

"Never Underestimate the Power of Senior Health"

Hattie Holmes Senior Wellness Center

November 2017 Calendar

Volume 11 Issue 2

324 Kennedy St.,
Washington, DC 20011

(202) 291-6170

Fax (202) 291-2790

Teresa Moore
Director

Debbie Queen
Administrative Assistant

Stephanie Peters
Health Promotion Specialist

Pat Hunt
Fitness Director

Maya Fiellin
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

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



November 2017

Monday	Tuesday	Wednesday	Thursday	Friday
		1 8:00 Open Gym 8:00 Gym Orientation 8:30 Walk w/ Pat 9:00 Cardio Lite 9:15 Current Events Discussion Group 9:30 Quilting 10:00 Enhanced Fitness w/ Kim 10:30 Arts & Crafts 11:00 11:30 Trip – Grocery Store Tour - Giant 11:00 Men's Fitness 12:00 Lunch 1:00 Basic Computer 1:00 Cards / Billiards 1:00 Crocheting 1:15 Chair Aerobics 1:30 Beginners Piano 2:00 Chair Yoga w/ Moriah 3:00 Fitness Assessments 3:00 Open Gym	2 8:00 Open Gym 8:00 Gym Orientation 9:00 Tai Chi w/ Jerry 9:00 Nutrition Consultations 9:30 Living Well Workshop 10:00 Arthritis Exercise Class w/ Diane Lee 10:45 Color Me Relaxed 11:00 Women's Fitness 11:00 Grocery Lists 12:00 Lunch 12:30 Knitting 1:00 Cards / Billiards 1:15 Aerobics w/ Kojak 2:00 Sit & Get Fit w/ Kim 2:00 Strength, Flexibility, & Balance 2:00 Intro to Spanish 3:00 Advanced Spanish 3:00 Men's Fitness 3:00 Food Demo 4:00 Open Gym 4:00 Nutrition Consultations	3 8:00 Open Gym 8:30 Walk w/ Pat 9:00 Nutrition Consultations 9:00 Butts & Gutts 9:30 Diabetes Support Group 10:00 Cardio Stick (Multi-purpose Room) 10:15 Chair Aerobics 10:30 Trip – Publick Playhouse SOLD OUT 11:00 Sugar & Sweeteners 11:00 Golden Mat 12:00 Lunch 1:00 Cards / Billiards 1:00 Line Dancing 2:15 Strength, Flexibility, & Balance 3:00 Food Demo 3:00 Fitness Assessments (By Appointment Only) 3:00 Open Gym 4:00 Nutrition Consultations
6 8:00 Open Gym 9:00 Stretch & Tone 9:00 Mending & Alterations 10:00 Enhanced Fitness w/ Kim 11:00 Circuit Training 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	7 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 Class w/ Candice 10:30 Arts & Crafts 10:30 Intro to Computers 10:30 Trip –GW Museum and Textiles 11:00 Practices for Relaxation & Peace 11:00 Pilates w/ Arthur 12:00 Lunch 12:30 Intermediate Computing 1:00 Cards / Billiards 1:00 Aerobics w/ Kojak 1:30 Drama Club 1:30 Brain Games 2:00 Strength, Flexibility, & Balance 3:00 Open Gym 3:00 Fitness Assessments	8 8:00 Open Gym 8:00 Gym Orientation 8:30 Walk w/ Pat 9:00 Cardio Lite 9:15 Current Events Discussion Group 9:30 Quilting 9:30 Club Memory 10:00 Enhanced Fitness w/ Kim 10:30 Arts & Crafts 11:00 How Diabetes Affects Your Health 11:00 Men's Fitness 12:00 Lunch 1:00 Basic Computer 1:00 Cards / Billiards 1:00 Crocheting 1:15 Chair Aerobics 1:30 Beginners Piano 2:00 Chair Yoga w/ Moriah 3:00 Fitness Assessments 3:00 Open Gym	9 8:00 Open Gym 8:00 Gym Orientation 9:00 Tai Chi w/ Jerry 9:00 Nutrition Consultations 9:30 Living Well Workshop 10:00 Arthritis Exercise Class w/ Diane Lee 10:30 Trip – Dutch Market 10:45 Color Me Relaxed 11:00 Women's Fitness 11:00 Chronic Disease Nutrition 12:00 Lunch 12:30 Knitting 1:00 Cards / Billiards 1:15 Aerobics w/ Kojak 1:30 Howard Study 2:00 Strength, Flexibility, & Balance 2:00 Intro to Spanish 3:00 Food Demo 3:00 Advanced Spanish 3:00 Open Gym 4:00 Nutrition Consultations	10 Center Closed Veteran's Day 



November 2017

Monday	Tuesday	Wednesday	Thursday	Friday
<p>13</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>11:00 Active Living (Conference Room)</p> <p>12:00 Lunch</p> <p>1:00 Georgetown Medical 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>14</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 Enhanced Fitness w/ Arthur</p> <p>10:30 Enhanced Fitness w/ Arthur</p> <p>10:30 Trip – Bowling - Riverdale</p> <p>10:30 Intro to Computers</p> <p>10:30 Arts & Crafts</p> <p>11:00 Practices for Relaxation & Peace</p> <p>11:00 Holiday Challenge</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 Brain Games</p> <p>2:00 Strength, Flexibility, & Balance</p> <p>3:00 Fitness Assessments</p>	<p>15</p> <p>8:00 Open Gym</p> <p>8:00 Gym Orientation</p> <p>8:30 Walk w/ Pat</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>10:30 Arts & Crafts</p> <p>11:00 What is COPD?</p> <p>11:00 Men's Fitness</p> <p>11:00 Trip – Rock Creek Park - Nature Center</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>1:15 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>16</p> <p>8:00 Open Gym</p> <p>8:00 Gym Orientation</p> <p>9:00 Nutrition Consultations</p> <p>9:00 Tai Chi w/ Jerry</p> <p>9:30 Living Well Workshop</p> <p>10:00 Arthritis Exercise Class w/ Diane Lee</p> <p>10:30 Trip – Dollar Store</p> <p>10:45 Color Me Relaxed</p> <p>11:00 Women's Fitness</p> <p>11:00 Nutrition for Mental Health</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>1:30 Howard Study</p> <p>2:00 Intro to Spanish</p> <p>3:00 Advanced Spanish</p> <p>3:00 Open Gym</p> <p>4:00 Nutrition Consults</p>	<p>17</p> <p>8:00 Open Gym</p> <p>8:30 Walk w/ Pat</p> <p>9:00 Butts & Guts</p> <p>9:00 Nutrition Consultations</p> <p>9:30 Diabetes Support Group</p> <p>10:00 Cardio Stick (Multi -purpose Room)</p> <p>10:15 Chair Aerobics</p> <p>11:00 Food Swaps</p> <p>11:00 Golden Mat</p> <p>11:00 Lunch & Sparkle Dance Sponsored by ANC 4D Commissioners!</p> <p>1:00 Line Dancing</p> <p>1:00 Cards / Billiards</p> <p>2:15 Strength, Flexibility, & Balance</p> <p>3:00 Fitness Assessments (By Appointment Only)</p> <p>3:00 Food Demo</p> <p>3:00 Open Gym</p> <p>4:00 Nutrition Consultations</p>
<p>20</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>11:00 Active Living (Conference Room)</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>2:00 Chair Yoga w/ Moriah</p> <p>3:00 Open Gym</p> 	<p>21</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>10:30 Nutrition Class w/ Candice</p> <p>10:30 Arts & Crafts</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 Brain Games</p> <p>1:30 Drama Club</p> <p>3:00 Open Gym</p>	<p>22</p> <p>8:00 Open Gym</p> <p>9:00 Cardio Lite</p> <p>9:15 Current Events Discussion Group</p> <p>10:00 Enhanced Fitness w/ Kim</p> <p>9:30 Quilting</p> <p>10:30 Arts & Crafts</p> <p>11:00 How Changing Seasons Can Affect Your Mood</p> <p>11:00 Men's Fitness</p> <p>12:00 Lunch</p> <p>1:00 Basic Computer</p> <p>1:00 Crocheting</p> <p>1:00 Cards / Billiards</p> <p>1:30 Beginners Piano</p> <p>1:15 Chair Aerobics</p> <p>2:00 Chair Yoga w/ Moriah</p> <p>3:00 Open Gym</p>	<p>23</p> <p><i>Center</i></p> <p><i>Closed</i></p> <p><i>Thanksgiving Day</i></p> 	<p>24</p> <p><i>Center</i></p> <p><i>Closed</i></p>

November / December 2017

Monday	Tuesday	Wednesday	Thursday	Friday
<p>27</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>11:00 Active Living (Conference Room)</p> <p>12:00 Lunch</p> <p>1:00 Line Dancing Beginners</p> <p>1:00 Book Club Meeting - <i>Behold the Dreamers</i> Imbolo Mbue</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>28</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>10:30 Arts & Crafts</p> <p>11:00 Pilates w/ Arthur</p> <p>12:00 Lunch</p> <p>12:30 Intermediate Computing</p> <p>1:00 Aerobics w/ Kojak</p> <p>1:00 Cards / Billiards</p> <p>1:30 Brain Games</p> <p>3:00 Open Gym</p>	<p>29</p> <p>8:00 Open Gym</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>10:30 Arts & Crafts</p> <p>11:00 Men's Fitness</p> <p>11:00 Choir Rehearsal</p> <p>11:00 Bladder Health</p> <p>11:30 Massage</p> <p>12:00 Lunch</p> <p>1:00 Basic Computer</p> <p>1:00 Crocheting</p> <p>1:00 Cards / Billiards</p> <p>1:15 Chair Aerobics</p> <p>1:30 Beginners Piano</p> <p>2:00 Chair Yoga w/ Moriah</p> <p>3:00 Open Gym</p>	<p>30</p> <p>8:00 Open Gym</p> <p>9:00 Nutrition Consultations</p> <p>9:00 Tai Chi w/ Jerry</p> <p>10:00 Arthritis Exercise Class w/ Diane Lee</p> <p>10:45 Color Me Relaxed</p> <p>11:00 Salt & Sodium</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 Intro to Spanish</p> <p>3:00 Advanced Spanish</p> <p>3:00 Food Demo</p> <p>3:00 Open Gym</p> <p>4:00 Nutrition Consultations</p>	<p>1</p> <p>8:00 Open Gym</p> <p>9:00 Butts & Gutts</p> <p>9:00 Nutrition Consultations</p> <p>9:30 Diabetes Support Group</p> <p>10:00 Cardio Stick (Multi-purpose Room)</p> <p>11:00 Weight Loss</p> <p>12:00 Lunch</p> <p>1:00 Line Dancing</p> <p>1:00 Cards / Billiards</p> <p>3:00 Food Demo</p> <p>3:00 Open Gym</p> <p>4:00 Nutrition Consultations</p>
<p>Grocery Store Tour</p> <p>Wednesday</p> <p>November 1, 2017</p> <p>@</p> <p>11:30 a.m.</p> <p>Adventures in Grocery Shopping</p> 	<p>Club Memory</p> <p>w/ Sibley Hospital Representatives</p> <p>Wednesday</p> <p>November 8, 2017</p> <p>&</p> <p>November 29, 2017</p> <p>@</p> <p>9:30 a.m.</p> 	<p>Blood Pressure</p> <p>Screening</p> <p>Tuesday</p> <p>November 14, 2017</p> <p>@</p> <p>9:30 a.m.</p> 	<p>Book Club Meeting</p> <p>Monday</p> <p>November 27, 2017</p> <p>@</p> <p>1:00 p.m.</p> <p><i>Behold the Dreamers</i></p> <p>Imbolo Mbue</p> 	<p>Massage</p> <p>Wednesday</p> <p>November 29, 2017</p> <p>@</p> <p>11:30 a.m. - 2:30 p.m.</p> 

Recipe to Try...

Cinnamon - Apple Coffee Cake

Ingredients

- 1 3/4 cups sugar, divided
- 1/2 cup stick margarine, softened
- 1 teaspoon vanilla extract
- 6 ounces block-style fat-free cream cheese, softened (about 3/4 cup)
- 2 large eggs
- 1 1/2 cups all-purpose flour
- 1 1/2 teaspoons baking powder
- 1/4 teaspoon salt
- 2 teaspoons ground cinnamon
- 3 cups chopped peeled Rome apple (about 2 large)
- Cooking spray



Directions

- 1) Preheat oven to 350°F.
- 2) Beat 1 1/2 cups sugar, margarine, vanilla, and cream cheese at medium speed of a mixer until well-blended (about 4 minutes). Add eggs, 1 at a time, beating well after each addition. Combine flour, baking powder, and salt. Add flour mixture to creamed mixture, beating at low speed until blended.
- 3) Combine 1/4 cup sugar and cinnamon. Combine 2 tablespoons cinnamon mixture and apple in a bowl, and stir apple mixture into batter. Pour batter into an 8-inch springform pan coated with cooking spray, and sprinkle with remaining cinnamon mixture.
- 4) Bake at 350°F. for 1 hour and 15 minutes or until the cake pulls away from the sides of the pan. Cool the cake completely on a wire rack, and cut using a serrated knife.

Nutrition Information

Per serving: 281 calories; 8.7g fat (1.8 g sat); 1.2g fiber; 46.3 g carbohydrates; 4.8g protein; 39mg cholesterol; 89mg calcium.

Food for thought...Undivided attention

Let go of the constant feeling that you need to be doing something else. Let yourself focus completely and continuously on the work you're now doing.

If you try to switch too quickly from one thing to another and back again, much of your attention gets left behind. Give each task the undivided attention it deserves.

Seek to stay singularly focused until you reach a natural stopping point. You can then fully let go of what you had been doing and move the whole of your attention on to something else.

Your attention is valuable, and deserves to be protected as you would protect your money or other valuables. Just because everyone wants it, is no reason to give it to them.

Enjoy the robust awareness that comes with deep, sustained investment of your attention. Gather novel, original insights rather than predictable, hollow impressions.

Step away from the meaningless noise, as enticing as it may be. Feel the freedom, create the space to truly think, focus and understand.



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

Older Drivers

Have you been worried about your driving? Have your family or friends expressed concern? Changes in your health may affect your driving skills over time. Don't risk hurting yourself or others.

Stiff Joints and Muscles

As you age, your joints may get stiff, and your muscles may weaken. Arthritis, which is common among older adults, might affect your ability to drive. These changes can make it harder to turn your head to look back, turn the steering wheel quickly, or brake safely.

Trouble Seeing

Your eyesight can change as you get older. It might be harder to see people, things, and movement outside your direct line of sight. It may take longer to read street or traffic signs or even recognize familiar places. At night, you may have trouble seeing things clearly. Glare from oncoming headlights or street lights can be a problem. Depending on the time of the day, the sun might be blinding.

Eye diseases, such as glaucoma, cataracts, and macular degeneration, as well as some medicines, can also cause vision problems.

Trouble Hearing

As you get older, your hearing can change, making it harder to notice horns, sirens, or even noises coming from your own car. Hearing loss can be a problem because these sounds warn you when you may need to pull over or get out of the way.

Slower Reaction Time and Reflexes

As you get older, your reflexes might get slower, and you might not react as quickly as you could in the past. You might find that you have a shorter attention span, making it harder to do two things at once. Stiff joints or weak muscles also can make it harder to move quickly. Loss of feeling or tingling in your fingers and feet can make it difficult to steer or use the foot pedals. Parkinson's disease or limitations following a stroke can make it no longer safe to drive.

Is It Time to Give Up Driving?

We all age differently. For this reason, there is no way to set one age when everyone should stop driving. So, how do you know if you should stop? To help decide, ask yourself:

- Do other drivers often honk at me?
- Have I had some accidents, even if they were only "fender benders"?
- Do I get lost, even on roads I know?
- Do cars or people walking seem to appear out of nowhere?
- Do I get distracted while driving?
- Have family, friends, or my doctor said they're worried about my driving?
- Am I driving less these days because I'm not as sure about my driving as I used to be?
- Do I have trouble staying in my lane?
- Do I have trouble moving my foot between the gas and the brake pedals, or do I sometimes confuse the two?
- Have I been pulled over by a police officer about my driving?

If you answered "yes" to any of these questions, it may be time to talk with your doctor about driving or have a driving assessment.

How Will You Get Around?

Are you worried you won't be able to do the things you want and need to do if you stop driving? Many people have this concern, but there may be more ways to get around than you think. For example, some areas provide free or low-cost bus or taxi services for older people. Some communities offer a carpool service or scheduled trips to the grocery store, mall, or doctor's office. Religious and civic groups sometimes have volunteers who will drive you where you want to go. You can also think about using a car service. Sound pricey? Don't forget—it costs a lot to own a car. If you don't have to make car payments or pay for insurance, maintenance, gas, oil, or other car expenses, then you may be able to afford to take taxis or other public transportation. You can also buy gas for friends or family members who give you rides.