Hattie Holmes Senior Wellness Center

April 2018 Calendar

Volume 11 Issue 7

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

Teresa Moore

Director

Debbie Queen

Administrative Assistant

Channing Smith Office Assistant

Stephanie Peters

Health Promotion Specialist

Pat Hunt Fitness Director

Ayana Habyermariam
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

Hours of Operation

Monday - Friday 8:00 a.m. - 4:30 p.m. Transportation Available via Seabury Connector







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Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
3:00 Open Gym	8:00 Open Gym	8:00 Open Gym	8:00 Open Gym	8:00 Open Gym
9:00 Stretch & Tone	9:00 Tai Chi w/ Jerry	8:00 Gym Orientation	8:00 Gym Orientation	9:00 Butts & Gutts
9:00 Mending &	10:00 Enhanced	9:00 Cardio Lite	9:00 Tai Chi w/ Jerry	10:00 Cardio Stick
Alterations	Fitness w/ Arthur	9:15 Current Events	9:30 Living Well -	(Multi -purpose Room)
10:00 Enhanced	10:30 Enhanced	Discussion Group	Chronic Disease Self-	10:00 Chair Aerobics
Fitness w/ Kim	Fitness w/ Arthur	9:30 Quilting	Management Course	11:00 Balance &
11:00 Circuit	10:30 Intro to	10:00 Enhanced	10:00 Arthritis Exercise	Stability
Training	Computers	Fitness w/ Kim	Class w/ Diane Lee	
11:30 Budget Town	11:00 Practices for	10:00 Balance &	10:45 Color Me Relaxed	11:00 Town Hall
Hall Meeting @ Emery	Relaxation & Peace	Stability	11:00 Women's Fitness	Meeting
	11:00 Pilates w/ Arthur	11:00 Men's Fitness		
12:00 Lunch		11:00 Colorectal	12:00 Lunch	12:00 Lunch
	12:00 Lunch	Cancer Education		
1:00 Line Dancing			12:30 Knitting	1:00 Cards / Billiards
Beginners	12:30 Intermediate	12:00 Lunch	1:00 Cards / Billiards	1:00 Line Dancing
1:00 Crocheting	Computing		1:15 Aerobics w/	3:00 Fitness
1:00 Cards / Billiards	1:00 Cards / Billiards	1:00 Basic Computer	Kojak	Assessments
2:00 Chair Yoga w/	1:00 Aerobics w/	1:00 Crocheting	2:00 Strength &	(By Appointment Only
Moriah	Kojak	1:00 Cards / Billiards	Flexibility	3:00 Open Gym
3:00 Open Gym	1:30 Brain Games	1:15 Chair Aerobics	2:00 Intro to Spanish	
	1:30 Drama Club	1:30 Beginners Piano	3:00 Advanced Spanish	
	2:00 Strength &	2:00 Chair Yoga w/	3:00 Open Gym	
	Flexibility	Moriah		
	3:00 Fitness	3:00 Fitness		
	Assessments (Py Appointment Only)	Assessments (By Appointment Only)		
	(By Appointment Only)	(By Appointment Only)		
	3:00 Open Gym	3:00 Open Gym		
	3:00 Open Gym	3:00 Open Gym		
	3:00 Open Gym	3:00 Open Gym		
9	10	3:00 Open Gym	12	13
	10 8:00 Open Gym	11 8:00 Open Gym	8:00 Open Gym	8:00 Open Gym
8:00 Open Gym	10	11		
8:00 Open Gym 9:00 Stretch & Tone	10 8:00 Open Gym	11 8:00 Open Gym	8:00 Open Gym	8:00 Open Gym
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8:00 Open Gym 9:00 Stretch & Tone 9:00 Mending & Alterations 10:00 Enhanced	10 8:00 Open Gym 9:00 Tai Chi w/ Jerry 10:00 Enhanced Fitness w/ Arthur 10:30 Enhanced	11 8:00 Open Gym 8:00 Gym Orientation 9:00 Cardio Lite 9:15 Current Events Discussion Group	8:00 Open Gym 8:00 Gym Orientation 9:00 Tai Chi w/ Jerry 9:30 Living Well - Chronic Disease Self-	8:00 Open Gym 9:00 Butts & Gutts 10:00 Cardio Stick (Multi -purpose Room) 10:00 Chair Aerobics
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April 2018				
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16	17	18	19	20
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1:00 Book Club Meeting - The Rooster Bar by John Grisham	Relaxation & Peace 11:00 Pilates w/ Arthur 12:00 Lunch	10:00 Balance & Stability 10:30 Trip – Botanic Gardens	10:30 Trip - Publick Playhouse - Dallas Black Dance Theatre 10:45 Color Me	11:00 Balance & Stability
1:00 Georgetown Students	12:30 Intermediate	11:00 The Importance of Sleep	Relaxed	12:00 Lunch
1:00 Line Dancing Beginners	Computing 1:00 Cards / Billiards	11:00 Men's Fitness 11:30 - 2:30 Massage	11:00 Women's Fitness	1:00 Line Dancing 1:00 Cards / Billiards
1:00 Crocheting 1:00 Cards / Billiards 2:00 Chair Yoga w/	1:00 Aerobics w/ Kojak 1:00 AARP Driver	12:00 Lunch 12:00 Birthday Party 1:00 Basic Computer	12:00 Lunch 12:30 Knitting	3:00 Fitness Assessments (By Appointment Only)
Moriah 3:00 Open Gym	Safety Course 1:30 Brain Games 1:30 Drama Club 2:00 Strength &	1:00 Crocheting 1:00 Cards / Billiards 1:00 AARP Driver Safety Course	1:00 Cards / Billiards 1:00 In-house movie - TBA 1:15 Aerobics w/	3:00 Open Gym
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	3:00 Open Gym	3:00 Fitness Assessment (By Appointment Only)		

April / May 2018

Monday	Tuesday	Wednesday	Thursday	Friday
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Living Well -	Club Memory	March	AARP	Massage
Chronic Disease Self-	w/ Sibley Hospital	Birthday Party	Driver Safety Course	Wednesday
Management	Representatives	Wednesday	Tuesday &	April 25, 2018
Course	Wednesday April 11, 2018	April 25, 2018	Wednesday	
Thursday's	£	@	April 24, 2018	@
9:30 a.m. ~ 11:30 a.m.	April 25, 2018	12:00 p.m.	April 25, 2018	11:30 a.m.
	@		@	
	9:30 a.m.	Happy	1:00 p.m.	
Chronic Disease Self-Management Program Developed by Startord School of Medicine		Birthday	Drive Safe.	

Recipe to Try...

Spinach & Dill Pasta Salad

Ingredients

- 1 tablespoon white-wine vinegar
- 1 tablespoon extra-virgin olive oil
- 1/4 teaspoon dried dill
- 1/8 teaspoon garlic powder
- 1/8 teaspoon salt
- 1/8 teaspoon ground pepper
- 3/4 cup cooked whole-wheat fusilli or penne
- 1 cup spinach
- 1/2 cup shelled edamame (thawed if frozen)
- 2 tablespoons shredded vegan cheese (regular cheese)
- 1 tablespoon finely chopped red onion



Directions

- 1) Whisk vinegar, oil, dill garlic powder, salt and pepper in a medium bowl.
- 2) Add pasta, spinach, tomatoes, edamame, cheese and onion; stir to combine.

Nutrition Information (2 1/2 cups)

Per serving: 367 calories; 19 g fat (2 g sat); 7 g fiber; 41 g carbohydrates; 12 g protein; 166 mcg folate; 0 mg cholesterol; 4 g sugars; 0 g added sugars; 181 mg calcium; 417 mg sodium; 564mg potassium.

Food for thought...Live life well

Don't just wish you could get it right and live life well, someday, somehow. Open yourself to the great possibilities of this moment, and live well on this very day.

If you're worried about anything, consider this. Worry is only possible when you've forgotten how strong, capable, flexible, resourceful, resilient you can be.

Remind yourself of all the successful actions you've taken to get to this point. Implore yourself to put all that powerful capability to use, today.

Go ahead, allow yourself to feel the way you'd most like to feel. Then go ahead, and act on those positive feelings, empowered by your own will to do great things.

Today belongs to you, and is your time to make a difference. Watch your courage as it carries you forward, giving new value to all you love.

Jump far beyond mere planning, wishing, and hoping for a great life. Push yourself into positive action today, and live life well in your own beautiful way.



Cappy Birthday to all who were born in the month of April!

4 Anti-Aging Secrets That Don't Involve Diet or Exercise

By Greg Chertok

Most research on aging – and the steps we can take to slow or reverse its effects – has focused on physical, tangible measures like genetic differences between healthy and unhealthy populations, and the ways in which living healthfully through regular physical activity can actually alter our genetic expression. There's great appeal to focusing consumers' attention on things that can be purchased and physically experienced – buy *this*, eat *that*, do three set of *these* – since it provides the sense that health is one item, or one plank, away.

But while healthy people share many of the same physical characteristics – healthy diet, frequent exercise, sufficient sleep – there's more to living a long, healthy life that's often overlooked. Healthy folks also share many of the same mental and emotional characteristics. A recent study, for example, examined the personality traits of several hundred Italians over the age of 90 and found that they have lots in common, personality-wise. Here's what the rest of us can learn from them – no matter our age or where we live:

1. Positivity breeds longevity.

Successful people maintain a positive focus in life no matter what is going on around them. When that's not possible, they can bring themselves back to positivity quickly. They focus more of their attention on how their past successes can guide them, rather than how their past failures can derail them. They focus on the actionable steps they must take to get them closer to accomplishing goals, rather than on all the distractions and obstacles that get in their way. While some people are simply predisposed to greater levels of optimism than others, rest assured that optimistic people don't necessarily experience greater amounts of positive life events – they just do a better job of interpreting the events in their lives in more optimistic ways.

To become a glass-half-full person, try flipping your "positive switch" in any given moment and see if you can spot the positives: A freezing morning allows you to appreciate the picturesque snow-covered trees on your morning drive to work, a tough jog wins you a warm smile by a fellow jogger, a hectic morning is lightened by a loving interaction between your children, a day at the office comes with a sense of accomplishment and muscle soreness leads to gains in strength. These positive moments exist; it's just a matter of lifting our heads and opening our attention to them.

2. Stubbornness can be a good thing.

We often associate stubbornness with the aging grandma who refuses to give up driving, despite her oblivious recklessness behind the wheel, or the spouse who constantly locks himself out of the house yet still chooses not to put a spare key underneath the mat in the garage. But a determination to stay the course and a refusal to change an attitude about something despite what others might say isn't always a bad thing. The athlete who got cut from the varsity team for two years and then finally made it because he refused to give up is remarkably stubborn. So is the runner who insists on the same trail run each morning in snow and rain and heat and the gloom of night. In these cases, stubbornness is inspiring.

3. Your life may depend on your relationships.

As a species wired for social connectedness, we inherently know how important it is to live a life with sustained intimate relationships. Harvard psychiatrist Robert Waldinger is the director of the Laboratory of Adult Development at Massachusetts General Hospital, where he's spearheading a study on adult happiness that has tracked hundreds of American men for over 75 years. In his TED talk outlining the findings, his main conclusion, beautiful in its simplicity, demonstrated just that: form good relationships and you'll be all right.

4. Having great decision-making skills - without caring what others think - pays dividends.

As a social species, we're also powerfully invested in others' perceptions and judgments of us and the decisions we make. Many of us are hampered to make even the most trivial decisions – say, choosing a restaurant for a social gathering or buying a new shirt – because of a fear of what others might think. But that type of worry isn't helping you. Instead, try being more committed to the decisions that make you happy than the ones that are "right." Imagine the freedom you'd feel if you unapologetically decide to wear the outfit to the gym that makes you feel most comfortable, regardless of its fashion rating, or to spend time with the people that make you feel most comfortable, regardless of their popularity. The words showered upon preschoolers are just as true, and certainly more difficult, for mature folks to follow: Be true to yourself. As our Italian friends show us, your life won't only be happier, but also healthier and longer, for it.