

“Never Underestimate the Power of Senior Health”

Hattie Holmes Senior Wellness Center

June 2017 Calendar

Volume 10 Issue 9

324 Kennedy St.,
Washington, DC 20011

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Teresa Moore

Director

Stephanie Peters

Health Promotion Specialist

Debbie Queen

Administrative Assistant

Pat Hunt

Fitness Director

Maya Fiellin

Nutrition Director

Kim Scales

Fitness Instructor

Victoria Huott

Dietitian

Channing Smith

Office Assistant



Mary's
Center

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 & Derrick VanBuren



June 2017

Monday	Tuesday	Wednesday	Thursday	Friday
			<p>1</p> <p>8:00 Open Gym 8:00 Gym Orientation 9:00 Stretch & Tone 10:00 Arthritis Exercise Class w/ Diane Lee 10:45 Color Me Relaxed 11:00 Balance & Balls 11:00 Nutrition Class</p> <p>12:00 Lunch</p> <p>12:30 Knitting 1:00 Cards / Billiards 1:15 Aerobics w/ Kojak 2:00 Enhanced Fitness w/ Kim (Multi-purpose Room) 2:00 Golden Mat 2:00 Intro to Spanish 2:00 Advanced Spanish 3:00 Food Demo 3:00 Open Gym</p>	<p>2</p> <p>8:00 Open Gym 9:00 Butts & Gutts w/ W. Yates 9:00 Walk w/ Ease 10:00 Cardio Stick (Multi -purpose Room) 10:15 Chair Aerobics 11:00 Nutrition Class 11:00 Wii Fit (Massage Room) 11:00 Men's Fitness Class</p> <p>12:00 Lunch</p> <p>1:00 Cards / Billiards 1:00 Line Dancing 2:30 Balance & Balls 3:00 Fitness Assessments (By Appointment Only) 3:00 Open Gym</p>
<p>5</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 Nutrition Consultations</p> <p>12:00 Lunch</p> <p>1:00 Line Dancing Beginners 1:00 Crocheting Games / Board Games / Billiards 1:30 My Plan for Eating Smart 2:00 Chair Yoga w/ Moriah 2:30 Biggest Loser Support Group 3:00 Open Gym 3:30 Nutrition Consultations</p>	<p>6</p> <p>8:00 Open Gym 9:00 Tai Chi w/ Jerry 10:00 Chair Aerobics w/ Arthur 10:30 Chair Aerobics w/ Arthur 10:30 Intro to Computers 10:30 Hidden Sugars 10:30 Active Living (Conference Room) 11:00 Pilates w/ Arthur 11:00 Arts & Crafts 12:00 Lunch 12:30 Intermediate Computing 1:00 Diabetes Support Group 1:00 Cards / Billiards 1:00 Aerobics w/ Kojak 1:30 Brain Games 2:00 Golden Mat 3:00 Open Gym 3:00 Fitness Assessments (By Appointment Only)</p>	<p>7</p> <p>8:00 Open Gym 8:00 Gym Orientation 8:30 Walk w/ Ease 9:00 Stretch & Tone 9:15 Food Demo 9:15 Current Events Discussion Group 9:30 Quilting 10:00 Enhanced Fitness w/ Kim 11:00 Men's Fitness 11:00 Nutrition Consultations 11:00 Town Hall Meeting</p> <p>12:00 Lunch 12:40 Basic Computer 1:00 Cards / Billiards 1:00 Crocheting 1:30 Beginners Piano 1:30 Chair Aerobics 1:30 Mindful Eating 3:00 Fitness Assessments (By Appointment Only) 3:00 Open Gym 3:00 Nutrition Consultations</p>	<p>8</p> <p>8:00 Open Gym 8:00 Gym Orientation 9:00 Stretch & Tone 10:00 Arthritis Exercise Class w/ Diane Lee</p> <p>10:30 Trip - Dutch Market</p> <p>10:45 Color Me Relaxed 11:00 Balance & Balls 11:00 Nutrition Class</p> <p>12:00 Lunch</p> <p>12:30 Knitting 1:00 Cards / Billiards 1:15 Aerobics w/ Kojak 2:00 Enhanced Fitness w/ Kim (Multi-purpose Room) 2:00 Golden Mat 2:00 Intro to Spanish 3:00 Advanced Spanish 3:00 Food Demo 3:00 Open Gym</p>	<p>9</p> <p>8:00 Open Gym 8:30 Trip - Wellness Center BBQ Gateway DC</p> <p>9:00 Walk w/ Ease 9:00 Butts & Gutts w/ W. Yates 10:00 Cardio Stick (Multi -purpose Room) 10:15 Chair Aerobics 11:00 Wii Fit (Massage Room) 11:00 Men's Fitness Class</p> <p>12:00 Lunch</p> <p>1:00 Cards / Billiards 1:00 Line Dancing 2:30 Balance & Balls 3:00 Fitness Assessments (By Appointment Only) 3:00 Open Gym</p>

June 2017

Monday	Tuesday	Wednesday	Thursday	Friday
<p>12</p> <p>8:00 Open Gym 9:00 Stretch & Tone 9:00 Mending & Alterations 9:30 Nutrition Consultations 10:00 Enhanced Fitness w/ Kim 11:00 Circuit Training 11:00 Diabetes - Menu Planning</p> <p>12:00 Lunch</p> <p>1:00 Line Dancing Beginners 1:00 Crocheting 1:00 Cards / Billiards 1:30 Hitting the Target w/ Weight loss & Healthy Eating Goals 2:00 Chair Yoga w/ Moriah 2:30 Biggest Loser Support Group 3:00 Open Gym 3:30 Nutrition Consultations</p>	<p>13</p> <p>8:00 Open Gym 9:00 Tai Chi w/ Jerry 9:30 Blood Pressure Screening 10:00 Chair Aerobics w/ Arthur 10:30 Chair Aerobics w/ Arthur 10:30 Intro to Computers 10:30 Active Living (Conference Room) 10:30 Nutrition Class w/ Candice 10:30 Arts & Crafts 11:00 Pilates w/ Arthur 12:00 Lunch 12:30 Intermediate Computing 1:00 Cards / Billiards 1:00 Aerobics w/ Kojak 1:00 Diabetes Support Group 1:30 Brain Games 2:00 Golden Mat 3:00 Fitness Assessments (By Appointment Only)</p>	<p>14</p> <p>8:00 Open Gym 8:00 Gym Orientation 8:30 Walk w/ Ease 9:00 Stretch & Tone 9:15 Current Events Discussion Group 9:15 Food Demo 9:30 Quilting 9:30 Club Memory 10:00 Enhanced Fitness w/ Kim 10:30 Trip - Dollar Store 11:00 Arts & Crafts 11:00 The Danger of Dehydration 11:00 Men's Fitness 11:30 - 2:30 Massage 12:00 Lunch 12:40 Basic Computer 1:00 Crocheting 1:00 Cards / Billiards 1:30 Beginners Piano 1:30 Chair Aerobics 1:30 Mindful Eating 2:30 Practices for Relaxation & Peace 3:00 Fitness Assessment (By Appointment Only) 3:00 Open Gym</p>	<p>15</p> <p>8:00 Open Gym 8:00 Gym Orientation 9:00 Stretch & Tone 10:00 Arthritis Exercise Class w/ Diane Lee 10:45 Color Me Relaxed 11:00 Balance & Balls 11:00 Nutrition Class</p> <p>12:00 Lunch</p> <p>12:30 Knitting 1:00 Cards / Billiards 1:15 Aerobics w/ Kojak 2:00 Enhanced Fitness w/ Kim (Multi-purpose room) 2:00 Golden Mat 2:00 Intro to Spanish 3:00 Advanced Spanish 3:00 Food Demo 3:00 Open Gym 4:00 Nutrition Consultations</p>	<p>16</p> <p>8:00 Open Gym 9:00 Walk w/ Ease 9:00 Butts & Gutts 10:00 Cardio Stick (Multi -purpose Room) 10:15 Chair Aerobics 11:00 Nutrition Class 11:00 Wii Fit (Massage Room) 11:00 Men's Fitness Class</p> <p>11:30 Lunch 11:30 Father's Day Luncheon (Conference Room)</p> <p>Center closes at 1:00 p.m.</p>
<p>19</p> <p>8:00 Open Gym 9:00 Stretch & Tone 9:00 Mending & Alterations 9:30 Living Well Workshop 9:30 Nutrition Consultations 10:00 Enhanced Fitness w/ Kim 11:00 Circuit Training 11:00 Nutrition Class</p> <p>12:00 Lunch</p> <p>1:00 Line Dancing Beginners 1:00 Crocheting 1:00 Cards / Billiards 1:30 Nutrition Class 2:00 Chair Yoga w/ Moriah 2:30 Biggest Loser Support Group 3:00 Open Gym 3:30 Nutrition Consultations</p>	<p>20</p> <p>8:00 Open Gym 8:00 Trip - Senior Symposium 9:00 Tai Chi w/ Jerry 10:00 Chair Aerobics w/ Arthur 10:30 Chair Aerobics w/ Arthur 10:30 Intro to Computers 10:30 Active Living (Conference Room) 10:30 Arts & Crafts 10:30 Nutrition Class 11:00 Pilates w/ Arthur 12:00 Lunch 12:30 Intermediate Computing 1:00 Diabetes Support Group 1:00 Cards / Billiards 1:00 Aerobics w/ Kojak 1:30 Brain Games 2:00 Golden Mat 3:00 Fitness Assessments (By Appointment Only) 3:00 Open Gym</p>	<p>21</p> <p>8:00 Open Gym 8:30 Walk w/ Ease 8:00 Gym Orientation 9:00 Stretch & Tone 9:15 Current Events Discussion Group 9:15 Food Demo 9:30 Quilting 10:00 Enhanced Fitness w/ Kim 10:30 Trip - George Washington University Museum & Textile 11:00 Arts & Crafts 11:00 Nutrition Consults 11:00 Men's Fitness 11:00 Being Your Own Best Advocate 12:00 Lunch 12:40 Basic Computer 1:00 Crocheting 1:00 Cards / Billiards 1:30 Beginners Piano 1:30 Chair Aerobics 1:30 Nutrition Class 2:30 Practices for Relaxation & Peace 3:00 Open Gym 3:00 Nutrition Consultations</p>	<p>22</p> <p>8:00 Open Gym 8:00 Gym Orientation 9:00 Stretch & Tone 9:30 New Member Orientation 10:00 Arthritis Exercise Class w/ Diane Lee 10:45 Color Me Relaxed 11:00 Nutrition Class 11:00 Balance & Balls 12:00 Lunch 12:30 Knitting 1:00 Cards / Billiards 1:00 Movie - Hidden Figures 1:15 Aerobics w/ Kojak 2:00 Enhanced Fitness w/ Kim (Multi-purpose room) 2:00 Golden Mat 2:00 Intro to Spanish 3:00 Advanced Spanish 3:00 Food Demo 3:00 Open Gym 4:00 Nutrition Consultations</p>	<p>23</p> <p>8:00 Open Gym 9:00 Butts & Gutts 9:00 Walk w/ Ease 10:00 Cardio Stick (Multi -purpose Room) 10:15 Chair Aerobics</p> <p>10:30 Trip - Botanic Gardens</p> <p>11:00 Nutrition Class 11:00 Wii Fit (Massage Room) 11:00 Men's Fitness Class</p> <p>12:00 Lunch</p> <p>1:00 Cards / Billiards 1:00 Line Dancing 1:30 Nutrition Class 2:30 Balance & Balls 3:00 Fitness Assessments (By Appointment Only) 3:00 Open Gym</p>

June 2017

Monday	Tuesday	Wednesday	Thursday	Friday
<p>26</p> <p>8:00 Open Gym</p> <p>9:00 Stretch & Tone</p> <p>9:00 Mending & Alterations</p> <p>9:30 Living Well Workshop</p> <p>9:30 Nutrition Consultations</p> <p>10:00 Enhanced Fitness w/ Kim</p> <p>11:00 Vitamins & Herbals Supplements</p> <p>11:00 Circuit Training</p> <p>12:00 Lunch</p> <p>1:00 Line Dancing Beginners</p> <p>1:00 Book Club Meeting - I Know Why the Caged Bird Sings/ Gather Together in my Name by Maya Angelou</p> <p>1:00 Crocheting</p> <p>1:00 Cards / Billiards</p> <p>1:30 Nutrition Class</p> <p>2:00 Chair Yoga w/ Moriah</p> <p>2:30 Biggest Loser Support Group</p> <p>3:00 Open Gym</p>	<p>27</p> <p>8:00 Open Gym</p> <p>9:00 Tai Chi w/ Jerry</p> <p>10:00 Chair Aerobics w/ Arthur</p> <p>10:30 Chair Aerobics w/ Arthur</p> <p>10:30 Intro to Computers</p> <p>10:30 Arts & Crafts</p> <p>10:30 Nutrition Class w/ Candice</p> <p>10:30 Active Living (Conference Room)</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 Diabetes Support Group</p> <p>1:00 Cards / Billiards</p> <p>1:00 AARP Driver Safety Course</p> <p>1:30 Brain Games</p> <p>2:00 Golden Mat</p> <p>3:00 Fitness Assessments (By Appointment Only)</p> <p>3:00 Open Gym</p>	<p>28</p> <p>8:00 Open Gym</p> <p>8:00 Gym Orientation</p> <p>8:30 Walk w/ Ease</p> <p>9:00 Stretch & Tone</p> <p>9:15 Current Events Discussion Group</p> <p>9:15 Food Demo</p> <p>9:30 Quilting</p> <p>9:30 Club Memory</p> <p>10:00 Enhanced Fitness w/ Kim</p> <p>11:00 Arts & Crafts</p> <p>11:00 Men's Fitness</p> <p>11:00 Medication Compliance</p> <p>11:30 - 2:30 Massage</p> <p>12:00 Lunch</p> <p>12:40 Basic Computer</p> <p>1:00 Crocheting</p> <p>1:00 Cards / Billiards</p> <p>1:00 AARP Driver Safety Course</p> <p>1:30 Beginners Piano</p> <p>1:30 Chair Aerobics</p> <p>1:30 Nutrition Class</p> <p>2:30 Practices for Relaxation & Peace</p> <p>3:00 Fitness Assessments</p> <p>3:00 Open Gym</p>	<p>29</p> <p>8:00 Open Gym</p> <p>8:00 Gym Orientation</p> <p>9:00 Trip - DPR Senior Picnic Oxen Hill</p> <p>9:00 Stretch & Tone</p> <p>10:00 Arthritis Exercise Class w/ Diane Lee</p> <p>10:45 Color Me Relaxed</p> <p>11:00 Nutrition Class</p> <p>11:00 Balance & Balls</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 Enhanced Fitness w/ Kim (Multi-purpose room)</p> <p>2:00 Golden Mat</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>30</p> <p>8:00 Open Gym</p> <p>9:00 Walk w/ Ease</p> <p>9:00 Butts & Gutts w/ W. Yates</p> <p>10:00 Cardio Stick (Multi-purpose Room)</p> <p>10:15 Chair Aerobics</p> <p>11:00 Nutrition Class</p> <p>11:00 Wii Fit (Massage Room)</p> <p>11:00 Men's Fitness Class</p> <p>12:00 Lunch</p> <p>1:00 Nutrition class w/ DeAnna</p> <p>1:00 Cards / Billiards</p> <p>1:00 Line Dancing</p> <p>2:30 Balance & Balls</p> <p>3:00 Fitness Assessments (By Appointment Only)</p> <p>3:00 Open Gym</p>

Blood Pressure

Screening

Tuesday

June 13, 2017

@

9:30 a.m.



Club Memory w/ Sibley Hospital Representatives

Wednesday

June 14, 2017

&

June 28, 2017

@

9:30 a.m.



Massage w/ Jada

Wednesday

June 14, 2017

&

Wednesday June 28, 2017

@

11:00 a.m.



DC Senior Symposium

Tuesday

June 20, 2017

Ballou Senior High School

School

8:30 a.m. - 3:00 p.m.



Book Club Meeting

Monday

June 26, 2017

@

1:00 p.m.

I Know Why the Caged

Bird Sings / Gather

Together in my Name

Maya Angelou








Recipe to Try...

Pineapple Cucumber Mojito



Ingredients

- 1 lime 
- 4 sprigs of mint 
- 1/2 cucumber 
- 1/4 cup pineapple
- 2 cups water or plain sparkling water
- ice

Directions

1. Break up mint leaves and put in glass
2. Squeeze lime over the mint
3. Gently press the mint into the lime juice with a utensil...only for a few seconds! It releases the minty flavor.
4. Toss in cucumber and pineapple. If you want a stronger flavor, use the utensil to press these a little bit.
5. Finally, pour in your still or sparkling water and top with ice. Sip, and enjoy!

Tips:

- * Make a big batch of this and it will last in the fridge for 2-3 days.
- * Be sure to take the fruit out after about 4 hours as the flavors will start to change.
- * Try different fruits and herbs for a variety of flavors.

Food for thought...Peaceful space

It is okay to be bored sometimes, good and useful even. You do not need to cram every minute of every day with impressive, stimulating activity.

Occasionally the best stimulation is no stimulation. On a regular basis, you must allow time and space for life to sink in.

You cannot make meaning of anything when everything is coming at you nonstop. True richness comes not from a random stream of sensations, but from aligning your experiences with a coherent purpose.

Just because a topic is trending doesn't mean it will add anything of value to your life. Don't let your fear of missing out on the latest buzz cause you to miss out on what really matters.

Choose to spend some time away from the endless onslaught of sounds, images, information, drama, opinions. Give yourself a peaceful space to think, to feel, to wonder, to catch your breath.

Let go of the exhausting need to be constantly entertained and up-to-the-minute on everything. With what you know, with who you are, devote yourself to living life, richly, and deeply.



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

Tackling Memory Problems and Forgetfulness

Have you had a “senior moment” lately? The good news is that while a certain degree of memory loss is an inevitable result of the aging process, healthy habits can help you improve and maintain your memory health.

“It’s natural to experience some memory loss as we age,” says Jacqueline Chan, MD, PhD, a neurologist at Sutter Gould Medical Foundation's Tracy Care Center and Stockton Medical Plaza. “It is normal to experience short-term forgetfulness, such as the inability to remember the name of a person who you met recently. However, memory loss should not affect your daily functioning or ability to live independently.”

As the body ages, so does the brain, Dr. Chan explains.

“The brain begins aging in your 20s and continues throughout older age. As we get older, we experience a gradual loss of the brain cells. The body also gradually produces less of the chemicals that enable the brain to function efficiently. This affects the way we store and retrieve information.”

The most common form of memory loss is short-term memory loss, which involves difficulty remembering details of recent events and a diminished ability to learn. Alzheimer’s disease, a progressive and fatal brain disease that is the most common form of dementia, is not a normal part of aging.

“With normal, age-related memory loss, you may forget part of an experience,” Dr. Chan explains. “People with Alzheimer’s will forget the whole experience.”

Signs of Alzheimer’s can include memory changes that disrupt daily life, difficulty in solving problems, difficulty completing familiar tasks, confusion of time or place and problems understanding visual imaging. Other signals are difficulty with words, misplacing things and losing ability to retrieve them, decreasing judgment, withdrawal from social activities, and changing personality.

Factors associated with an increased risk of Alzheimer’s disease include age, family history, genetics, head injuries, and conditions that damage the heart or blood vessels, such as high blood pressure, heart disease, stroke, diabetes and high cholesterol. While there is no cure, certain medications can help delay its progression.

Certain strategies for healthy aging can help you maintain brain health and protect against Alzheimer’s and related diseases.

To keep your brain sharp and maintain your memory, Dr. Chan recommends:

- Control diabetes and hypertension.
- Eat healthfully: manage your body weight, reduce your consumption of foods high in fat and cholesterol, and increase your intake of protective foods. “Eat a diet rich in antioxidants and Omega-3 fatty acids, such as vegetables and fruits, tea, coffee, chocolate, coldwater fish, freshly ground flax seeds and walnuts,” Dr. Chan says. “A diet that’s high in Omega-6 nutrients, folate and vitamin E and low in saturated fat is associated with a 42 percent reduced risk of developing Alzheimer’s.”
- Keep cholesterol low. High cholesterol early in life is linked to an increased risk of Alzheimer’s.
- Participate in mentally stimulating activities like reading, writing, working crossword puzzles and mind games, playing card games, participating in group discussions and playing music. “Older people who participate in activities that keep their brains sharp may delay the onset of memory decline,” Dr. Chan explains.
- Become physically active. “Physical exercise is correlated with better mental function,” Dr. Chan says.
- Be socially active. One study found that a combination of sports, cultural activities, emotional support and close personal relationships increases the protection against dementia.

If you’re already experiencing age-related memory problems, use lists and create a daily routine to decrease the effects of forgetfulness.

“Many things can cause memory issues, such as anxiety or depression, medication side effects, or medical conditions like sleep apnea, hypothyroidism or hormone imbalances,” Dr. Chan says. “If your memory problems exceed those associated with the normal aging process, visit a physician to determine whether your memory loss is due to aging or other factors and rule out treatable conditions that can cause memory issues.”