

“Never Underestimate the Power of Senior Health”

Hattie Holmes Senior Wellness Center

April 2018 Calendar

Volume 11 Issue 7

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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



April 2018

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>8:00 Open Gym 9:00 Stretch & Tone 9:00 Mending & Alterations 10:00 Enhanced Fitness w/ Kim 11:00 Circuit Training 11:30 Budget Town Hall Meeting @ Emery</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>3</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 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 1:30 Drama Club 2:00 Strength & Flexibility 3:00 Fitness Assessments (By Appointment Only) 3:00 Open Gym</p>	<p>4</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 10:00 Balance & Stability 11:00 Men's Fitness 11:00 Colorectal Cancer Education</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>5</p> <p>8:00 Open Gym 8:00 Gym Orientation 9:00 Tai Chi w/ Jerry 9:30 Living Well - Chronic Disease Self-Management Course 10:00 Arthritis Exercise Class w/ Diane Lee 10:45 Color Me Relaxed 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 2:00 Intro to Spanish 3:00 Advanced Spanish 3:00 Open Gym</p>	<p>6</p> <p>8:00 Open Gym 9:00 Butts & Gutts 10:00 Cardio Stick (Multi -purpose Room) 10:00 Chair Aerobics 11:00 Balance & Stability</p> <p>11:00 Town Hall Meeting</p> <p>12:00 Lunch</p> <p>1:00 Cards / Billiards 1:00 Line Dancing 3:00 Fitness Assessments (By Appointment Only) 3:00 Open Gym</p>
<p>9</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 Healthy Eating Course</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>10</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 Nutrition Ed. w/ Jannay 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 1:30 Drama Club 2:00 Strength & Flexibility 3:00 Fitness Assessments (By Appointment Only) 3:00 Open Gym</p>	<p>11</p> <p>8:00 Open Gym 8:00 Gym Orientation 9:00 Cardio Lite 9:15 Current Events Discussion Group 9:30 Quilting 9:30 Club Memory 10:00 Enhanced Fitness w/ Kim 10:00 Balance & Stability SOLD OUT 10:30 Trip - Arena Stage - Two Trains Running (\$60) 11:00 Arthritis 101 11:00 Men's Fitness 11:00 Short Story Program 12:00 Lunch 1:00 Basic Computer 1:00 Crocheting 1:00 Cards / Billiards 1:00 Wellness Challenge Celebration 1:15 Chair Aerobics 1:30 Beginners Piano 2:00 Chair Yoga w/ Moriah 3:00 Open Gym</p>	<p>12</p> <p>8:00 Open Gym 8:00 Gym Orientation 9:00 Tai Chi w/ Jerry 9:30 Living Well - Chronic Disease Self-Management Course 10:00 Arthritis Exercise Class w/ Diane Lee 10:30 Trip - Dutch Market</p> <p>10:45 Color Me Relaxed 11:00 Women's Fitness</p> <p>12:00 Lunch</p> <p>12:30 Knitting 1:00 Cards / Billiards 1:00 In-house movie - TBA 1:15 Aerobics w/ Kojak 2:00 Strength & Flexibility 2:00 Intro to Spanish 3:00 Advanced Spanish 3:00 Open Gym</p>	<p>13</p> <p>8:00 Open Gym 9:00 Butts & Gutts 10:00 Cardio Stick (Multi -purpose Room) 10:00 Chair Aerobics 11:00 Balance & Stability</p> <p>12:00 Lunch</p> <p>1:00 Line Dancing 1:00 Cards / Billiards 3:00 Fitness Assessments (By Appointment Only) 3:00 Open Gym</p>

April 2018

Monday	Tuesday	Wednesday	Thursday	Friday
<p>16</p> <p><i>Center</i></p> <p><i>Closed</i></p> <p><i>Emancipation</i></p> <p><i>Day</i></p> 	<p>17</p> <p>8:00 Open Gym</p> <p>9:00 Tai Chi w/ Jerry</p> <p>10:00 Enhanced Fitness w/ Arthur</p> <p>10:30 Enhanced Fitness w/ Arthur</p> <p>10:30 Intro to Computers</p> <p>11:00 Practices for Relaxation & Peace</p> <p>11:00 Pilates w/ Arthur</p> <p>12:00 Lunch</p> <p>12:30 Intermediate Computing</p> <p>1:00 Cards / Billiards</p> <p>1:00 Aerobics w/ Kojak</p> <p>1:30 Drama Club</p> <p>2:00 Strength & Flexibility</p> <p>3:00 Fitness Assessments (By Appointment Only)</p> <p>3:00 Open Gym</p> 	<p>18</p> <p>8:00 Open Gym</p> <p>8:00 Gym Orientation</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>10:00 Balance & Stability</p> <p>11:00 Men's Fitness</p> <p>12:00 Lunch</p> <p>1:00 Basic Computer</p> <p>1:00 Cards / Billiards</p> <p>1:00 Crocheting</p> <p>1:15 Chair Aerobics</p> <p>1:30 Beginners Piano</p> <p>2:00 Chair Yoga w/ Moriah</p> <p>3:00 Fitness Assessment (By Appointment Only)</p> <p>3:00 Open Gym</p>	<p>19</p> <p>8:00 Open Gym</p> <p>8:00 Gym Orientation</p> <p>9:00 Tai Chi w/ Jerry</p> <p>9:30 Living Well - Chronic Disease Self-Management Course</p> <p>10:00 Arthritis Exercise Class w/ Diane Lee</p> <p>11:00 Women's Fitness</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 Strength & Flexibility</p> <p>2:00 Intro to Spanish</p> <p>3:00 Advanced Spanish</p> <p>3:00 Open Gym</p>	<p>20</p> <p>8:00 Open Gym</p> <p>9:00 Butts & Gutts</p> <p>10:00 Cardio Stick (Multi -purpose Room)</p> <p>10:00 Chair Aerobics</p> <p>10:30 Trip - Dollar Store</p> <p>11:00 Balance & Stability</p> <p>12:00 Lunch</p> <p>1:00 Line Dancing</p> <p>1:00 Cards / Billiards</p> <p>3:00 Fitness Assessments (By Appointment Only)</p> <p>3:00 Open Gym</p> 
<p>23</p> <p>8:00 Open Gym</p> <p>9:00 Stretch & Tone</p> <p>9:00 Mending & Alterations</p> <p>10:00 Enhanced Fitness w/ Kim</p> <p>11:00 Circuit Training</p> <p>12:00 Lunch</p> <p>1:00 Book Club Meeting - The Rooster Bar by John Grisham</p> <p>1:00 Georgetown Students</p> <p>1:00 Line Dancing Beginners</p> <p>1:00 Crocheting</p> <p>1:00 Cards / Billiards</p> <p>2:00 Chair Yoga w/ Moriah</p> <p>3:00 Open Gym</p>	<p>24</p> <p>8:00 Open Gym</p> <p>9:00 Tai Chi w/ Jerry</p> <p>10:00 Enhanced Fitness w/ Arthur</p> <p>10:30 Enhanced Fitness w/ Arthur</p> <p>10:30 Intro to Computers</p> <p>11:00 Practices for Relaxation & Peace</p> <p>11:00 Pilates w/ Arthur</p> <p>12:00 Lunch</p> <p>12:30 Intermediate Computing</p> <p>1:00 Cards / Billiards</p> <p>1:00 Aerobics w/ Kojak</p> <p>1:00 AARP Driver Safety Course</p> <p>1:30 Brain Games</p> <p>1:30 Drama Club</p> <p>2:00 Strength & Flexibility</p> <p>3:00 Fitness Assessments (By Appointment Only)</p> <p>3:00 Open Gym</p>	<p>25</p> <p>8:00 Open Gym</p> <p>8:00 Gym Orientation</p> <p>9:00 Cardio Lite</p> <p>9:15 Current Events Discussion Group</p> <p>9:30 Quilting</p> <p>9:30 Club Memory</p> <p>10:00 Enhanced Fitness w/ Kim</p> <p>10:00 Balance & Stability</p> <p>10:30 Trip - Botanic Gardens</p> <p>11:00 The Importance of Sleep</p> <p>11:00 Men's Fitness</p> <p>11:30 - 2:30 Massage</p> <p>12:00 Lunch</p> <p>12:00 Birthday Party</p> <p>1:00 Basic Computer</p> <p>1:00 Crocheting</p> <p>1:00 Cards / Billiards</p> <p>1:00 AARP Driver Safety Course</p> <p>1:15 Chair Aerobics</p> <p>1:30 Beginners Piano</p> <p>2:00 Chair Yoga w/ Moriah</p> <p>3:00 Fitness Assessment (By Appointment Only)</p>	<p>26</p> <p>8:00 Open Gym</p> <p>8:00 Gym Orientation</p> <p>9:00 Tai Chi w/ Jerry</p> <p>9:30 Living Well - Chronic Disease Self-Management Course</p> <p>10:00 Arthritis Exercise Class w/ Diane Lee</p> <p>10:30 Trip - Publick Playhouse - Dallas Black Dance Theatre</p> <p>10:45 Color Me Relaxed</p> <p>11:00 Women's Fitness</p> <p>12:00 Lunch</p> <p>12:30 Knitting</p> <p>1:00 Cards / Billiards</p> <p>1:00 In-house movie - TBA</p> <p>1:15 Aerobics w/ Kojak</p> <p>2:00 Strength & Flexibility</p> <p>2:00 Intro to Spanish</p> <p>3:00 Advanced Spanish</p> <p>3:00 Open Gym</p>	<p>27</p> <p>8:00 Open Gym</p> <p>9:00 Butts & Gutts</p> <p>10:00 Cardio Stick (Multi -purpose Room)</p> <p>10:00 Chair Aerobics</p> <p>10:30 Trip - Publick Playhouse - Dallas Black Dance Theatre</p> <p>11:00 Balance & Stability</p> <p>12:00 Lunch</p> <p>1:00 Line Dancing</p> <p>1:00 Cards / Billiards</p> <p>3:00 Fitness Assessments (By Appointment Only)</p> <p>3:00 Open Gym</p>

April / May 2018

Monday	Tuesday	Wednesday	Thursday	Friday
<p>30</p> <p>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 Georgetown Students 1:00 Line Dancing Beginners 1:00 Crocheting 1:00 Cards / Billiards 2:00 Chair Yoga w/ Moriah 3:00 Open Gym</p>	<p>1</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 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 Aerobics w/ Kojak 1:00 Cards / Billiards 1:30 Brain Games 1:30 Drama Club 2:00 Strength & Flexibility 3:00 Fitness Assessments (By Appointment Only) 3:00 Open Gym</p>	<p>2</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 10:00 Balance & Stability 11:00 Men's Fitness</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>3</p> <p>8:00 Open Gym 8:00 Gym Orientation 9:00 Tai Chi w/ Jerry 9:30 Living Well - Chronic Disease Self-Management Course 10:00 Arthritis Exercise Class w/ Diane Lee 10:45 Color Me Relaxed 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 2:00 Intro to Spanish 3:00 Advanced Spanish 3:00 Open Gym</p>	<p>4</p> <p>8:00 Open Gym 9:00 Butts & Gutts 10:00 Cardio Stick (Multi-purpose Room) 10:00 Chair Aerobics 11:00 Balance & Stability</p> <p>12:00 Lunch</p> <p>1:00 Line Dancing 1:00 Cards / Billiards 3:00 Fitness Assessments (By Appointment Only) 3:00 Open Gym</p>

<p style="text-align: center;">Living Well - Chronic Disease Self-Management Course</p> <p style="text-align: center;">Thursday's</p> <p style="text-align: center;">9:30 a.m. - 11:30 a.m.</p> 	<p style="text-align: center;">Club Memory w/ Sibley Hospital Representatives</p> <p style="text-align: center;">Wednesday</p> <p style="text-align: center;">April 11, 2018</p> <p style="text-align: center;">&</p> <p style="text-align: center;">April 25, 2018</p> <p style="text-align: center;">@</p> <p style="text-align: center;">9:30 a.m.</p> 	<p style="text-align: center;">March</p> <p style="text-align: center;">Birthday Party</p> <p style="text-align: center;">Wednesday</p> <p style="text-align: center;">April 25, 2018</p> <p style="text-align: center;">@</p> <p style="text-align: center;">12:00 p.m.</p> 	<p style="text-align: center;">AARP</p> <p style="text-align: center;">Driver Safety Course</p> <p style="text-align: center;">Tuesday & Wednesday</p> <p style="text-align: center;">April 24, 2018</p> <p style="text-align: center;">April 25, 2018</p> <p style="text-align: center;">@</p> <p style="text-align: center;">1:00 p.m.</p> 	<p style="text-align: center;">Massage</p> <p style="text-align: center;">Wednesday</p> <p style="text-align: center;">April 25, 2018</p> <p style="text-align: center;">@</p> <p style="text-align: center;">11:30 a.m.</p> 
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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.



Happy 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.