

Model Cities  
Senior Wellness Center



# Model Cities Senior Wellness Center

1901 Evarts Street, N.E.  
Washington, DC 20018

(202) 635-1900 Phone (202) 635-1477 Fax

Hours of Operation: M-F 8:00 a.m.-5:00 p.m. Sat. 10am-3pm



Volume 8, Issue 12

## CITIES TALK



## December 2014 Newsletter and Calendar



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### CENTER STAFF

- Stacie Thweatt, Project Director x 22
- Vernetta Broady, Nutrition Site Manager x 25
- Monica Carroll, Community Health Specialist x 24
- Chantay Long, Front Desk Registration x21
- Eleese Onami, Nutritionist x 23
- Linda Smith, Administrative Assistant x 26
- Robbie Williams, Driver



Healthcare that Works • Healthcare that is Safe • Healthcare that Leaves No One Behind

Mon. Dec., 1	Tues. Dec., 2	Wed. Dec., 3	Thurs. Dec., 4	Fri. Dec., 5	Sat. Dec., 6
<p>8:00 Open Gym  <b>9:15 Pilates</b>                      9:30 Walking                      10:15 Kojak Low Impact Aerobics</p> <p>10:30 Advance Spanish</p> <p>11:00 Chair Exercise                      11:15 Beginners Spanish                      1:00 Nutrition Bingo                      1:00 Quilting                      1:00 Pinochle</p> <p><b>1:00 Redskin Monday</b></p> <p><b>1:00 World AID's Day National</b></p> <p><b>1:30 Hula Dance</b>                      2:00 Board Games                      5:30 Cardio-Interval Exercise Class</p>	<p>8:00 Open Gym                      9:30 No Sign Language                      9:30 Yoga                      10:00 Computer Class Beginners and Advance                      10:15 Chair Exercise</p> <p><b>10:45 Nutrition Class Secrets to a Seriously Tasty Salad</b>  <b>12:00 Bowling</b></p>  <p>12:30 Line Dance (Beginners)                      1:00 Line Dance (Advance)                      1:00 Beginners Ballet And Dance Company Class                      2:00 Board Games                      3:30 Weight Training</p>	<p>8:00 Open Gym                      9:30 Walking                      10:00 Choir Rehearsal                      10:00 No Circuit Training                      10:00 Chair Exercise</p> <p><b>11:00 Town Hall Meeting</b></p> <p><b>11:30-2:30 Holiday Bazaar</b></p> <p>1:00 Kojak Low Impact Aerobics</p> <p><b>1:00 Prostate Cancer Prevention, Testicular Cancer detection, Dr. Ruby Shadow</b></p> <p>1:00 Pinochle                      1:00 Nutrition Bingo                      1:00 Knitting, Crocheting                      2:00 Board Games                      2:00 Afro Jazz                      3:30 Weight Training                      5:30 Cardio-interval Exercise Class</p>	<p>8:00 Open Gym                      9:30 Inspirational Hour                      Elder Odessa Harris                      9:30 Yoga                      10:00 Golf                      10:20 Chair Exercise</p> <p><b>10:45 Nutrition Class Food Safety Tips</b></p> <p>12:00 Kojak Low Impact Aerobics</p> <p><b>1:00 Beginners Ballet Dance Company Class</b></p> <p>1:00 Computer Class Beginners and Advance</p> <p><b>1:00 Medicare By Med Star</b></p> <p>1:00 Exercise In Bed  <b>1:30 Introduction to Bridge</b></p> <p>2:00 Board Games                      3:30 Weight Training</p>	<p>8:00 Open Gym                      9:30 Walking</p> <p><b>10:00 Piano Class</b></p> <p>10:30 Zumba Gold                      11:15 Chair Exercise</p> <p><b>12:45 In house Movie "Best Man Holiday"</b></p> <p><b>1:00 Breast Cancer Survey</b></p> <p>1:00 Nutrition Bingo</p>	<p><b>10:15 Low Impact Aerobics</b></p> <p><b>11:00 Chair Exercise</b></p> <p><b>12:45 Yoga</b></p> <p><b>1:00 Total Body Wellness</b></p>
<p>8:00 Open Gym  <b>9:15 Pilates</b>                      9:30 Walking                      10:15 Kojak Low Impact Aerobics</p> <p>10:30 Advance Spanish</p> <p>11:00 Chair Exercise                      11:15 Beginners Spanish                      1:00 Nutrition Bingo                      1:00 Quilting                      1:00 Pinochle</p> <p><b>1:00 Redskin Monday</b></p> <p><b>1:00 Langston Elementary School Grade 5 Holiday Program</b></p> <p><b>1:30 Hula Dance</b>                      2:00 Board Games                      5:30 Cardio-Interval Exercise Class</p>	<p>8:00 Open Gym                      9:30 No Sign Language                      9:30 Yoga                      10:00 Computer Class Beginners and Advance                      10:15 Chair Exercise</p> <p><b>10:45 Nutrition Class The Forgotten Berries</b></p> <p><b>11:30 Massage</b>  <b>12:00 Bowling</b></p>  <p>12:30 Line Dance (Beginners)                      1:00 Line Dance (Advance)                      1:00 Beginners Ballet And Dance Company Class                      2:00 Board Games                      3:30 Weight Training</p>	<p>8:00 Open Gym                      9:30 Walking</p> <p><b>9:30 -2:00 D.C Office on Aging Mayor's Annual Senior Holiday Celebration - At the D.C Armory 2001 E. Capitol St, SE</b></p>  <p><b>There will be no Morning Activities held at the Model Cities Senior Wellness Center.</b></p> <p><b>3:30 Weight Training</b></p> <p><b>5:30 Cardio-Interval Exercise Class</b></p>	<p>8:00 Open Gym                      9:30 Inspirational Hour                      Elder Odessa Harris                      9:30 Yoga                      10:00 Golf                      10:20 Chair Exercise</p> <p><b>10:45 Nutrition Class Health Benefits of Ginger</b></p> <p>12:00 Kojak Low Impact Aerobics</p> <p><b>1:00 Beginners Ballet Dance Company Class</b></p> <p>1:00 Computer Class - Beginners and Advance                      1:00 Exercise In Bed  <b>1:30 Introduction to Bridge</b></p> <p>2:00 Board Games                      3:30 Weight Training</p>	<p>8:00 Open Gym                      9:30 Walking</p> <p><b>10:00 Piano Class</b></p> <p>10:30 Zumba Gold                      11:15 Chair Exercise</p> <p><b>11:30 Model Cities Holiday Party At Model Cities</b></p> <p><b>Non Member Benevolence Member \$15.00</b></p> <p><b>12:45 No In house Movie</b>                      1:00 No Nutrition Bingo</p>	<p><b>10:15 Low Impact Aerobics</b></p> <p><b>11:00 Chair Exercise</b></p> <p><b>12:45 Stretching Class</b></p> <p><b>1:00 Total Body Wellness</b></p>

Mon. Dec., 15	Tues. Dec., 16	Wed. Dec., 17	Thurs. Dec., 18	Fri. Dec., 19	Sat. Dec., 20
<p>8:00 Open Gym  <b>9:15 Pilates</b>            9:30 Walking            10:15 Kojak Low Impact Aerobics  <b>10:30 Wal-Mart</b></p>  <p>10:30 Advance Spanish            11:00 Chair Exercise            11:15 Beginners Spanish            1:00 Nutrition Bingo</p> <p><b>1:00 Chronic Disease And Living Well Dr. Ruby Shadow</b></p> <p><b>1:00 Redskin Monday</b>            1:00 Quilting            1:00 Pinochle            1:00 Knitting, Crocheting  <b>1:30 Hula Dance</b>            2:00 Board Games            5:30 Cardio-Interval Exercise Class</p>	<p>8:00 Open Gym            9:30 No Sign Language            9:30 Yoga            10:00 Computer Class Beginners and Advance            10:15 Chair Exercise</p> <p><b>10:45 Nutrition Class Becoming a Better Shopper</b></p> <p><b>12:00 Bowling</b></p> <p>12:30 Line Dance (Beginners)            1:00 Line Dance (Advance)            1:00 Beginners Ballet And Dance Company Class            2:00 Board Games</p>	<p>8:00 Open Gym            9:30 Walking            10:00 Choir Rehearsal            10:00 Circuit Training            10:00 Chair Exercise</p> <p><b>11:00 AARP Display Table</b></p> <p>1:00 Kojak Low Impact Aerobics            1:00 Pinochle            1:00 Nutrition Bingo            1:00 Knitting, Crocheting</p> <p><b>1:00 Holiday Fashion Show</b></p> <p>2:00 Board Games            2:00 Afro Jazz Class            3:30 Weight Training            5:30 Cardio-interval Exercise Class</p>	<p>8:00 Open Gym            9:30 Inspirational Hour—Elder Odessa Harris            9:30 Yoga            10:00 Golf            10:20 Chair Exercise</p> <p><b>10:30 Ice Show Night Before Christmas At the National Harbor Donation \$30.00 Lunch on Your own</b></p>  <p><b>10:45 Nutrition Class Trader Joe's</b></p> <p>12:00 Kojak Low Impact Aerobics  <b>1:00 Beginners Ballet And Dance Co. Company Class</b>            1:00 Computer Class Beginners and Advance            1:00 Exercise in Bed  <b>1:30 Introduction to Bridge</b>            2:00 Board Games            3:30 Weight Training</p>	<p>8:00 Open Gym            9:30 Walking  <b>10:00 Piano Class</b>            10:30 Zumba Gold            11:15 Chair Exercise</p> <p><b>12:45 No In house Movie</b></p> <p>1:00 Nutrition Bingo  <b>1:00 Holiday Luau</b></p> <p><b>5:30-8:30 p.m. Happy Hour Donation \$8.00 Light buffet, Non-Alcoholic drinks Music by DJ. Tyzer</b></p> <p><b>Notice Price Change</b></p>	<p><b>10:15 Low Impact Aerobics</b>  <b>11:00 Chair Exercise</b>  <b>12:45 Yoga</b>  <b>1:00 Total Body Wellness</b></p>
<p>Mon. Dec., 22</p> <p>8:00 Open Gym  <b>9:15 Pilates</b>            9:30 Walking            10:15 Kojak Low Impact Aerobics            10:30 Advance Spanish            11:00 Chair Exercise            11:15 Beginners Spanish            1:00 Nutrition Bingo</p> <p><b>1:00 Redskin Monday</b>            1:00 Quilting            1:00 Pinochle            1:00 Knitting, Crocheting</p> <p><b>1:00 Holiday Grief Sister Mary Powers</b></p> <p><b>1:30 Hula Dance</b>            2:00 Board Games            5:30 Cardio-Interval</p>	<p>Tues. Dec., 23</p> <p>8:00 Open Gym            9:30 No Sign Language            9:30 Yoga            10:00 Computer Class Beginners And Advance            10:15 Chair Exercise</p> <p><b>10:45 Nutrition Class Demonstration</b></p> <p><b>11:30 Massage</b>  <b>12:00 Bowling</b></p>  <p>12:30 Line Dance (Beginners)            1:00 Line Dance (Advance)            1:00 Beginners Ballet And Dance Company Class            2:00 Board Games            3:30 Weight Training</p>	<p>Wed. Dec., 24</p> <p>8:00 Open Gym            9:30 Walking            10:00 Choir Rehearsal            10:00 Circuit Training            10:00 Chair Exercise            1:00 Kojak Low Impact Aerobics            1:00 Pinochle            1:00 Nutrition Bingo            1:00 Knitting, Crocheting            2:00 Board Games            2:00 Afro Jazz Class            3:30 Weight Training            5:30 Cardio-interval Exercise Class</p>	<p>Thurs. Dec., 25</p> <p><b>Happy Holiday Center Is Closed</b></p> 	<p>Fri. Dec., 26</p> <p>8:00 Open Gym            9:30 Walking  <b>10:00 Piano Class</b>            10:30 Zumba Gold            11:15 Chair Exercise</p> <p><b>12:45 In house Movie—Blizzard</b></p> <p>1:00 Nutrition Bingo</p> <p><b>1:00 Book Club</b></p>	<p>Sat. Dec., 27</p> <p><b>10:15 Low Impact Aerobics</b>  <b>11:00 Chair Exercise</b>  <b>12:45 Stretching Class</b>  <b>1:00 Total Body Wellness</b></p>

Mon. Dec., 29	Tues. Dec., 30	Wed. Dec., 31	Thurs. Jan. 1	Fri. Jan. 2	Sat. Jan. 3
8:00 Open Gym <b>9:15 Pilates</b> 9:30 Walking 10:15 Kojak Low Impact Aerobics 10:30 Advance Spanish 11:00 Chair Exercise 11:15 Beginners Spanish 1:00 Nutrition Bingo <b>1:00 Redskin Monday</b> 1:00 Quilting 1:00 Pinochle 1:00 Knitting, Crocheting <b>1:30 Hula Dance</b> 2:00 Board Games 5:30 <b>Cardio-Interval Exercise Class</b>	8:00 Open Gym 9:30 Sign Language 9:30 Yoga 10:00 Computer Class Beginners and Advance 10:15 Chair Exercise <b>10:45 Nutrition Class—Heart Healthy Tips</b> <b>12:00 Bowling</b> 12:30 Line Dance (Beginners) 1:00 Line Dance (Advance) 1:00 Beginners Ballet And Dance Company Class 2:00 Board Games 3:30 Weight Training	8:00 Open Gym 9:30 Walking 10:00 Choir Rehearsal 10:00 Circuit Training 11:00 Chair Exercise 1:00 Kojak Low Impact Aerobics 1:00 Pinochle 1:00 Nutrition Bingo 1:00 Knitting, Crocheting 2:00 Board Games 2:00 Afro Jazz 3:30 Weight Training 5:30 Cardio-interval Exercise Class	<p><b>HOLIDAY</b></p> <p><b>Happy New Year</b></p> <p><b>Center Closed</b></p> 	8:00 Open Gym 9:30 Walking 10:30 Zumba Gold 11:15 Chair Exercise <b>12:45 In house Movie The other Women</b> 1:00 Nutrition Bingo	<b>10:30 Low Impact Aerobics</b> <b>11:00 Chair Exercise</b> <b>12:45 Yoga</b> <b>1:00 Total Body Wellness</b> <b>6:00-10:00pm Holiday Gala at Temple Sinai</b> <b>3100 Military Rd NW Washington, DC</b> <b>Donation \$46.00</b>

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- Bananas
  - Drunk and Drugged Driving Prevention Month
  - Handwashing Awareness Week 12-1-6
  - Human rights Month
  - National Influenza Vaccination - Week 7-13
  - Safe Toys and Gifts Month
  - Squash
  - Stress Free Family Holiday Month
  - Sweet Potatoes
  - Yams

## RECIPES TO TRY!!



- 1/3 cup butter, softened
- 1/2 cup sugar
- 2 eggs, lightly beaten
- 3/4 cup evaporated milk
- 2 cups mashed sweet potatoes

### Sweet Potato Pie

Prep time	10 minutes
cook time	50 minutes + cooling
Servings	6 – 8

#### INGREDIENTS

- 1 teaspoon Pure Vanilla Extract
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon ground nutmeg
- 1/4 teaspoon salt
- 1 unbaked pie shell (9 inch)

#### Directions

In a bowl, cream butter and sugar. Add eggs; mix well. Add milk, sweet potatoes, vanilla, cinnamon, nutmeg and salt; mix well. Pour into pie shell. Bake at 425° for 15 minutes. Reduce heat to 350°; bake 35-40 minutes longer or until a knife inserted near the center comes out clean.

Cool. Store in refrigerator. Yield: 6-8 servings.



### Holiday Cranberry-Pomegranate Sauce

Prep time	15 minutes
cook time	20 minutes
Ready in	8 hours 35 minutes
Servings	24

#### INGREDIENTS

- 1/4 teaspoon ground cloves
- 2 cinnamon sticks
- 1 pomegranate, peeled and seeds separated

- 1 (12 ounce) bag fresh cranberries, rinsed and sorted
- 1 cup white sugar
- 1 cup orange juice
- 1 teaspoon orange zest

#### Directions

Mix the cranberries, sugar, orange juice, orange zest, ground cloves, and cinnamon sticks together in a saucepan. Bring to a boil. Lower heat to medium, and simmer for 10 minutes, stirring constantly. Remove from the heat and cool.

Stir the pomegranate seeds into the cranberry mixture, and refrigerate at least 8 hours or overnight. Remove the cinnamon sticks before serving.

## Ask The Director



**Stacie Thweatt, Project Director**

Happy Holidays Ladies and Gentleman,

We are having an exciting start to this fiscal year with our Total Body Wellness Program, Health Education, Nutrition and Fitness classes. Our mindset is to be healthier, exercise more, eat better, drink more water and decrease the intake of medication. We're already working on our New Year's Resolution for 2015.

Model Cities has been focusing on Diabetes, Alzheimer's and Breast Cancer Awareness. It is hard to believe Ward 5 has the highest number of Breast Cancer patients in the District of Columbia. It is important to take control of your health. Providence Hospital offers Mammogram Screening. Pick up a referral from your physician. The education is available. What are you going to do??

Don't forget to take a look at the Code of Conduct policy developed by the DC Office on Aging. Be sure to complete a survey before the end of December 2014.

Please complete an updated application and a physician form if you have not done so this year. The front desk will assist you and make this process as easy as possible.

The Center is open on Saturdays from 10:00am to 3:00pm. If the news forecast snow or sleet, the Center will be closed.

The Holiday Season is upon us and we must be safe. Please watch your surroundings and stay together in groups. Do not travel alone. Criminals prey on seniors. Do not answer your door for strangers and do not give your personal information over phone (social security, credit card or bank numbers).

Let's continue to be respectful of one another and make everyone feel warm and welcome to our program. If anyone should need assistance please stop by and see the Director or one of the staff members. We will be happy to accommodate you.

## WORLD AIDS DAY

The **World AIDS Day** is a global initiative to raise awareness, fight prejudice, and improve education about HIV; the virus that causes AIDS, **World AIDS Day is December 1.**

Around the world, about 34 million people are living with HIV. In the United States, about 50,000 people get infected with HIV every year.

It's important **everyone ages 15 to 65** gets tested for HIV at least once. Some people may need to get tested more often.

### How can World AIDS Day make a difference?

We can use this day to raise awareness about HIV/AIDS, encourage people to get tested, and take action to support people living with HIV.

Here are just a few ideas:

Encourage others (include yourself) to get tested for HIV. Let them know that some health clinics offer free HIV testing.

Talk to your parents about teaching their kids the basics of safe sex.

Wear a red ribbon, the symbol of HIV awareness and support. Tell people why you are wearing it.

### HIV Testing: Questions for the Doctor

#### What do I ask the Doctor?

Visiting the doctor can be stressful. It helps to have questions written down before your appointment. Print this list of questions and take it with you when you visit the doctor or health clinic.

- Should I get tested for HIV?
- What puts me at risk for HIV?
- How will you test me for HIV?
- Who will see my test results?
- How long will take to get my test results?
- How will I find out my results?
- Should I get tested for any other STD's (sexually transmitted diseases)?
- If I have HIV, what will happen next?
- Do you offer counseling on HIV prevention? If you don't, can you recommend a place that does?
- If I don't have HIV:
  - How can I protect myself from HIV?
  - When do I need to get tested again?
  - Does my sex partner still need to get tested for HIV?

**Optimum health during the golden years!**

**Model Cities Senior Wellness Center is of the Senior Services Network- supported by the D.C. Office on Aging and managed by Providence Hospital Wellness Institute.**

**Happy Birthday to all born in the Month of December!!!**

### **Model Cities Senior Wellness Center's Trip Policy**

We welcome all Model Cities Senior Wellness Center participants and their guest to join us for activities and outings. Registration for all events is honored on a first come, first served basis. When a donation is required, payment must be made when you register by mail or in person. Telephone registration for these programs will not be accepted. Cash and checks are welcome. Please make checks payable to Model Cities Senior Wellness Center.

### **Inclement Weather Policy**

Model Cities follow the DC Government inclement weather policy. When the administrative offices are open two hours late, Model Cities will open for business at 10:00am. Please listen to the weather stations and watch your local television channels for the weather updates for closures.

### **MEMBERSHIP IS FREE**

**To all District of Columbia residents who are 60 years of age and older.  
Donations are accepted.**

**Redskins Monday wear your gear**



### **Program Highlights**



- **Saturday, December 6, 2014 Woman of Noble Character Breakfast Bazaar 9:00 am. The Hilton Alexandria Mark Center Hotel Donation \$50.00 See Monica Carroll**
- **Saturday, January 3, 2015 Holiday Gala 6:00-10:00pm. at Temple Sinai 3100 Military Rd, NW. Donation \$46.00. All monies due by Monday, December 29, 2014**
- **Wednesday, January 14, 2015 Stacie Birthday Luncheon 10:30 am. in Rockville, Maryland. Donation \$25.00 see Monica for menu and place. All monies due by Monday, January 5, 2014**
- **Saturday, February 7, 2015 Alvin Ailey Dance Company 12:00 pm. at the Kennedy Center Opera House Orchestra Seats Donation \$84.00 all monies due by Thursday, January 15, 2014**