

“Never Underestimate the Power of Senior Health”

Hattie Holmes Senior Wellness Center

May 2017 Calendar

Volume 10 Issue 8

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Teresa Moore

Director

Pat Hunt

Fitness Director

Stephanie Peters

Health Promotion Specialist

Maya Fiellin

Nutrition Director

Debbie Queen

Office Assistant



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

Managed by Mary's Center



**Mary's
Center**



LUNCH

Monday-Friday

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

REGISTRATION REQUIRED

Site Manager - Dennis Robinson

Hours of Operation

Monday - Friday

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

Transportation Available via

Seabury Connector

Maynard Chandler & Derrick VanBuren



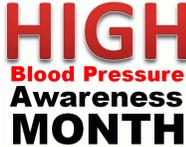
May 2017

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 8:00 Open Gym 9:00 Stretch & Tone 9:00 Mending & Alterations 10:00 DC Senior Games - Opening Ceremony - Howard Theatre 10:00 Enhanced Fitness w/ Kim (Multi-purpose room) 11:00 Circuit Training</p> <p>11:30 Lunch</p> <p>1:00 Line Dancing Beginners 1:00 Crocheting 1:00 Cards / Billiards 3:00 Open Gym</p> <p>DC Senior Games May 1 - May 15</p> 	<p>2 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 Nutrition class 10:30 Active Living (Conference Room) 11:00 Pilates w/ Arthur 11:00 Trip - Arena Stage - A Raisin in the Sun 11:30 Lunch 12:30 Intermediate Computing 1:00 Memoir Writing 1:00 Cards / Billiards 1:00 Aerobics w/ Kojak 1:30 Drama Club 1:30 Brain Games 2:00 Golden Mat 3:00 Fitness Assessments (By Appointment Only) 3:00 Open Gym</p>	<p>3 8:00 Open Gym 8:00 Gym Orientation 8:30 Walk w/ Ease 9:00 Stretch & Tone 9:15 Current Events Discussion Group 9:30 Quilting 10:00 Enhanced Fitness Class w/ Kim (Multi-purpose room) 10:30 Arts & Crafts 11:00 Men's Fitness Class 11:00 Town Hall Meeting 11:30 Lunch 12:30 Chair Yoga w/ Moriah 12:40 Basic Computer 1:00 Cards / Billiards 1:00 Crocheting 1:30 Beginners Piano 1:30 Chair Aerobics 2:30 Practices for Relaxation & Peace 3:00 Fitness Assessments (By Appointment Only) 3:00 Open Gym</p>	<p>4 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 Balls & Balance</p> <p>11:30 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 2:00 Advanced Spanish 3:00 Open Gym</p>	<p>5 8:00 Open Gym 9:00 Butts & Gutts 9:00 Walk w/ Ease 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>11:30 Lunch</p> <p>1:00 Cards / Billiards 1:00 Line Dancing 3:00 Fitness Assessments (By Appointment Only) 3:00 Open Gym</p>
<p>8 8:00 Open Gym 9:00 Stretch & Tone 9:00 Mending & Alterations 10:00 Enhanced Fitness w/ Kim (Multi-purpose Room) 11:00 Circuit Training 11:00 Wills & Trust</p> <p>11:30 Lunch</p> <p>1:00 Line Dancing Beginners 1:00 Crocheting 1:00 Card / Board Games / Billiards 3:00 Open Gym</p>	<p>9 8:00 Open Gym 9:00 Tai Chi w/ Jerry 9:30 Blood Pressure Screening 10:00 Chair Aerobics w/ Arthur 10:30 Chair Aerobics w/ Arthur 10:30 Intro to Computers 10:30 Trip - Building Museum 10:30 Arts & Crafts 10:30 Nutrition class 10:30 Active Living (Conference Room) 11:00 Pilates w/ Arthur</p> <p>11:30 Lunch</p> <p>12:30 Intermediate Computing 1:00 Cards / Billiards 1:00 Aerobics w/ Kojak 1:30 Drama Club 1:30 Brain Games 2:00 Golden Mat 3:00 Open Gym</p>	<p>10 8:00 Open Gym 8:00 Gym Orientation 8:30 Walk w/ Ease 9:00 Stretch & Tone 9:15 Current Events Discussion Group 9:30 Quilting 9:30 Club Memory 10:00 Enhanced Fitness w/ Kim (Multi-purpose Room) 10:30 Reverse Mortgages (DISB) 10:30 Arts & Crafts 11:00 Your Senior Health Glossary 11:00 Men's Fitness 11:30 Lunch 12:40 Basic Computer 1:00 Cards / Billiards 1:00 Crocheting 1:30 Beginners Piano 1:30 Chair Aerobics 2:30 Practices for Relaxation & Peace 3:00 Fitness Assessments (By Appointment Only) 3:00 Open Gym</p>	<p>11 8:00 Open Gym 8:00 Gym Orientation 9:00 Stretch & Tone 10:00 Arthritis Exercise Class w/ Diane Lee</p> <p>10:30 Trip - Dutch Market</p> <p>10:45 Color Me Relaxed 11:00 Balls & Balance 11:30 - 2:30 Massage</p> <p>11:30 Lunch</p> <p>12:30 Knitting 1:00 Movie - I'm Not your Negro 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 Open Gym</p>	<p>12 8:00 Open Gym 9:00 Walk w/ Ease 9:00 Butts & Gutts 10:00 Cardio Stick (Multi -purpose Room) 10:15 Chair Aerobics 11:00 Meet & Greet Maya Fiellin (Nutrition Director) 11:00 Wii Fit (Massage Room) 11:00 Men's Fitness Class</p> <p>11:30 Lunch</p> <p>1:00 Cards / Billiards 1:00 Line Dancing 2:00 Nutrition Consultations 3:00 Fitness Assessments (By Appointment Only) 3:00 Open Gym 3:00 - 7:00 Card Party</p> 

May 2017

Monday	Tuesday	Wednesday	Thursday	Friday
<p>15 8:00 Open Gym 9:00 Stretch & Tone 9:00 Mending & Alterations 10:00 DC Senior Games - Closing Ceremony - Howard Theatre 10:00 Enhanced Fitness w/ Kim (Multi-purpose room) 11:00 Circuit Training</p> <p>11:30 Lunch</p> <p>1:00 Line Dancing Beginners 1:00 Crocheting 1:00 Cards / Billiards 3:00 Open Gym</p> 	<p>16 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 11:00 Pilates w/ Arthur</p> <p>11:30 Lunch</p> <p>12:30 Intermediate Computing 1:00 Cards / Billiards 1:00 Aerobics w/ Kojak 1:30 Drama Club 1:30 Brain Games 2:00 Golden Mat 3:00 Fitness Assessments (By Appointment Only) 3:00 Open Gym</p>	<p>17 8:00 Open Gym 8:00 Gym Orientation 8:30 Walk w/ Ease 9:00 Stretch & Tone 9:15 Current Events Discussion Group 9:30 Quilting 10:00 Enhanced Fitness w/ Kim (Multi-purpose room) 10:30 Arts & Crafts 11:00 Gallstones 101 11:00 Men's Fitness 11:00 DC Brain Games James Thompson 11:30 Lunch 12:30 Chair Yoga w/ Moriah 12:40 Basic Computer 1:00 Crocheting 1:00 Cards / Billiards 1:30 Beginners Piano 1:30 Chair Aerobics 2:30 Practices for Relaxation & Peace 3:00 Fitness Assessments (By Appointment Only) 3:00 Open Gym</p>	<p>18 8:00 Open Gym 8:00 Gym Orientation 9:00 Stretch & Tone 9:30 Nutrition Class 10:00 Arthritis Exercise Class w/ Diane Lee 10:30 Trip - Dollar Store 10:45 Color Me Relaxed 11:00 DC Greens (Farmer's Market Vouchers) 11:00 Balls & Balance 11:30 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>19 8:00 Open Gym 9:00 Walk w/ Ease 9:00 Butts & Gutts 10:00 Cardio Stick (Multi -purpose Room) 10:00 - 2:00 Terrific Inc. Health Fair 19th St. Baptist Church 10:15 Chair Aerobics 11:00 Nutrition Class 11:00 Wii Fit (Massage Room) 11:00 Men's Fitness Class</p> <p>11:30 Lunch</p> <p>1:00 Cards / Billiards 1:00 Line Dancing 2:00 Food Demo 3:00 Fitness Assessments (By Appointment Only) 3:00 Nutrition Consultations 3:00 Open Gym 3:00 - 6:00 Fashion Show / Tea</p>
<p>22 8:00 Open Gym 9:00 Stretch & Tone 9:00 Mending & Alterations 10:00 Enhanced Fitness w/ Kim (Multi-purpose room) 11:00 Circuit Training 11:30 - 2:30 Massage</p> <p>11:30 Lunch</p> <p>1:00 Line Dancing Beginners 1:00 Book Club Meeting - The Water is Wide by Pat Conroy 1:00 Crocheting 1:00 Cards / Billiards 3:00 Open Gym</p>	<p>23 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 11:00 Pilates w/ Arthur</p> <p>11:30 Lunch 12:30 Intermediate Computing 1:00 Cards / Billiards 1:00 Aerobics w/ Kojak 1:00 AARP Driver Safety Course 1:30 Drama Club 1:30 Brain Games 2:00 Golden Mat 3:00 Fitness Assessments (By Appointment Only) 3:00 Open Gym</p>	<p>24 8:00 Open Gym 8:30 Walk w/ Ease 8:00 Gym Orientation 9:00 Stretch & Tone 9:15 Current Events Discussion Group 9:30 Quilting 9:30 Club Memory 10:00 Enhanced Fitness w/ Kim (Multi-purpose room) 10:30 Arts & Crafts 11:00 Men's Fitness 11:00 Destigmatizing Mental Health</p> <p>11:30 Lunch</p> <p>12:30 Chair Yoga w/ Moriah 12:40 Basic Computer 1:00 AARP Driver Safety Course 1:00 Crocheting 1:00 Cards / Billiards 1:30 Beginners Piano 1:30 Chair Aerobics 2:30 Practices for Relaxation & Peace 3:00 Open Gym</p>	<p>25 8:00 Open Gym 8:00 Gym Orientation 9:00 Stretch & Tone 9:30 New Member Orientation 10:00 Arthritis Exercise Class w/ Diane Lee 10:45 Color Me Relaxed 11:00 Nutrition Class 11:00 Balls & Balance</p> <p>11:30 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 Intro to Spanish 2:00 Golden Mat 3:00 Food Demo 3:00 Advanced Spanish 3:00 Open Gym 4:00 Nutrition Consultations</p>	<p>26 8:00 Open Gym 9:00 Butts & Gutts 9:00 Walk w/ Ease 9:15 Food Demo 10:00 Cardio Stick (Multi -purpose Room) 10:15 Chair Aerobics 11:00 Nutrition Class 11:00 Wii Fit (Massage Room) 11:00 Men's Fitness Class</p> <p>11:30 Lunch</p> <p>1:00 Nutrition class w/ DeAnna 1:00 Cards / Billiards 1:00 Line Dancing 2:00 Nutrition Consultations 3:00 Fitness Assessments (By Appointment Only) 3:00 Open Gym</p>

May 2017

Monday	Tuesday	Wednesday	Thursday	Friday
<p>29</p> <p style="color: orange; font-size: 1.2em;"><i>Center Closed Memorial Day</i></p> 	<p>30</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 Arts & Crafts 10:30 Nutrition Class 10:30 Active Living (Conference Room) 11:00 Pilates w/ Arthur</p> <p>11:30 Lunch</p> <p>12:30 Intermediate Computing 1:00 Aerobics w/ Kojak 1:00 Cards / Billiards 1:30 Drama Club 1:30 Brain Games 2:00 Golden Mat 3:00 Fitness Assessments (By Appointment Only) 3:00 Open Gym</p>	<p>31</p> <p>8:00 Open Gym 8:00 Gym Orientation 8:30 Walk w/ Ease 9:00 Stretch & Tone 9:15 Current Events Discussion Group 9:30 Quilting 10:00 Enhanced Fitness w/ Kim (Multi-purpose) 10:30 Arts & Crafts 11:00 Men's Fitness 11:00 The Aging Eye 11:30 Lunch 12:30 Chair Yoga w/ Moriah 12:40 Basic Computer 1:00 Crocheting 1:00 Cards / Billiards 1:30 Beginners Piano 1:30 Chair Aerobics 2:30 Practices for Relaxation & Peace 3:00 Fitness Assessments (By Appointment Only) 3:00 Open Gym</p> 	<div style="text-align: center;">  </div> <div style="text-align: center;">  </div> <div style="text-align: center;">  </div> <div style="text-align: center;">  </div> <div style="text-align: center;">  </div> <div style="text-align: center;">  </div>	<p style="color: red; font-size: 1.2em;">Blood Pressure Screening Tuesday May 9, 2017 @ 9:30 a.m.</p>
<p style="color: red; font-size: 1.2em;">Blood Pressure Screening Tuesday May 9, 2017 @ 9:30 a.m.</p> 	<p style="color: purple; font-size: 1.2em;">Club Memory w/ Sibley Hospital Representatives Wednesday May 10, 2017 & May 24, 2017 @ 9:30 a.m.</p> 	<p style="color: teal; font-size: 1.2em;">Massage w/ Jada Wednesday May 11, 2017 & Wednesday May 22, 2017 @ 11:00 a.m.</p> 	<p style="color: green; font-size: 1.2em;">Fashion Show & Tea Friday May 19, 2017 @ 3:00 p.m. - 6:00 p.m.</p> 	<p style="color: orange; font-size: 1.2em;">Book Club Meeting Monday May 22 2017 @ 1:00 p.m. The Water is Wide Pat Conroy</p> 



Recipe to Try...

Strawberry Shortcake Cupcakes

Ingredients

- 3/4 cup white whole-wheat flour
- 1/2 cup all-purpose flour
- 1 1/2 teaspoons baking powder
- 1/4 teaspoon salt
- 3/4 cup granulated sugar
- 1/2 cup coconut oil or butter
- 2 large eggs
- 2 1/2 teaspoons vanilla extract, divided
- 1/2 cup nonfat milk
- 12 medium strawberries, hulled, plus more for garnish
- 3/4 cup whipping cream
- 2 tablespoons confectioners' sugar

Directions

1. Preheat oven to 350°F. Line 12 (1/2-cup) muffin cups with paper liners.
2. Whisk whole-wheat flour, all-purpose flour, baking powder and salt in a medium bowl.
3. Beat granulated sugar and coconut oil (or butter) in a large mixing bowl with an electric mixer on medium speed until combined. Add eggs and 2 teaspoons vanilla; beat until well combined.
4. With the mixer on low, alternately mix in the dry ingredients and milk, starting and ending with dry ingredients and scraping the sides of the bowl as needed, until just combined. Divide the batter among the prepared cups.
5. Bake the cupcakes until a toothpick inserted in the center comes out clean, 18 to 20 minutes. Let cool in the pan for 5 minutes. Transfer the cupcakes to a wire rack and let cool completely.
6. Just before serving, cut a cone-shaped hole just smaller than a strawberry into the top of each cupcake and fill it with one of the strawberries.
7. Combine cream, confectioners' sugar and the remaining 1/2 teaspoon vanilla in a mixing bowl; beat with an electric mixer on medium speed until frothy. Increase speed to high and whip just until medium-stiff peaks form. Frost each cupcake with 1 1/2 tablespoons whipped cream and top with additional sliced strawberries, if desired.

Food for thought...Positive and realistic

Being positive about your prospects will improve your prospects. You'll be more energetic, more persistent, more effective.

A positive perspective might be justified, or it might not be. In either case, it's the best choice.

Being positive does not mean you must deny that negative factors exist. Rather, it means you commit yourself to successfully working through those negative influences.

You'll encounter plenty of challenges pushing back against your efforts. Don't let your won outlook be one of those challenges.

Though negativity might be the most obvious reaction, it is not in your best interest. You can always choose to be both positive and realistic.

Give yourself the advantage of a positive perspective. No matter how difficult the situation, being positive will put you in the best position to deal with it.



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

Heart Healthy Tips for Senior Nutritional Needs

By Mary Otte

Studies have shown that we tend to cut back on eating as we age, though clearly every individual has a different appetites, body types, metabolisms, nutritional needs and health challenges. The best advice for maintaining cardiovascular health is to get plenty of exercise and eat a balanced diet made up of small portions lacking in salt, processed sugars and saturated fats, yet high in the right vitamins, proteins, healthy fats like the ones found in fish and lots of fresh veggies and fruits. In fact, when it comes to eating the best we can, farm fresh produce, meats, whole grains and other non-processed foods are optimal. Eating organically also keeps us from ingesting unnecessary and potentially harmful things like fertilizers, animal hormones or antibiotics and other types of chemicals.

Cutting back on calories isn't for everyone, though, and not just because we love our sweets. If you or an elderly person in your life has trouble swallowing or takes medications that decrease appetite, getting the proper amount of healthy calories can be a challenge. Being able to swallow food without the fear of choking or having food 'stuck in your throat' is very important, as having a fear of eating can develop into an eating disorder and compound already challenging medical issues. Food thickeners and purees help eating to become a pleasurable experience again for those living with a swallowing disorder.

Loss of appetite can contribute to frailty and lack of energy. Liquid protein and vitamin supplements make getting necessary nutrients an easier feat to accomplish. Boost VHC nutritional drinks provide 530 calories per serving to support weight gain and maintenance goals. Each Boost VHC contains high protein calories to develop lean muscle mass while keeping on weight.

Here's some **great** news: **dark chocolate** has been shown to have benefits like boosting your mood and thus reducing stress (less stress = healthier heart), however, it was also reported by researchers in the open access journal *BMC Medicine* that the flavanol compounds in chocolate, "promotes vasodilation and consequently may lower blood pressure." This doesn't mean you should polish off that box of Valentine's Day chocolates in a single sitting, though it is a special occasion and hence *possible* exception... Just keep in mind that chocolate is also high in fat and sugars, so around an ounce of the dark stuff is a heart healthy dose.

Another nice discovery revolves around the **benefits of red wine**. Two glasses at the end of the day (moderation is key) have been shown to improve heart health through its antioxidant polyphenol, which may assist in protecting the lining of blood vessels found in your heart. Another ingredient, resveratrol might help to prevent blood clots. Cheers to your heart!

Drinking soda, however, is a big no-no. It's very high in sugar and empty calories and has been linked to diabetes and cardiovascular problems in a big way. Calories without nutritional value can lead to weight gain. Our bodies simply think of them as "extra," literally sending them "straight to our hips."

The long and short of it is to make sure the right calories in the right amounts are being consumed, to cut down on sodium, fat and sugar and to exercise at the level that you or the person you care for is able. Unfortunately, this means cutting down or out many of our favorite foods: cheeseburgers, french fries, chips, high fat/salty breakfasts like bacon, eggs, fried potatoes and butter toast or sugary ones like pancakes with syrup or compote and whipped cream—not to mention dessert. But with the dark chocolate backup, seasonal fruits, a glass or two of cabernet sauvignon and nutritious desserts like Boost pudding—a great option, as it has seven grams of protein per serving and comes in the yummy, classic flavors of vanilla, chocolate and butterscotch—we can keep our hearts and bodies in good shape, while still enjoying the finer things in life.