness Assessments (By Appointment Only)</p>

July 2017

Monday	Tuesday	Wednesday	Thursday	Friday
<p>17</p> <p>8:00 Open Gym 9:00 Stretch & Tone 9:00 Mending & Alterations 9:00 Nutrition Consultations 9:30 Living Well Workshop 10:00 Enhanced Fitness w/ Kim 11:00 Circuit Training 11:00 Diabetes - Menu Planning</p> <p>12:00 Lunch</p> <p>1:00 Line Dancing Beginners 1:00 Crocheting 1:00 Cards / Billiards 1:30 Hitting the Target w/ Weight loss & Healthy Eating Goals 2:00 Chair Yoga w/ Moriah 2:30 Biggest Loser Support Group 3:00 Open Gym</p>	<p>18</p> <p>8:00 Open Gym 9:00 Tai Chi w/ Jerry 10:00 Chair Aerobics w/ Arthur 10:30 Chair Aerobics w/ Arthur 10:30 Weight Management 10:30 Intro to Computers 10:30 Active Living (Conference Room) 10:30 Arts & Crafts 11:00 Pilates w/ Arthur 12:00 Lunch 12:30 Intermediate Computing 1:00 Cards / Billiards 1:00 Aerobics w/ Kojak 1:30 Brain Games 2:00 Golden Mat 3:00 Fitness Assessments (By Appointment Only) 3:00 Open Gym</p>	<p>19</p> <p>8:00 Open Gym 8:00 Gym Orientation 8:30 Walk w/ Ease 9:00 Cardio Lite 9:15 Current Events Discussion Group 9:30 Quilting 10:00 Enhanced Fitness w/ Kim 11:00 Arts & Crafts 11:00 Diabetes & Heart Disease: The Deadly Connection 11:00 Arts & Crafts 11:00 Nutrition Consultations 11:00 Men's Fitness 11:00 Choir Rehearsal 12:00 Lunch 1:00 Basic Computer 1:00 Crocheting 1:00 Cards / Billiards 1:30 Beginners Piano 1:30 Chair Aerobics 1:30 Mindful Eating 2:30 Practices for Relaxation & Peace 3:00 Fitness Assessment (By Appointment Only)</p>	<p>20</p> <p>8:00 Open Gym 8:00 Gym Orientation New 9:00 Women's Fitness 10:00 Arthritis Exercise Class w/ Diane Lee 10:30 Trip - Dutch Market 10:45 Color Me Relaxed 11:00 Balance & Balls 11:00 Staying Hydrated</p> <p>12:00 Lunch</p> <p>12:30 Knitting 1:00 Cards / Billiards 1:15 Aerobics w/ Kojak 2:00 Enhanced Fitness w/ Kim (Multi-purpose room) 2:00 Golden Mat 2:00 Intro to Spanish 3:00 Advanced Spanish 3:15 Food Demo 3:00 Open Gym</p>	<p>21</p> <p>8:00 Open Gym 9:00 Walk w/ Ease 9:00 Butts & Gutts New 10:00 Men's Cooking Class w/ Maya (Conference Room) 10:00 Cardio Stick (Multi -purpose Room) 10:15 Chair Aerobics 11:00 Nutrition Bingo 11:00 Wii Fit (Massage Room) 11:00 Men's Fitness Class</p> <p>12:00 Lunch</p> <p>1:00 Cards / Billiards 1:00 Line Dancing 2:30 Balance & Balls 3:00 Fitness Assessments (By Appointment Only) 3:00 Food Demo 3:00 Open Gym 4:00 Nutrition Consultations</p>
<p>24</p> <p>8:00 Open Gym 9:00 Stretch & Tone 9:00 Mending & Alterations 9:00 Nutrition Consultations 9:30 Living Well Workshop 10:00 Enhanced Fitness w/ Kim 11:00 Circuit Training 11:00 Diabetes—Menu Planning</p> <p>12:00 Lunch</p> <p>1:00 Line Dancing Beginners 1:00 Crocheting 1:00 Cards / Billiards 1:30 The Nutrition Secrets of Living to 100 2:00 Chair Yoga w/ Moriah 2:30 Biggest Loser Support Group 3:00 Open Gym 3:30 Nutrition Consultations</p>	<p>25</p> <p>8:00 Open Gym 9:00 Tai Chi w/ Jerry 10:00 Chair Aerobics w/ Arthur 10:30 Chair Aerobics w/ Arthur 10:30 Intro to Computers 10:30 Active Living (Conference Room) 10:30 Arts & Crafts 10:30 Nutrition Class w/ Candice 11:00 Pilates w/ Arthur 12:00 Lunch 12:30 Intermediate Computing 1:00 AARP Driver Safety Course 1:00 Cards / Billiards 1:00 Aerobics w/ Kojak 1:30 Brain Games 1:30 Diet and Kidney Health 2:00 Golden Mat 3:00 Fitness Assessments (By Appointment Only) 3:00 Open Gym</p>	<p>26</p> <p>8:00 Open Gym 8:00 Gym Orientation 8:30 Walk w/ Ease 9:00 Cardio Lite 9:30 Club Memory 9:15 Current Events Discussion Group 9:30 Quilting 10:00 Enhanced Fitness w/ Kim 11:00 Arts & Crafts 11:00 Nutrition Consultations 11:00 Men's Fitness 11:00 The Aging Brain 11:00 Choir Rehearsal 11:30 - 2:30 Massage 12:00 Lunch 1:00 Basic Computer 1:00 Crocheting 1:00 AARP Driver Safety Course 1:00 Cards / Billiards 1:30 Beginners Piano 1:30 Chair Aerobics 1:30 Mindful Eating 2:30 Practices for Relaxation & Peace 3:00 Open Gym</p>	<p>27</p> <p>8:00 Open Gym 8:00 Gym Orientation New 9:00 Women's Fitness 9:30 New Member Orientation 10:00 Arthritis Exercise Class w/ Diane Lee 10:45 Color Me Relaxed 11:00 Superfoods for Seniors 11:00 Balance & Balls 12:00 Lunch 12:30 Knitting 1:00 Cards / Billiards 1:00 Movie - Hidden Figures 1:15 Aerobics w/ Kojak 2:00 Enhanced Fitness w/ Kim (Multi-purpose room) 2:00 Golden Mat 2:00 Intro to Spanish 3:00 Advanced Spanish 3:00 Food Demo 3:00 Open Gym 4:00 Nutrition Consultations</p>	<p>28</p> <p>8:00 Open Gym 9:00 Butts & Gutts 9:00 Walk w/ Ease 10:00 Cardio Stick (Multi -purpose Room) 10:00 Men's Cooking Class w/ Maya (Conference Room) New 10:15 Chair Aerobics 11:00 Wii Fit (Massage Room) 11:00 Nutrition Bingo 11:00 Men's Fitness Class</p> <p>12:00 Lunch</p> <p>1:00 Nutrition class w/ DeAnna 1:00 Cards / Billiards 1:00 Line Dancing 2:30 Balance & Balls 3:00 Fitness Assessments (By Appointment Only) 3:00 Open Gym 4:00 Nutrition Consultations</p>

July / August 2017

Monday	Tuesday	Wednesday	Thursday	Friday
<p>31 8:00 Open Gym 9:00 Stretch & Tone 9:00 Mending & Alterations 9:00 Nutrition Consultations 9:30 Living Well Workshop 10:00 Enhanced Fitness w/ Kim 11:00 Diabetes - Menu Planning 11:00 Circuit Training 12:00 Lunch 1:00 Line Dancing Beginners 1:00 Book Club Meeting - <i>Gather Together in my Name</i> by Maya Angelou 1:00 Crocheting 1:00 Cards / Billiards 1:30 Living for Healthy Kidneys 2:00 Chair Yoga w/ Moriah 2:30 Biggest Loser Support Group 3:00 Open Gym</p>	<p>1 8:00 Open Gym 9:00 Tai Chi w/ Jerry 10:00 Chair Aerobics w/ Arthur 10:30 Chair Aerobics w/ Arthur 10:30 Intro to Computers 10:30 Arts & Crafts 10:30 Living for Healthy Heart 10:30 Active Living (Conference Room) 11:00 Pilates w/ Arthur 12:00 Lunch 12:30 Intermediate Computing 1:00 Aerobics w/ Kojak 1:00 Cards / Billiards 1:30 Brain Games 2:00 Golden Mat 3:00 Fitness Assessments (By Appointment Only) 3:00 Open Gym</p>	<p>2 8:00 Open Gym 8:00 Gym Orientation 8:30 Walk w/ Ease 9:00 Cardio Lite 9:15 Current Events Discussion Group 9:30 Quilting 10:00 Enhanced Fitness w/ Kim 11:00 Arts & Crafts 11:00 Men's Fitness 11:00 Town Hall Meeting 11:00 Nutrition Consultations 11:00 Choir Rehearsal 12:00 Lunch 1:00 Basic Computer 1:00 Crocheting 1:00 Cards / Billiards 1:30 Beginners Piano 1:30 Chair Aerobics 1:30 Nutrition Class 2:30 Practices for Relaxation & Peace 3:00 Fitness Assessments 3:00 Open Gym</p>	<p>3 8:00 Open Gym 8:00 Gym Orientation 9:00 Stretch & Tone 10:00 Arthritis Exercise Class w/ Diane Lee 10:45 Color Me Relaxed 11:00 Nutrition Class 11:00 Balance & Balls 12:00 Lunch 12:30 Knitting 1:00 Cards / Billiards 1:15 Aerobics w/ Kojak 2:00 Enhanced Fitness w/ Kim (Multi-purpose room) 2:00 Golden Mat 2:00 Intro to Spanish 3:00 Advanced Spanish 3:00 Food Demo 3:00 Open Gym 4:00 Nutrition Consultations</p>	<p>4 8:00 Open Gym 9:00 Walk w/ Ease 9:00 Butts & Gutts w/ W. Yates 10:00 Men's Cooking Class w/ Maya (Conference Room) 10:00 Cardio Stick (Multi-purpose Room) 10:15 Chair Aerobics 11:00 Wii Fit (Massage Room) 11:00 Men's Fitness Class 12:00 Lunch 1:00 Cards / Billiards 1:00 Line Dancing 2:30 Balance & Balls 3:00 Food Demo 3:00 Fitness Assessments (By Appointment Only) 3:00 Open Gym 4:00 Nutrition Consultations</p>

New

<p style="color: red; font-weight: bold;">Blood Pressure Screening Tuesday July 11, 2017 @ 9:30 a.m.</p> 	<p style="color: purple;">Club Memory w/ Sibley Hospital Representatives Wednesday July 12, 2017 & July 26, 2017 @ 9:30 a.m.</p> 	<p style="color: teal;">Massage w/ Jada Wednesday July 12, 2017 & Wednesday July 26, 2017 @ 11:00 a.m.</p> 	<p style="color: green;">Ice Cream Social Friday July 7, 2017 12:45 p.m.</p> 	<p style="color: orange;">Book Club Meeting Monday July 31, 2017 @ 1:00 p.m. <i>Gather</i> <i>Together in my Name</i> Maya Angelou</p> 
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Recipe to Try...

Muffin-Tin Pan Crab Cakes

Ingredients

- 1 pound crabmeat
- 2 cups fresh whole-wheat breadcrumbs
- 1/2 red bell pepper, minced
- 3 scallions, sliced
- 1/4 cup reduced-fat mayonnaise
- 2 large eggs
- 1 large egg white
- 10 dashes hot sauce, such as Tabasco
- 1/2 teaspoon celery salt
- 1/4 teaspoon freshly ground pepper
- 6 lemon wedges, for garnish

Directions

1. Preheat oven to 450°F. Generously coat a 12-cup nonstick muffin pan with cooking spray.
2. Mix crab, breadcrumbs, bell pepper, scallions, mayonnaise, eggs, egg white, hot sauce, celery salt and pepper in a large bowl until well combined. Divide mixture evenly among muffin cups. Bake until crispy and cooked through, 20 to 25 minutes. Serve with lemon wedges.

Make Ahead Tip: Cover and refrigerate for up to 2 days. Reheat in the microwave or serve cold.

Tip: To make fresh breadcrumbs: Trim crusts from firm sandwich bread. Tear bread into pieces and process in a food processor until a coarse crumb forms. One slice of bread makes about 1/3 cup crumbs.

Nutrition Information

Serving Size: 2 cakes

Per Serving: Calories 208; Fat 6g (Sat 1g); Protein 23 g; Fiber 4 g; Carbohydrates 17g; Cholesterol 115mg; Potassium 94 mg.

Food for thought...Expect even more

You know what you've achieved in the past. Now, you can build on that experience and do more.

You're familiar with the mistakes you've made. Now, you can learn from those mistakes and avoid repeating them.

You know what has worked well before. Build on that knowledge, expand it, apply it in new areas where it can create even more value.

The possibilities for achievement have grown more numerous since you last considered them. Consider that you can now achieve, and get to work on it.

Remind yourself how great it feels to break new ground, to get good things done. Expect to feel that way again, then do the work to make it happen.

You've made much progress, and now you can make more. You've met many previous expectations so now, take the opportunity to expect even more.



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

Are You Prepared for the Summer Heat?

by Kim Hayes, **AARP**

The heat is on. Make sure you know how to cool off.

Although June 21 is the official first day of summer, temperatures have been rising around many areas of the country for weeks now. A record-setting heat wave in Arizona, California and Nevada even grounded airplanes in the region, and several weather-related deaths have already been reported.

Heat is the number one cause of weather-related direct fatalities, according to the National Weather Service, and more than 600 people die from complications related to extreme heat every year, the Centers for Disease Control and Prevention (CDC) reports. People over the age of 65, those living alone and people with chronic medical conditions are particularly at risk.

Heat exhaustion vs. heatstroke

Heat exhaustion, which occurs when the body overheats, is the precursor to heatstroke. Symptoms include muscle cramps, headaches, and nausea or vomiting. When heat exhaustion is not treated, the person becomes at risk for heatstroke, which, without emergency assistance, can lead to death.

You are in heatstroke if your body temp rises to 104 degrees Fahrenheit or higher, which can cause damage to the brain, heart, kidneys and muscles. Symptoms include altered mental state and behavior, nausea and vomiting, flushed skin, rapid breathing and racing heart rate, according to the Mayo Clinic.

Elevated risk factors

People with chronic medical conditions are at elevated risk for heat exhaustion, according to the CDC. They may be less likely to sense and respond to changes in temperature and could be taking medications that worsen the impact of extreme heat.

Outdoor workers or those in high-temperature indoor areas are also at increased risk. These include firefighters, bakery workers, farmers, construction workers, miners, boiler room workers and factory workers. At even greater risk are workers who are 65 or older, are overweight, have heart disease or high blood pressure, or take certain medications, according to the National Institute for Occupational Safety and Health (NIOSH).

Preventive steps to take

The CDC has a website with specific tips for people 65 and over on dealing with the heat. Here are some of the agency's recommendations.

- ◆ Don't rely solely on a fan to keep you cool during a heat wave, and stay in air-conditioned buildings as much as possible. (Contact your local health department or locate an air-conditioned shelter in your area.)
- ◆ Drink more water than usual, and don't wait until you're thirsty to drink.
- ◆ Check on friends and neighbors during heat waves, and have someone do the same for you.
- ◆ Don't use the stove or oven to cook — it will make you and your house hotter.
- ◆ Wear loose, lightweight, light-colored clothing.
- ◆ Take cool showers or baths.
- ◆ Check the local news for health and safety updates.
- ◆ Seek medical care immediately if you or someone you are caring for has symptoms of heat-related illness.