

“Never Underestimate the Power of Senior Health”

Hattie Holmes Senior Wellness Center

December 2018 Calendar

Volume 12 Issue 2

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

Teresa Moore
Director

Debbie Queen
Administrative Assistant

Health Promotion
Stephanie Peters

Fitness
Pat Hunt

Nutrition
Tuesday - Thursday
Brenda Nisbett-Moore



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



December 2018

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 8:00 Open Gym 9:00 Stretch & Tone w/ Marcus 9:00 Mending & Alterations 10:00 Enhance Fitness w/ Arthur (Multi-purpose room) 11:00 Circuit Training w/ Kim</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>4 8:00 Open Gym 8:30 Nutrition Consultations 9:00 Tai Chi w/ Jerry 10:00 Enhance Fitness w/ Arthur (Multi-purpose room) 10:00 Intro to Computers 11:00 Pilates w/ Arthur 11:00 5 Tips for Enjoying the Holiday without Gaining Weight 11:00 Practices for Relaxation & Peace</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 3:00 Nutrition Consults 3:00 Open Gym</p>	<p>5 8:00 Open Gym 8:00 Gym Orientation 9:00 Cardio Lite w/ Marcus 9:30 Quilting 10:00 Chair Aerobics 10:30 Trip – Dollar Store 11:00 Town Hall Meeting 11:15 Sugar vs. Sweeteners 11:00 Men's Fitness w/ Kim 11:00 Arts & Crafts</p> <p>12:00 Lunch</p> <p>1:00 Basic Computer 1:00 Crocheting 1:00 Cards / Billiards 1:15 Full Body Workout w/ Eddie Van 2:00 Chair Yoga w/ Moriah 3:00 Fitness Assessment 3:00 Open Gym 3:00 Nutrition Consultations</p>	<p>6 8:00 Open Gym 8:00 Gym Orientation 8:30 Nutrition Consults 9:00 Tai Chi w/ Jerry 10:00 Arthritis Exercise Class w/ Diane Lee</p> <p>10:30 Trip – Movie - Green Book - AMC Theater 10:45 Color Me Relaxed 11:00 One Pot Meals 11:00 Women's Fitness</p> <p>12:00 Lunch 12:00 Birthday Party (Oct. - Dec.)</p> <p>12:30 Knitting 1:00 Cards / Billiards 1:15 Enhanced Fitness w/ Kojak 2:00 Strength & Flexibility 2:00 Intro to Spanish 2:30 Nutrition Consultations 3:00 Advanced Spanish 3:00 Open Gym</p>	<p>7 8:00 Open Gym 9:00 Butts & Gutts w/ Marcus 9:30 Balance & Stability 9:30 Terrific Inc. Holiday Party - 19th St. Baptist Church</p> <p>10:00 Cardio Stick (Multi -purpose Room) 10:00 Chair Aerobics</p> <p>11:00 Paramount resistance class</p> <p>12:00 Lunch</p> <p>1:00 Cards / Billiards 1:00 Line Dancing 2:00 Yoga w/ Maria 3:00 Fitness Assessments (By Appointment Only) 3:00 Open Gym</p>
<p>10 8:00 Open Gym 9:00 Stretch & Tone w/ Marcus 9:00 Mending & Alterations 10:00 Enhance Fitness w/ Arthur (Multi-purpose room) 11:00 Circuit Training w/ Kim</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>11 8:00 Open Gym 8:30 Nutrition Consultations 9:00 Tai Chi w/ Jerry 10:00 Enhance Fitness w/ Arthur (Fitness room) 10:00 Intro to Computers 10:30 Nutrition Ed. w/ Janay 11:00 Pilates w/ Arthur 11:00 Smart Snacking 11:00 Practices for Relaxation & Peace</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 3:00 Nutrition Consults 3:00 Open Gym</p>	<p>12 8:00 Open Gym 8:00 Gym Orientation 9:00 Mayor's Holiday Party - DC Armory 9:00 Cardio Lite w/ Marcus 9:30 Club Memory 9:30 Quilting 10:00 Chair Aerobics 11:00 Men's Fitness w/ Kim 11:00 Arts & Crafts 11:00 Surviving the Holidays 12:00 Lunch 1:00 Basic Computer 1:00 Crocheting 1:00 Cards / Billiards 1:15 Full Body Workout w/ Eddie Van 1:30 Beginners Piano 1:30 Sugar 101 2:00 Chair Yoga w/ Moriah 3:00 Fitness Assessment 3:00 Open Gym 3:00 Nutrition Consultations</p>	<p>13 8:00 Open Gym 8:00 Gym Orientation 8:30 Nutrition Consultations 9:00 Tai Chi w/ Jerry 10:00 Arthritis Exercise Class w/ Diane Lee</p> <p>10:00 Trip – Gospel Christmas - SOLD OUT Public Playhouse</p> <p>10:45 Color Me Relaxed 11:00 Food Demo– Soup in a Jar 11:00 Women's Fitness</p> <p>12:00 Lunch</p> <p>12:30 Knitting 1:00 Cards / Billiards 1:15 Enhance Fitness w/ Kojak 2:00 Strength & Flexibility 2:00 Intro to Spanish 3:00 Advanced Spanish 2:30 Nutrition Consults 3:00 Open Gym</p>	<p><i>Hattie Holmes</i></p> <p><i>Senior Wellness Center's</i></p> <p>ANNUAL</p> <p>HOLIDAY</p> <p>PARTY</p> <p>10:30 A.M. - 3:30 P.M.</p> 

December 2018

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<p>17 8:00 Open Gym 9:00 Stretch & Tone w/ Marcus 9:00 Mending & Alterations 10:00 Enhance Fitness w/ Arthur (Multi-purpose Room) 11:00 Circuit Training w/ Kim 12:00 Lunch 1:00 Line Dancing Beginners 1:00 Crocheting 1:00 Cards / Billiards 2:00 Chair Yoga w/ Moriah 3:00 Open Gym</p> 	<p>18 8:00 Open Gym 8:30 Nutrition Consults 9:00 Tai Chi w/ Jerry 10:00 Enhance Fitness w/ Arthur (Multi-purpose Room) 10:00 Intro to Computers 11:00 Pilates w/ Arthur 11:00 Probiotics 101: A Beginner's Guide 11:00 Practices for Relaxation & Peace 12:00 Lunch 12:30 Intermediate Computing 1:00 Cards / Billiards 1:00 Aerobics w/ Kojak 1:30 Brain Games 2:00 Strength & Flexibility 3:00 Nutrition Consults 3:00 Open Gym</p>	<p>19 8:00 Open Gym 8:00 Gym Orientation 9:00 Cardio Lite w/ Marcus 9:30 Quilting 10:00 Chair Aerobics 10:00 Current Events Discussion Group 10:30 Trip – National Geographic (\$12.00) 11:00 Arts & Crafts 11:00 Men's Fitness w/ Kim 11:00 Dementia Explained 12:00 Lunch 1:00 Basic Computer 1:00 Cards / Billiards 1:00 Crocheting 1:15 Full Body Workout w/ Eddie Van 1:30 Beginners Piano 1:30 Vitamins and Supplements 2:00 Chair Yoga w/ Moriah 3:00 Fitness Assessment 3:00 Nutrition Consults 3:00 Open Gym</p>	<p>20 8:00 Open Gym 8:00 Gym Orientation 8:30 Nutrition Consults 9:00 Tai Chi w/ Jerry 10:00 Arthritis Exercise Class w/ Diane Lee 10:30 Trip – Dutch Market 10:45 Color Me Relaxed 11:00 Nutrition Jeopardy 11:00 Women's Fitness 12:00 Lunch 12:30 Knitting 1:00 Cards / Billiards 1:15 Enhance Fitness w/Kojak 2:00 Strength & Flexibility 2:00 Intro to Spanish 2:30 Nutrition Consults 3:00 Advanced Spanish 3:00 Open Gym</p>	<p>21 8:00 Open Gym 9:00 Butts & Guts w/ Marcus 9:30 Balance & Stability 10:00 Cardio Stick (Multi -purpose Room) 10:00 Jewelry w/ Geri Brooks 10:00 Chair Aerobics 11:00 Paramount resistance class 12:00 Lunch 1:00 Line Dancing 1:00 Cards / Billiards 2:00 Yoga w/ Maria 3:00 Fitness Assessments (By Appointment Only) 3:00 Open Gym</p> 

<p>24</p> <p style="font-size: 2em; color: red;"><i>Center Closed</i></p> <p style="font-size: 2em; color: red;"><i>Christmas Eve</i></p> <p style="font-size: 3em; color: red;"><i>&</i></p> <p style="font-size: 2em; color: red;"><i>Christmas Day</i></p>  	<p>25</p> <p style="font-size: 2em; color: red;"><i>Center Closed</i></p> <p style="font-size: 2em; color: red;"><i>Christmas Eve</i></p> <p style="font-size: 3em; color: red;"><i>&</i></p> <p style="font-size: 2em; color: red;"><i>Christmas Day</i></p>  	<p>26 8:00 Open Gym 8:00 Gym Orientation 9:00 Cardio Lite w/ Marcus 9:30 Quilting 9:30 Club Memory 10:00 Chair Aerobics 11:00 11:00 Men's Fitness w/ Kim 11:00 Arts & Crafts 11:00 The Aging Body 12:00 Lunch 1:00 Basic Computer 1:00 Crocheting 1:00 Cards / Billiards 1:15 Full Body Workout w/ Eddie Van 2:00 Chair Yoga w/ Moriah 3:00 Fitness Assessment 3:00 Nutrition Consults 3:00 Open Gym</p> 	<p>27 8:00 Open Gym 8:00 Gym Orientation 8:30 Nutrition Consults 9:00 Tai Chi w/ Jerry 10:00 Arthritis Exercise Class w/ Diane Lee 10:45 Color Me Relaxed 11:00 Women's Fitness 12:00 Lunch 12:30 Knitting 1:00 Cards / Billiards 1:15 Enhance Fitness w/Kojak 2:00 Strength & Flexibility 2:00 Intro to Spanish 2:30 Nutrition Consults 3:00 Advanced Spanish 3:00 Open Gym</p>	<p>28 8:00 Open Gym 9:00 Butts & Guts w/ Marcus 9:30 Balance & Stability 10:00 Cardio Stick (Multi -purpose Room) 10:00 Chair Aerobics 10:00 Jewelry w/ Geri Brooks 11:00 Paramount resistance class 12:00 Lunch 1:00 Line Dancing 1:00 Cards / Billiards 3:00 Fitness Assessments (By Appointment Only) 3:00 Open Gym</p> 
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December 2018 / January 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<p>31</p> <p>8:00 Open Gym 9:00 Stretch & Tone w/ Marcus 9:00 Mending & Alterations 10:00 Enhance Fitness w/ Arthur 10:00 Trip – Spirit of Washington - Luncheon Cruise SOLD OUT 11:00 Circuit Training w/ Kim</p> <p>12:00 Lunch</p> <p>1:00 Line Dancing Beginners 1:00 Nutrition w/ Deanna 1:00 Crocheting 1:00 Cards / Billiards 2:00 Chair Yoga w/ Moriah 3:00 Open Gym</p> 	<p>1</p> <p style="color: red; font-size: 1.2em;"><i>Center</i></p> <p style="color: red; font-size: 1.2em;"><i>Closed</i></p> <p style="color: red; font-size: 1.2em;"><i>New Year's</i></p> <p style="color: red; font-size: 1.2em;"><i>Day</i></p> 	<p>2</p> <p>8:00 Open Gym 8:00 Gym Orientation 9:00 Cardio Lite w/ Marcus 9:30 Quilting 10:00 Chair Aerobics 10:00 Current Events Discussion Group 11:00 Men's Fitness w/ Kim 11:00 Arts & Crafts 11:00 Health Promotion 12:00 Lunch</p> <p>1:00 Basic Computer 1:00 Crocheting 1:00 Cards / Billiards 1:15 Full Body Workout w/ Eddie Van 1:30 Vitamins, Minerals and Supplements 1:30 Beginners Piano 2:00 Chair Yoga w/ Moriah 3:00 Nutrition Consultations 3:00 Fitness Assessment (By Appointment Only) 3:00 Open Gym</p>	<p>3</p> <p>8:00 Open Gym 8:00 Gym Orientation 8:30 Nutrition Consultations 9:00 Tai Chi w/ Jerry 10:00 Arthritis Exercise Class w/ Diane Lee 10:45 Color Me Relaxed 11:00 Grains Cooking Demo 11:00 Women's Fitness</p> <p>12:00 Lunch</p> <p>12:30 Knitting 1:00 Cards / Billiards 1:15 Enhance Fitness w/ Kojak 2:00 Strength & Flexibility 2:00 Intro to Spanish 2:30 Nutrition Consultations 3:00 Advanced Spanish 3:00 Open Gym</p>	<p>4</p> <p>8:00 Open Gym 9:00 Butts & Gutts w/ Marcus 9:30 Balance & Stability 10:00 Cardio Stick (Multi -purpose Room) 10:00 Chair Aerobics 10:00 Jewelry w/ Geri Brooks 11:00 Balance & Mobility</p> <p>12:00 Lunch</p> <p>1:00 Line Dancing 1:00 Cards / Billiards 2:00 Yoga w/ Maria 3:00 Fitness Assessments (By Appointment Only) 3:00 Open Gym</p>



Recipes to Try... *Everything Bagel Cheese Ball*

Ingredients

- 8 ounces reduced-fat cream cheese, softened
- 1 1/2 cups shredded Cheddar cheese
- 4 tablespoons everything bagel seasoning, divided

Directions

1. Stir cream cheese, Cheddar and 2 tablespoons seasoning together in a medium bowl.
2. Coat a large piece of plastic wrap with cooking spray. Scoop the cheese mixture onto it. Using the plastic wrap to help you, form the cheese mixture into a ball, then wrap completely in plastic. Refrigerate for at least 1 hour.
3. Just before serving, pour the remaining 2 tablespoons seasoning into a shallow dish. Roll the cheese ball in the seasoning, pressing to adhere.



Fruit Sparklers

Ingredients

- Ice cubes
- 3 cups low-calorie grape juice, low-calorie cranberry juice, or pomegranate juice
- 3 cups sparkling water
- 3/4 cup halved fresh cranberries, halved fresh grapes, or fresh raspberries (optional)

Directions

1. Half fill six tall glasses with ice cubes. Divide grape juice evenly among glasses. Pour sparkling water into glasses, dividing evenly. Stir gently. If desired, float grapes in the drinks.



Food for thought...Ways to be thankful

What you reject and despise, wears you down. What you accept and embrace, and can actually be thankful for, serves to empower you.

You don't have to completely agree with someone in order to be thankful for that person in your life. Through your current situation is far from perfect, there are many things about it to be thankful for.

Instead of rushing to assign blame or hand out judgments, look for ways to be thankful. Enable yourself to see the positive aspect, the opportunities for value.

Rather than plummeting into frustration, despair, or anger, look for ways to be thankful. Give yourself the advantage of a **conscious connection to life's abundance.**

Look for ways to be thankful, and you'll find ways to pull yourself and your whole world forward. Look for ways to be thankful, and you'll discover value, beauty, truth, and possibilities that otherwise would be hidden.

Look for ways to be thankful, and you're doing a whole lot more than just being nice. You're making the whole of your life, and everyone else's, a much richer and more rewarding experience.



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

7 Tips for Keeping Seniors Healthy Over the Holidays

Megan Horst-Hatch

While the holidays are a time of gatherings with family and friends, they can also be a source of stress, as exercise schedules might be disrupted for shopping excursions and rich holiday meals make it difficult to adhere to a particular diet. Staying healthy can be a challenge during this time of year, especially for seniors.

To help you stay healthy during the holidays, reduce their stress and avoid the holiday blues, keep the following tips in mind:

1. Make Healthy Choices

From rich meals to tempting and tasty homemade snacks, the holidays are a time for many to indulge in food -- or overindulge. Try to plan meals with other events in mind. For example, if a big dinner is planned for New Year's Eve, consider serving a lighter lunch of salad or soup.

2. Stay Hydrated

Drinking water is one way you can stay healthy during the holidays. Senior citizens, especially, need to drink plenty of fluids, as not drinking enough water could cause hospitalization. To make it easier to stay hydrated, have water easily accessible at home and keep bottled water in a purse or bag when running errands.

3. Follow Dietary Restrictions

Some seniors must follow special diets, such as one that is low in sodium. It can be difficult to adhere to a diet during busy, stressful times, especially if there aren't any healthy options available. To make it easier to follow dietary guidelines, keep healthy options like fresh-cut vegetables and fruit on hand.

4. Keep Exercising

In many parts of the country, the holidays are synonymous with cold weather and snow. To stick to an exercise schedule, bundle up and invite a friend for a walk around the block if the sidewalks are dry. If it's snowing or icy outside, drive to an indoor shopping mall and walk a few laps while window-shopping.

5. Shake Up Traditions

Between cleaning the house and cooking for a crowd, hosting a big holiday meal can be a source of stress. If you traditionally host a big holiday meal, consider passing the tradition on to the younger generation of family members. If you insist on hosting, ask younger family members to volunteer to clean or prepare part of the meal.

6. Rest After Traveling

For some senior citizens, the holidays are a time to travel long distances to visit family and friends. Whether you travel by car, rail or plane, keep in mind that you might want to rest upon arrival.

7. Take Breaks

Between parties and shopping, the holidays often involve busy days and late nights. If you are planning an all-day outing, carve some time for a nap or a way to relax for a bit, even if it is just to sip tea in a cafe. Little kids, seniors and everyone in between will appreciate it.

With a few preventative measures and a willingness to change some traditions, senior citizens can stay healthy and follow their diets, while also having fun with their family members this holiday season.