

“Never Underestimate the Power of Senior Health”

Hattie Holmes Senior Wellness Center

January 2017 Calendar

Volume 11 Issue 5

324 Kennedy St.,
Washington, DC 20011

(202) 291-6170

Fax (202) 291-2790

Teresa Moore
Director

Arthur Dunbar
Fitness Specialist

Debbie Queen
Office Assistant

Nutritionist
Vacant

Stephanie Peters
Health Promotion Specialist



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

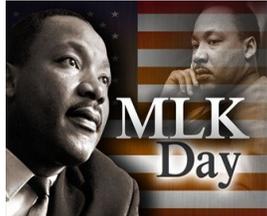
Maynard Chandler & Steve McDougal



January 2017

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p><i>Center</i></p> <p><i>Closed</i></p> <p><i>New Year's</i></p> <p><i>Day</i></p> <p><i>Holiday</i></p> 	<p>3</p> <p>8:00 Open Gym 9:00 Tai Chi 10:00 Chair Aerobics 10:30 Intro to Computers 10:30 Arts & Crafts 11:00 Pilates</p> <p>11:30 Lunch</p> <p>12:30 Intermediate Computing 1:00 Card / Board Games / Billiards 1:00 Aerobics w/ Kojak 1:30 Drama Club 1:30 Brain Games 2:00 Enhanced Fitness 3:00 Open Gym</p>	<p>4</p> <p>8:00 Open Gym 8:00 Fitness Orientation 9:00 Stretch & Tone 9:15 Current Events Discussion Group 9:30 Quilting 10:00 Chair Aerobics 10:30 Chair Aerobics 10:30 Arts & Crafts 11:00 Being Your Best You in 2017</p> <p>11:30 Lunch</p> <p>12:40 Basic Computer 1:00 Card / Board Games / Billiards 1:00 Crocheting 1:00 Enhanced Fitness 2:00 Circuit Training 3:00 Open Gym</p>	<p>5</p> <p>8:00 Open Gym 10:00 Arthritis Exercise Class w/ Diane Lee 10:45 Color Me Relaxed</p> <p>11:30 Lunch</p> <p>1:00 Card / Board Games / Billiards 1:00 Knitting 1:15 Stretch & Tone w/ Pat 2:00 Aerobics w/ Kojak 2:00 Intro to Spanish 3:00 Advanced Spanish 3:00 Open Gym</p>	<p>6</p> <p>8:00 Open Gym 9:00 Abs & Back 10:00 Chair Aerobics (Multi -purpose Room)</p> <p>11:00 Town Hall Meeting</p> <p>11:00 Nutrition Bingo 11:00 Wii Fit 11:00 Men's Fitness Class</p> <p>11:30 Lunch</p> <p>1:00 Card / Board Games / Billiards 1:00 Line Dancing 2:00 Fitness Assessments (By Appointment Only) 3:00 Open Gym</p>
<p>9</p> <p>8:00 Open Gym 8:00 Fitness Orientation 9:00 Stretch & Tone 9:00 Mending & Alterations 10:00 Chair Aerobics 10:30 Enhanced Fitness 11:00 Circuit Training</p> <p>11:30 Lunch</p> <p>1:00 Line Dancing Beginners 1:00 Crocheting 1:00 Card / Board Games / Billiards 2:00 Chair Yoga w/ Moriah 3:00 Open Gym</p>	<p>10</p> <p>8:00 Open Gym 9:00 Tai Chi</p> <p>9:30 Blood Pressure Screening</p> <p>10:00 Chair Aerobics 10:30 Intro to Computers 10:30 Arts & Crafts 10:30 Nutrition class 10:30 Trip - Magic Johnson Theater- Hidden Figures</p> <p>11:00 Pilates</p> <p>11:30 Lunch</p> <p>12:30 Intermediate Computing 1:00 Card / Board Games / Billiards 1:00 Aerobics w/ Kojak 1:30 Drama Club 1:30 Brain Games 2:00 Enhanced Fitness 3:00 Open Gym</p>	<p>11</p> <p>8:00 Open Gym 8:00 Fitness Orientation 9:00 Stretch & Tone 9:15 Current Events Discussion Group 9:30 Quilting 9:30 Club Memory 10:00 Chair Aerobics 10:30 Chair Aerobics 10:30 Arts & Crafts</p> <p>10:30 Trip - Magic Johnson Theater - Fences</p> <p>11:00 The Thyroid Gland: An Overview 11:30 - 2:30 Massage</p> <p>11:30 Lunch</p> <p>12:40 Basic Computer 1:00 Card / Board Games / Billiards 1:00 Crocheting 1:00 Enhanced Fitness 2:00 Circuit Training 3:00 Open Gym</p>	<p>12</p> <p>8:00 Open Gym 10:00 Arthritis Exercise Class w/ Diane Lee 10:45 Color Me Relaxed</p> <p>11:30 Lunch</p> <p>1:00 Card / Board Games / Billiards 1:00 Knitting 1:15 Stretch & Tone w/ Pat 2:00 Aerobics w/ Kojak 2:00 Intro to Spanish 3:00 Advanced Spanish 3:00 Open Gym</p>	<p>13</p> <p>8:00 Open Gym 9:00 Abs & Back 10:00 Chair Aerobics (Multi -purpose Room)</p> <p>11:00 Nutrition Bingo 11:00 Wii Fit 11:00 Men's Fitness Class</p> <p>11:30 Lunch</p> <p>1:00 Card / Board Games / Billiards 1:00 Line Dancing 2:00 Fitness Assessments (By Appointment Only) 3:00 Open Gym</p> 

January 2017

Monday	Tuesday	Wednesday	Thursday	Friday
<p>16</p> <p><i>Center</i></p> <p><i>Closed</i></p> <p><i>Martin Luther King Jr. Day</i></p> 	<p>17</p> <p>8:00 Open Gym 9:00 Tai Chi 10:00 Chair Aerobics 10:30 Intro to Computers 10:30 Arts & Crafts 10:30 Nutrition Class 11:00 Pilates</p> <p>11:30 Lunch</p> <p>12:30 Intermediate Computing 1:00 Card / Board Games / Billiards 1:00 Aerobics w/ Kojak 1:30 Drama Club 1:30 Brain Games 2:00 Enhanced Fitness 3:00 Open Gym</p>	<p>18</p> <p>8:00 Open Gym 8:00 Fitness Orientation 9:00 Stretch & Tone 9:15 Current Events Discussion Group 9:30 Quilting 10:00 Chair Aerobics 10:30 Chair Aerobics 10:30 Arts & Crafts 10:30 Beginners Piano</p> <p>10:30 Trip - African American Museum</p> <p>11:00 Winter Safety Tips</p> <p>11:30 Lunch</p> <p>12:40 Basic Computer 1:00 Crocheting 1:00 Card / Board Games / Billiards 1:00 Enhanced Fitness 2:00 Circuit Training 3:00 Open Gym</p>	<p>19</p> <p>8:00 Open Gym 10:00 Arthritis Exercise Class w/ Diane Lee</p> <p>10:30 Trip - Dutch Market</p> <p>10:45 Color Me Relaxed</p> <p>11:30 Lunch</p> <p>1:00 Card / Board Games / Billiards 1:00 Knitting 1:15 Stretch & Tone w/ Pat 2:00 Aerobics w/ Kojak 2:00 Intro to Spanish 3:00 Advanced Spanish 3:00 Open Gym</p>	<p>20</p> <p><i>Center</i></p> <p><i>Closed</i></p> <p><i>Inauguration Day</i></p> 
<p>23</p> <p>8:00 Open Gym 8:00 Fitness Orientation 9:00 Stretch & Tone 9:00 Mending & Alterations 10:00 Chair Aerobics 10:30 Enhanced Fitness 11:00 Circuit Training</p> <p>11:30 Lunch</p> <p>1:00 Line Dancing Beginners 1:00 Crocheting 1:00 Card / Board Games / Billiards 2:00 Chair Yoga w/ Moriah 3:00 Open Gym</p> 	<p>24</p> <p>8:00 Open Gym 9:00 Tai Chi 10:00 Chair Aerobics 10:30 Intro to Computers 10:30 Arts & Crafts 11:00 Pilates</p> <p>11:30 Lunch</p> <p>12:30 Intermediate Computing 1:00 Card / Board Games / Billiards 1:00 Aerobics w/ Kojak 1:00 AARP Driver Safety Class 1:30 Drama Club 1:30 Brain Games 2:00 Enhanced Fitness 3:00 Open Gym</p>	<p>25</p> <p>8:00 Open Gym 8:00 Fitness Orientation 9:00 Stretch & Tone 9:15 Current Events Discussion Group 9:30 Quilting 9:30 Club Memory 10:00 Chair Aerobics 10:30 Chair Aerobics 10:30 Arts & Crafts 10:30 Beginners Piano 11:00 Staying Healthy All Winter</p> <p>11:30 - 2:30 Massage</p> <p>11:30 Lunch</p> <p>12:40 Basic Computer 1:00 AARP Driver Safety Class 1:00 Crocheting 1:00 Card / Board Games / Billiards 1:00 Enhanced Fitness 2:00 Circuit Training 3:00 Open Gym</p>	<p>26</p> <p>8:00 Open Gym 10:00 Arthritis Exercise Class w/ Diane Lee</p> <p>10:30 Trip - Dollar Store</p> <p>10:45 Color Me Relaxed</p> <p>11:30 Lunch</p> <p>1:00 Card / Board Games / Billiards 1:00 Knitting 1:15 Stretch & Tone w/ Pat 2:00 Aerobics w/ Kojak 2:00 Intro to Spanish 3:00 Advanced Spanish 3:00 Open Gym</p>	<p>27</p> <p>8:00 Open Gym 9:00 Abs & Back 10:00 Chair Aerobics (Multi - purpose Room) 11:00 Nutrition Bingo 11:00 Men's Fitness Class 11:00 Wii Fit</p> <p>11:30 Lunch</p> <p>1:00 Card / Board Games / Billiards 1:00 Line Dancing 3:00 Open Gym</p> 

January/February 2017

Monday	Tuesday	Wednesday	Thursday	Friday
<p>30 8:00 Open Gym 8:00 Fitness Orientation 9:00 Stretch & Tone 9:00 Mending & Alterations 10:00 Chair Aerobics 10:30 Enhanced Fitness 11:00 Circuit Training 11:30 Lunch 1:00 Book Club Meeting - <i>The Whistler</i> By John Grisham 1:00 Line Dancing Beginners 1:00 Crocheting 1:00 Card / Board Games / Billiards 2:00 Chair Yoga w/ Moriah 3:00 Open Gym</p>	<p>31 8:00 Open Gym 9:00 Tai Chi 10:00 Chair Aerobics 10:30 Intro to Computers 10:30 Arts & Crafts 11:00 Pilates 11:30 Lunch 12:30 Intermediate Computing 1:00 Aerobics w/ Kojak 1:00 Card / Board Games / Billiards 1:30 Drama Club 1:30 Brain Games 2:00 Enhanced Fitness 3:00 Open Gym</p>	<p>1 8:00 Open Gym 8:00 Fitness Orientation 9:00 Stretch & Tone 9:15 Current Events Discussion Group 9:30 Quilting 10:00 Chair Aerobics 10:30 Chair Aerobics 10:30 Arts & Crafts 11:00 Health Promotion 11:30 Lunch 12:40 Basic Computer 1:00 Crocheting 1:00 Card / Board Games / Billiards 1:00 Enhanced Fitness 2:00 Circuit Training 3:00 Open Gym</p> <div style="text-align: center;">  </div>	<p>2 8:00 Open Gym 10:00 Arthritis Exercise Class w/ Diane Lee 10:45 Color Me Relaxed 11:30 Lunch 1:00 Card / Board Games / Billiards 1:00 Knitting 1:15 Stretch & Tone w/ Pat 2:00 Aerobics w/ Kojak 2:00 Intro to Spanish 3:00 Advanced Spanish 3:00 Open Gym</p>	<p>3 8:00 Open Gym 9:00 Abs & Back 10:00 Chair Aerobics (Multi -purpose Room) 11:00 Nutrition Bingo 11:00 Wii Fit 11:00 Men's Fitness Class 11:30 Lunch 1:00 Card / Board Games / Billiards 1:00 Line Dancing 2:00 Fitness Assessments (By Appointment Only) 3:00 Open Gym</p>

<p>Town Hall Meeting Friday January 6, 2017 @ 11:00 a.m.</p> <div style="text-align: center;">  </div>	<p>Blood Pressure Screening Tuesday January 10, 2017 @ 9:30 a.m.</p> <div style="text-align: center;">  </div>	<p>Massage w/ Jada Wednesday January 11, 2017 & Wednesday January 25, 2017 @ 11:00 a.m.</p> <div style="text-align: center;">  </div>	<p>Club Memory w/ Sibley Hospital Representatives Wednesday January 11, 2017 & Wednesday January 25, 2017 @ 9:30 a.m.</p> <div style="text-align: center;">  </div>	<p>Book Club Meeting Monday January 30, 2017 @ 1:00 p.m. The Whistler John Grisham</p> <div style="text-align: center;">  </div>
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Recipe to Try...

Creamy Garlic Pasta with Shrimp & Vegetables

Ingredients

- 6 ounces whole-wheat spaghetti
- 12 ounces peeled and deveined raw shrimp, cut into 1-inch pieces
- 1 bunch asparagus, trimmed and thinly sliced
- 1 large red bell pepper, thinly sliced
- 1 cup fresh or frozen peas
- 3 gloves garlic, chopped
- 1 1/4 teaspoons kosher salt
- 1 1/2 cups nonfat or low-fat plain yogurt
- 1/4 cup chopped flat-leaf parsley
- 3 tablespoons lemon juice
- 1 tablespoon extra-virgin olive oil
- 1/2 teaspoon freshly ground pepper
- 1/4 cup roasted pine nuts (optional)



Directions

1. Bring a large pot of water to a boil. Add spaghetti and cook 2 minutes less than package directions. Add shrimp, asparagus, bell pepper and peas and cook until the pasta is tender and the shrimp are cooked, 2 to 4 minutes more. Drain well.
2. Mash garlic and salt in a large bowl until a paste forms. Whisk in yogurt, parsley, lemon juice, oil and pepper. Add the pasta mixture and toss to coat. Serve sprinkled with pine nuts (if using).

Nutrition Information

Serving Size: about 2 cups. Calories 361; Fat 6 g; Protein 28; Fiber 53g; Cholesterol 109mg; Sodium 949 mg; Potassium 827mg. Carbohydrates 55 g.

Food for thought...the magic of generosity

Do you want to immediately add richness to your life? Do it with generosity.

No one is going to stop you or disparage you when you live and act with sincere generosity toward others. Generosity gives you free rein to make a positive and meaningful difference.

You don't need money or material wealth to be generous. You can be generous with your time, your attention, your opinion, your knowledge and expertise.

Today you'll have opportunities to give comfort, encouragement, joy, reassurance, assistance and wisdom. Generously embrace those opportunities, and transform them into living goodness.

Generosity gives you the power to be a positive force in the world. Feel that power, and lovingly put it to use.

One act of generosity enriches the lives of at least two people, and often many, many more. Spread the magic of your own generosity everywhere you go.



Happy Birthday to all who were born in the month January!



Winter can be a beautiful, picturesque time of year: Sitting by the fire-place drinking a mug of warm tea or hot chocolate while enjoying a good novel as the snow falls softly outside makes for an enjoyable afternoon. However, the season can also bring several health and safety hazards. This winter, be prepared by taking precautions and following these tips:

Avoid falls

One of the biggest concerns, especially for seniors, during the winter is slipping and falling in wet or icy conditions. As Dr. Stanley Wang, a physician at Stanford Hospital in California, explained to Care.com, falls happen quite frequently among the older population, especially in winter conditions. Though younger people may bounce back quickly from a fall, seniors often face longer recovery and the potential for complications.

To avoid falls, it is best to invest in durable boots with non-skid soles that have traction, noted the source. For those who use a cane, get a new rubber tip before the winter season so that instead of being worn down, it will have better traction. Avoid sidewalks and stairs that look wet or icy and stick to salted walkways. Once inside, remove wet shoes to avoid slipping.

Stay warm

Older adults are more likely to experience hypothermia or frostbite and as such, must take extra precautions when the temperatures begin to drop. Signs of hypothermia include slowed breathing, a drop in heart rate, feelings of exhaustion and confusion and pale skin that looks ashy.

Take the right precautions so that you can enjoy the winter season. To prevent hypothermia, stay indoors when possible and limit time outside to short periods. When going outside, cover all extremities and bundle in layers. Stay dry and remove clothing that becomes wet as soon as you get back indoors, to avoid chills. Indoor temperatures should be kept at 65 degrees or warmer.

Keep upbeat

Depression impacts everyone differently but it is easy to feel more lonely, sad or disheartened during the cold, bleak days of winter. According to Care.com, seniors often have less interaction during the winter season. As such, it's a great idea to organize events, games, lectures and clubs at long-term care centers. Encouraging seniors to take part, pick up new hobbies or spend time doing what they enjoy most can help keep spirits up.

Prepare for Power Outages

Winter storms can lead to power outages. Make sure you have easy access to flashlights and a battery-powered radio in case the power goes out. Stockpile warm blankets. Longer power outages can spoil the food in your refrigerator and freezer so keep a supply of non-perishable foods that can be eaten cold on hand. If the power goes out, wear several layers of clothing, including a hat. Move around a lot to raise your body temperature.