## **Hattie Holmes Senior Wellness Center**

# June 2017 Calendar

#### Volume 10 Issue 9

324 Kennedy St., Washington, DC 20011 (202) 291-6170 Fax (202) 291-2790

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





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**

So	Monday	Tuesday	Wednesday	Thursday	Friday
6				1	-
Sign					8:00 Open Gym
10:00 Arthritis Exercise   9:00 Water Class wy Dalane Lee   10:45 Color Me Relaxed   11:00 Nutrition Class   12:00 Lunch   12:00 Lun				The state of the s	
Class W   Diane Lee   10:00 Cardic   (Multi -purpose Room)   1:00 Dend Gym   2:00 Enhanced Fitness W   Kim   1:00 Card   Room				• • • • • • • • • • • • • • • • • • •	9:00 Walk w/ Ease
11:00 Balance & Balls   11:00 Nutrition Class   12:00 Lunch   12:30 Knitting   1:00 Cards / Billiards   1:00 Cards / Bi					10:00 Cardio Stick
11:00 Nutrition Class   12:00 Lunch   12:30 Knitting   12:00 Lunch   12:30 Knitting   12:00 Lunch   12:30 Knitting   12:00 Lunch   12:00 Men's Class   12:00 Lunch   12:00 Enhanced Fitness   W Kim (Multi-purpose Room)   2:00 Golden Mat   2:00 Intro to Spanish   2:00 Advanced Spanish   2:00 Chair Aerobics   2:00 Mending & W Arthur   2:00 Chair Aerobics   2:00 Mending & W Arthur   2:00 Computers   2:00 Computers   2:00 Computers   2:00 Computers   2:00 Computers   1:00 Cards / 8 Milliards   1:00 Nutrition   2:00 Lunch				10:45 Color Me Relaxed	(Multi -purpose Room)
12:00 Lunch   12:30 Knitting   1:00 Cards / Billiards   1:10 O Men's Class   1:100 Lunch   1:15 Aerobics w/ (Multi-purpose Room)   2:00 Golden Mat   2:00 Intro to Spanish   3:00 Open Gym				• • • • • • • • • • • • • • • • • • •	10:15 Chair Aerobics
12:00 Lunch   12:30 Knitting   1:00 Gards / Billiards   1:15 Aerobics w/ Kojak   1:00 Lunch   1:00 Pilates w/ Arrhur   1:00 Pilates w/ Arrhur   1:00 Lunch   1:00 Pilates w/ Arrhur   1:00 Cards / Billiards   1:00				11:00 Nutrition Class	11:00 Nutrition Class
12:30 Knitting				12:00 Lch	I and the second
12:30 Knitting   1:00 Cards / Billiards   1:15 Aerobics w / Kojak   1:15 Aerobics w / Kojak   1:10 Multi-purpose   1:00 Cards / Billiards   1:15 Aerobics w / Kojak   1:10 Multi-purpose   1:00 Cards / Billiards   1:15 Aerobics w / Kim (Multi-purpose   1:30 Miltards   1:15 Aerobics w / Kim (Multi-purpose   1:30 Miltards   1:00 Cards / Billiards				12:00 <b>Lunch</b>	11:00 Men's Fitness
1:00 Cards / Billiards   1:00 Cards / Billia				12:30 Knitting	
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 Intro to Spanish   2:00 Advanced Spanish   2:00 Enhanced   3:00 Fitness   8:00 Gym Orientation   9:00 Stretch & Tone   9:00					Cidoo
2:00 Enhanced Fitness w/ kim (Multi-purpose Room)					12:00 Lunch
1:00   Line Da   2:00 Golden Mat   2:00 Intro to Spanish   3:00 Open Gym   3				_	
2:30 Balance				• • • • • • • • • • • • • • • • • • •	1:00 Cards / Billiards
2:00 Golden Mat				The state of the s	1:00 Line Dancing 2:30 Balance & Balls
2:00   Intro to Spanish   2:00 Advanced Spanish   3:00 Open Gym   3:00 Open					
3:00 Open Gym   3:00 Open Gy				• • • • • • • • • • • • • • • • • • •	Assessments
3:00 Open Gym   3:00 Stretch & Tone   3:00 Tai Chi w/ Jerry   3:00 Gym Orientation   3:30 Walk w/ Ease   3:00 Open Gym   3:00 Stretch & Tone   3:00 Walk w/ Ease   3:00 Open Gym   3:00 Stretch & Tone   3:00 Walk w/ Ease   3:00 Open Gym   3:00 Stretch & Tone   3:00 Walk w/ Ease   3:00 Open Gym   3:00 Stretch & Tone   3:00 Stretch				I	(By Appointment Only)
Solition				• • • • • • • • • • • • • • • • • • •	3:00 <b>Open Gym</b>
8:00 Open Gym 9:00 Tai Chi w/ Jerry 10:00 Mending & 10:00 Chair Aerobics w/ Arthur 10:30 Chair Aerobics w/ Arthur 11:00 Circuit 10:30 Chair Aerobics 10:30 Active Living (Conference Room) 11:00 Pilates w/ Arthur 11:00 Pilates w/ Arthur 11:00 Arts & Crafts 10:00 Crocheting 10:00 Crocheting 10:00 Card / Board Games / Billiards 1:00 Ogen Gym 8:00 Open Gym 9:00 Stretch & Tone 10:00 Open Gym 10:00 Stretch & Tone 10:00 Stretch & Tone 10:00 Stretch & Tone 10:00 Stretch & Tone 10:00 Open Gym 10:00 Stretch & Tone 10:00 Stretch & Tone 10:00 Stretch & Tone 10:00 Open Gym 10:00 Stretch & Tone 10:00 Open Gym 10:00 Stretch & Tone 10:00 Open Gym 10:00 Stretch & Tone 10:00 Stretch & Tone 10:00 Stretch & Tone 10:00 Open Gym 10:00 Stretch & Tone 10:00 S				3:00 <b>Open Gym</b>	
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10:00 Chair Aerobics   10:00 Chair Aerobics   10:00 Enhanced   10:30 Chair Aerobics   10:					8:30 Trip - Wellness
10:00 Enhanced Fitness w/ Kim 11:00 Circuit 10:30 Intro to Computers 11:00 Nutrition Consultations 11:00 Line Dancing Beginners 11:00 Crocheting 1:00 Cards / Billiards			8:30 Walk w/ Ease	9:00 Stretch & Tone	
## Arthur 10:30 Intro to Computers 10:30 Intro to Computers 10:30 Hidden Sugars 10:30 Active Living (Conference Room) 11:00 Pilates w/ Arthur 11:00 Arts & Crafts 11:00 Intermediate Computing 10:00 Card / Board Saginners Pilating Smart 2:30 My Plan for Eating Smart 2:30 My Plan for Eating Smart 2:30 Chair Yoga w/ Moriah 2:30 Biggest Loser Support Group 3:00 Open Gym 3:30 Nutrition Assessments  ## Arthur 10:30 Intro to Computer 10:30 Intro to Computing 10:00 Cards / Billiards 1:00 Cards / Billiards 1:0					Gateway DC
10:30 Intro to Computers 11:00 Nutrition 10:30 Active Living (Conference Room) 12:00 Lunch 11:00 Arts & Crafts 11:00 Corocheting 1:00 Corochet		1		Class w/ Diane Lee	0.00 Walls w/ Face
Computers 10:30 Hidden Sugars 10:30 Active Living (Conference Room) 11:00 Pilates w/ Arthur 11:00 Arts & Crafts 12:00 Lunch 11:00 Crocheting 10:00 Card / Board 10:00 Cards / Billiards 10:00 Cards /		The state of the s	l control of the cont	10:30 Trip - Dutch	9:00 Walk W/ Ease 9:00 Butts & Gutts w
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12:30 Intermediate   Computing   1:00 Card / Board   1:00 Diabetes   1:00 Card / Board   1:00 Card / Board   1:00 Cards / Billiards   1:00 Cards	1.00 Line Dancing	1		12:00 Lunch	11:00 Men's Fitness
Computing 1:00 Card / Board 1:00 Diabetes 1:00 Card / Board 1:00 Diabetes 1:00 Card / Board 1:00 Cards / Billiards		1		12.00 Editeri	1
1:00 Card / Board Games / Billiards 1:00 Diabetes Support Group 1:00 Cards / Billiards 1:00 Cards / Billiards 1:00 Cards / Billiards 1:00 Cards / Billiards 1:15 Aerobics w/ 1:100 Cards / Billiards 1:00 Cards / Billiar				12:30 Knitting	
1:30 My Plan for Eating Smart 2:00 Chair Yoga w/ Moriah 2:30 Brain Games 2:30 Biggest Loser 3:00 Open Gym 3:00 Open Gym 3:30 Nutrition 1:00 Cards / Billiards 1:00 Crocheting 1:00 Crocheting 1:00 Crocheting 1:00 Crocheting 1:00 Crocheting 1:00 Cords / Billiards 1:00 Cards / Billiards 1:00 Crocheting 1:00 Cards / Billiards 1:00 Crocheting 1:00 Cards / Billiards 1:00 Crocheting 1:00 Cards / Billiards 1:00 Cards /	1:00 Card / Board	1:00 Diabetes	l control of the cont	1:00 Cards / Billiards	12:00 Lunch
1:00 Aerobics w/ Kojak 1:30 Brain Games 2:30 Biggest Loser 3:00 Open Gym 3:00 Open Gym 3:30 Nutrition 1:00 Aerobics w/ L:30 Brain Games 1:30 Crocheting 1:30 Beginners Piano 1:30 Beginners Piano 1:30 Chair Aerobics 1:30 Chair Aerobics 1:30 Chair Aerobics 1:30 Godden Mat 1:30 Grocheting 1:30 Beginners Piano 1:30 Chair Aerobics 1:30 Mindful Eating 3:00 Fitness 1:30 Mindful Eating 3:00 Fitness 1:30 Open Gym 3:00 Fitness 1:30 Mindful Eating 3:00 Fitness 1:30 Mindful Eating 3:00 Advanced Spanish 3:00 Open Gym 3:00 Open Gym 3:00 Open Gym 3:00 Open Gym 3:00 Food Demo				-	1 00 0 1 (
2:00 Chair Yoga w/ Moriah 1:30 Brain Games 1:30 Chair Aerobics 1:30 Chair Aerobics Room) 2:00 Golden Mat 3:00 Open Gym 3:00 Open Gym 3:00 Open Gym 3:00 Nutrition  1:30 Beginners Piano 1:30 Chair Aerobics Room) 2:00 Golden Mat 2:00 Golden Mat 2:00 Intro to Spanish 3:00 Open Gym 3:00 Open Gym 3:00 Open Gym 3:00 Fitness Assessments (By Appointment Only) 3:00 Food Demo	•		· · · · · · · · · · · · · · · · · · ·		1:00 Cards / Billiards
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2:30 Biggest Loser Support Group 3:00 <b>Open Gym</b> 3:00 <b>Open Gym</b> 3:00 <b>Open Gym</b> 3:00 Nutrition 2:00 Golden Mat 3:00 Fitness Assessments 3:00 Fitness Assessments 3:00 Advanced Spanish 3:00 <b>Open Gym</b> 3:00 Fitness Assessments 3:00 Fitness 3:00 Fitness Assessments 3:00 Fitness				1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	I and the second
Support Group 3:00 <b>Open Gym</b> 3:00 <b>Open Gym</b> 3:00 <b>Open Gym</b> 3:00 Fitness Assessments 3:00 Advanced Spanish 3:00 <b>Open Gym</b> 3:00 Food Demo 3:00 <b>Open Gym</b> 3:00 <b>Open Gym</b> 3:00 Food Demo		1	l control of the cont		Assessments
3:30 Nutrition Assessments (By Appointment Only) 3:00 Food Demo	Support Group	3:00 Open Gym	3:00 Fitness	2:00 Intro to Spanish	(By Appointment Only)
		1	l control of the cont		3:00 Open Gym
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3:00 <b>Open Gym</b> 3:00 <b>Open Gym</b> 3:00 <b>Open Gym</b>	Consultations	(By Appointment Only)	3:00 Open Gym	3:00 Open Gym	

## **June 2017**

		June 2017		
Monday	Tuesday	Wednesday	Thursday	Friday
12	13	14	15	16
8:00 Open Gym	8:00 Open Gym	8:00 Open Gym	8:00 Open Gym	8:00 Open Gym
9:00 Stretch & Tone	9:00 Tai Chi w/ Jerry	8:00 Gym Orientation	8:00 Gym Orientation	9:00 Walk w/ Ease
9:00 Mending &	9:30 Blood Pressure	8:30 Walk w/ Ease	9:00 Stretch & Tone	9:00 Butts & Gutts
Alterations	Screening	9:00 Stretch & Tone	10:00 Arthritis Exercise	10:00 Cardio Stick
9:30 Nutrition	10:00 Chair Aerobics	9:15 Current Events	Class w/ Diane Lee	(Multi -purpose Room)
Consultations	w/ Arthur	Discussion Group	10:45 Color Me	10:15 Chair Aerobics
10:00 Enhanced	10:30 Chair Aerobics	9:15 Food Demo	Relaxed	11:00 Nutrition Class
Fitness w/ Kim	w/ Arthur	9:30 Quilting	11:00 Balance & Balls	11:00 Wii Fit
11:00 Circuit	10:30 <b>Intro to</b>	9:30 Club Memory	11:00 Nutrition Class	(Massage Room)
Training	Computers	10:00 Enhanced Fitness		11:00 Men's Fitness
11:00 Diabetes - Menu	10:30 Active Living	w/ Kim	12:00 Lunch	Class
Planning	(Conference Room)	10:30 Trip - Dollar Store		
	10:30 Nutrition Class	11:00 Arts & Crafts	12:30 Knitting	11:30 Lunch
12:00 Lunch	w/ Candice	11:00 The Danger of	1:00 Cards / Billiards	11:30 Father's Day
	10:30 Arts & Crafts	Dehydration	1:15 Aerobics w/	Luncheon (Conference
1:00 Line Dancing	11:00 Pilates w/ Arthur	11:00 Men's Fitness	Kojak	Room)
Beginners	12:00 <b>Lunch</b>	11:30 - 2:30 Massage	2:00 Enhanced Fitness	,
1:00 Crocheting	12:30 Intermediate	12:00 <b>Lunch</b>	w/ Kim (Multi-purpose	
1:00 Cards / Billiards	Computing	12:40 Basic Computer	room)	
1:30 Hitting the Target	1:00 Cards / Billiards	1:00 Crocheting	2:00 Golden Mat	Center closes
w/ Weight loss &	1:00 Aerobics w/	1:00 Cards / Billiards	2:00 Intro to Spanish	
Healthy Eating Goals	Kojak	1:30 Beginners Piano	3:00 Advanced Spanish	at
2:00 Chair Yoga w/	1:00 Diabetes Support	1:30 Chair Aerobics	3:00 Food Demo	100
Moriah	Group	1:30 Mindful Eating	3:00 Open Gym	1.00
2:30 Biggest Loser	1:30 Brain Games	2:30 Practices for	4:00 Nutrition	1:00 p.m.
Support Group	2:00 Golden Mat	Relaxation & Peace	Consultations	
3:00 Open Gym	3:00 Fitness	3:00 Fitness Assessment		
3:30 Nutrition	Assessments	(By Appointment Only)		
Consultations	(By Appointment Only)	3:00 Open Gym		
19	20	21	22	23
8:00 Open Gym	8:00 Open Gym	8:00 Open Gym	8:00 Open Gym	8:00 Open Gym
9:00 Stretch & Tone	8:00 Trip -	8:30 Walk w/ Ease	8:00 Gym Orientation	9:00 Butts & Gutts
9:00 Mending &	Senior Symposium	8:00 Gym Orientation	9:00 Stretch & Tone	9:00 Walk w/ Ease
Alterations	9:00 Tai Chi w/ Jerry	9:00 Stretch & Tone	9:30 New Member	10:00 Cardio Stick
9:30 Living Well	10:00 Chair Aerobics	9:15 Current Events	Orientation	(Multi -purpose Room)
Workshop	w/ Arthur	Discussion Group	10:00 Arthritis Exercise	10:15 Chair Aerobics
9:30 Nutrition	10:30 Chair Aerobics	9:15 Food Demo	Class w/ Diane Lee	
Consultations	w/ Arthur	9:30 Quilting	10:45 Color Me	10:30 Trip - Botanic
10:00 Enhanced	10:30 <b>Intro to</b>	10:00 Enhanced Fitness	Relaxed	Gardens
Fitness w/ Kim	Computers	w/ Kim	11:00 Nutrition Class	
11:00 Circuit	10:30 Active Living	10:30 Trip - George	11:00 Balance & Balls	11:00 Nutrition Class
Training	(Conference Room)	Washington University	12:00 Lunch	11:00 Wii Fit
11:00 Nutrition Class	10:30 Arts & Crafts	Museum & Textile	12:30 Knitting	(Massage Room)
	10:30 Nutrition Class	11:00 Arts & Crafts	1:00 Cards / Billiards	11:00 Men's Fitness
12:00 Lunch	11:00 Pilates w/ Arthur	11:00 Nutrition Consults	1:00 Movie - Hidden	Class
	12:00 Lunch	11:00 Men's Fitness	Figures	
1:00 Line Dancing	12:30 Intermediate	11:00 Being Your Own	1:15 Aerobics w/	12:00 Lunch
Beginners	Computing	Best Advocate	Kojak	
1:00 Crocheting	1:00 Diabetes Support	12:00 Lunch	2:00 Enhanced Fitness	1:00 Cards / Billiards
1:00 Cards / Billiards	Group	12:40 Basic Computer	w/ Kim (Multi-purpose	1:00 Line Dancing
1:30 Nutrition Class	1:00 Cards / Billiards	1:00 Crocheting	room)	1:30 Nutrition Class
2:00 Chair Yoga w/	1:00 Aerobics w/	1:00 Cards / Billiards	2:00 Golden Mat	2:30 Balance & Balls
Moriah	Kojak	1:30 Beginners Piano	2:00 Intro to Spanish	3:00 Fitness
2:30 Biggest Loser	1:30 Brain Games	1:30 Chair Aerobics	3:00 Advanced Spanish	Assessments
Support Group	2:00 Golden Mat	1:30 Nutrition Class	3:00 Food Demo	(By Appointment Only)
3:00 Open Gym	3:00 Fitness	2:30 Practices for	3:00 <b>Open Gym</b>	3:00 <b>Open Gym</b>
3:30 Nutrition	Assessments	Relaxation & Peace	4:00 Nutrition	· · ·
Consultations	(By Appointment Only)	3:00 <b>Open Gym</b>	Consultations	
	3:00 Open Gym	3:00 Nutrition		
	1	Consultations		
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# June 2017

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Monday	Tuesday	Wednesday	Thursday	Friday
26	27	28	29	30
8:00 Open Gym	8:00 Open Gym	8:00 Open Gym	8:00 Open Gym	8:00 Open Gym
9:00 Stretch & Tone	9:00 Tai Chi w/ Jerry	8:00 Gym Orientation	8:00 Gym Orientation	9:00 Walk w/ Ease
	I to the second			
9:00 Mending &	10:00 Chair Aerobics	8:30 Walk w/ Ease	9:00 Trip -	9:00 Butts & Gutts w/
Alterations	w/ Arthur	9:00 Stretch & Tone	DPR Senior Picnic	W. Yates
9:30 Living Well	10:30 Chair Aerobics	9:15 Current Events	Oxen Hill	10:00 Cardio Stick
Workshop	w/ Arthur	Discussion Group	9:00 Stretch & Tone	(Multi -purpose Room)
9:30 Nutrition	10:30 <b>Intro to</b>	9:15 Food Demo	10:00 Arthritis Exercise	10:15 Chair Aerobics
Consultations	Computers	9:30 Quilting	Class w/ Diane Lee	11:00 Nutrition Class
10:00 Enhanced	10:30 Arts & Crafts	9:30 Club Memory	10:45 Color Me	11:00 Wii Fit
Fitness w/ Kim	10:30 Nutrition Class	10:00 Enhanced Fitness	Relaxed	(Massage Room)
11:00 Vitamins &	w/ Candice	w/ Kim	11:00 Nutrition Class	11:00 Men's Fitness
Herbals Supplements	10:30 Active Living	11:00 Arts & Crafts	11:00 Balance & Balls	Class
11:00 Circuit	(Conference Room)	11:00 Men's Fitness		
Training	11:00 Pilates w/ Arthur	11:00 Medication	12:00 Lunch	12:00 Lunch
12:00 Lunch	12:00 Lunch	Compliance		
1:00 Line Dancing	12:30 Intermediate	11:30 - 2:30 Massage	12:30 Knitting	1:00 Nutrition class w/
Beginners	Computing	12:00 Lunch	1:00 Cards / Billiards	DeAnna
1:00 Book Club	1:00 Aerobics w/	12:40 Basic Computer	1:15 Aerobics w/	1:00 Cards / Billiards
Meeting - I Know Why	Kojak	1:00 Crocheting	Kojak	1:00 Line Dancing
the Caged Bird Sings/	1:00 Diabetes Support	1:00 Cards / Billiards	2:00 Enhanced Fitness	2:30 Balance & Balls
Gather Together in my	Group	1:00 AARP Driver	w/ Kim (Multi-purpose	3:00 Fitness
Name by Maya Angelou	1:00 Cards / Billiards	Safety Course	room)	Assessments
1:00 Crocheting	1:00 AARP Driver	1:30 Beginners Piano	2:00 Golden Mat	(By Appointment Only)
1:00 Cards / Billiards	Safety Course	1:30 Chair Aerobics	2:00 Intro to Spanish	3:00 Open Gym
1:30 Nutrition Class	1:30 Brain Games	1:30 Nutrition Class	3:00 Advanced Spanish	
2:00 Chair Yoga w/	2:00 Golden Mat	2:30 Practices for	3:00 Food Demo	
Moriah	3:00 Fitness	Relaxation & Peace	3:00 Open Gym	
2:30 Biggest Loser	Assessments	3:00 Fitness	4:00 Nutrition	
Support Group	(By Appointment Only)	Assessments	Consultations	
3:00 Open Gym	3:00 Open Gym	3:00 Open Gym		
				D 1 01 1 34
Blood Pressure	Club Memory	Massage	DC Senior Symposium	Book Club Meeting
Screening	w/ Sibley Hospital	w/ Jada	Tuesday	Monday
Screening			1 desday	
	Representatives			June 26, 2017
Tuesday	Representatives	Wednesday	June 20, 2017	i i
	3.8.7. 1. 1	1		
	Wednesday	June 14, 2017		@
			Ballou Senior High	
June 13, 2017	June 14, 2017	ے		1:00 p.m.
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		Wednesday	School	I Know Why the Cage d
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@		June 28, 2017	0.30	
	June 28, 2017		8:30 a.m 3:00 p.m.	Bird Sings / Gather
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9:30 a.m.		@		
	@			Together in my Name
		11:00 a.m.		
	9:30 a.m.	11.00 a.iii.		Maya Angelou
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omnon SYR 118		( F2% a)	BIG	***
			Mayor's Sixth Annual	6 0 K CLUB



# Recipe to Try... Pineapple Cucumber Mojitto 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.



Kappy 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."