



# MODEL CITIES

## Senior Wellness Center

### Calendar & Newsletter

1901 Evarts Street, N.E. | Washington, DC 20018 | [www.provhosp.org](http://www.provhosp.org) | Ph: (202) 635-1900 | Fax: (202) 635-1477  
Hours of Operation: Monday-Friday 8:00am-5:00pm

**June 2018**  
*Volume 2 ▪ Issue 6*

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**Nutritionist Corner**  
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Jandel Benjamin



**June is Men's Health Month, We salute our men.** Shown above, left: Ernest Johnson, Ernest McCargo, Evans Hope, Charles Thomas. Front row: Curtis Terry and Fred Hamilton. Below from left : John Douglas, Joe Plight Morris Cox.





# Calendar of Events...

## June 2018

Monday	Tuesday	Wednesday	Thursday	Friday
				1 8:00 Open Gym <b>8:45 Tai Chi</b> 9:00 Piano Class 10:00 Sewing Class 10:20 Zumba Gold 11:15 Chair Exercise 11:30 Enhance Fitness Chair Exercise <b>1:00 No Art Expression</b> 1:00 Bingo
4 <b>Early Voting</b> 8:00 Open Gym 10:15 Kojak Low Impact Aerobics <b>10:30 Manor Care</b> <b>Visiting Ruth Mason</b> 10:30 Advanced Spanish <b>11:00 Regular Chair</b> <b>Exercise</b> 11:15 Beginners Spanish <b>11:15 Enhance Fitness</b> <b>Chair Exercise</b> 1:00 Quilting 1:00 Pinochle 1:00 Dominoes 2:00 Board Games <b>5:30 Cardio Interval</b> Aerobics	5 8:00 Open Gym <b>8:45 Tai Chi</b> 9:30 Computer Class Beginners & Advance 9:30 Yoga <b>10:00 C&amp;K Fashion Display</b> <b>Table</b> 10:20 Chair Exercise <b>11:00 Nutrition Class</b> <b>Aging Mastery Class-</b> <b>Communication with your</b> <b>Doctor</b> 11:00 Beginners Ballet and Dance Co. Class <b>11:45 Barber</b> <b>12:00 Bowling</b> 1:00 Line Dance (Beginners) 2:00 Advance Line Dance <b>3:30 Strength and</b> <b>Resistance</b>	6 8:00 Open Gym <b>9:30 Sign Language</b> 10:00 Choir Rehearsal <b>10:15 Regular Chair</b> <b>Exercise and</b> <b>Enhance Fitness</b> <b>Chair Exercise</b> <b>10:15 No Circuit Training</b> <b>11:00 Town Hal Meeting</b> 1:00 Kojak Low Impact Aerobics 1:00 Pinochle 2:00 Board Games <b>3:30 Strength and</b> <b>Resistance</b> <b>5:30 Cardio Interval</b> Aerobics	7 8:00 Open Gym <b>8:45 Tai Chi</b> 9:30 Inspirational Hour Elder Odessa Harris 9:30 Yoga 9:30 Computer Class Beginners & Advance 10:00 Knitting/Crocheting 10:00 No Golf 10:20 Chair Exercise 11:00 Beginners Ballet and Dance Co. Class <b>11:00 Nutrition Class</b> <b>Produce Plus Farmers</b> <b>Market Vouchers</b> <b>12:00 No Kojak Low Impact</b> <b>Enhance Fitness</b> <b>1:00 AARP Presentation</b> <b>Medication Patrol</b> <b>1:00 Intro to Diabetes</b> <b>Eat Well to Prevent T2</b> 2:00 Board Games <b>3:30 Strength and</b> <b>Resistance</b>	8 8:00 Open Gym <b>8:45 Tai Chi</b> 9:00 Piano Class 10:00 Sewing Class 10:20 Zumba Gold 11:15 Chair Exercise 11:30 Enhance Fitness Chair Exercise <b>1:00 Art Expression</b> 1:00 Bingo

# Calendar of Events...

<p style="text-align: right;">11</p> <p><b>8:00 No Open Gym</b>  <b>9:45-5:00 SSOU Activity Day</b>  <b>Exercise Demos, Food Tasting, Arts &amp; Craft, and Quilt Displays, Game Show and Party &amp; More</b>  <b>Food, Fun, and Info</b></p>  <p><b>SSOU</b></p> <p><b>5:30 Cardio Interval</b>  <b>Aerobics</b></p>	<p style="text-align: right;">12</p> <p>8:00 Open Gym  <b>8:45 Tai Chi</b>            9:30 Computer Class            Beginners &amp; Advance            9:30 Yoga            10:20 Chair Exercise  <b>11:00 Nutrition Class</b>  <b>What to eat for Great Hair</b>            11:00 Beginners Ballet and Dance Co. Class  <b>11:45 Barber</b>  <b>12:00 Bowling</b>            1:00 Line Dance (Beginners)            2:00 Advance Line Dance  <b>3:30 Strength and Resistance</b></p>	<p style="text-align: right;">13</p> <p>8:00 Open Gym  <b>9:30 Sign Language</b>            10:00 Choir Rehearsal            10:15 Circuit Training  <b>11:00 Diabetes Prevention Program Class</b>  <b>Make Up Class</b>            11:00 Chair Exercise  <b>11:15 Enhance Fitness Chair Exercise</b>            1:00 Kojak Low Impact Aerobics            1:00 Pinochle  <b>1:30 Enhance Mobility Program</b>            2:00 Board Games  <b>3:30 Strength and Resistance</b>  <b>5:30 Cardio Interval</b>  <b>Aerobics</b></p>	<p style="text-align: right;">14</p> <p>8:00 Open Gym  <b>8:45 Tai Chi</b>            9:30 Inspirational Hour            Elder Odessa Harris            9:30 Yoga            9:30 Computer Class            Beginners &amp; Advance            10:00 No Golf            10:00 Knitting/Crocheting            10:20 Chair Exercise            11:00 Beginners Ballet and Dance Co. Class  <b>11:00 Nutrition Class</b>  <b>Flowers Flavors the Power of Flowers</b>  <b>12:00 No Kojak Low Impact</b>  <b>Aerobics</b>  <b>1:00 Club Memory</b>  <b>1:00 DDP Track Your Food</b>            2:00 Board Games  <b>3:30 Strength and Resistance</b></p>	<p style="text-align: right;">15</p> <p>8:00 Open Gym  <b>8:45 Tai Chi</b>            9:00 Piano Class            10:00 Sewing Class            10:20 Zumba Gold            11:15 Chair Exercise            11:30 Enhance Fitness Chair Exercise  <b>1:00 Art Expression</b>            1:00 Bingo</p>
<p style="text-align: right;">18</p> <p>8:00 Open Gym  <b>10:00 Father's Day Breakfast</b>            10:15 Kojak Low Impact Aerobics            10:30 Advanced Spanish  <b>11:00 Regular Chair Exercise</b>            11:15 Beginners Spanish  <b>11:15 Enhance Fitness Chair Exercise</b>            1:00 Quilting            1:00 Pinochle  <b>1:00 People and Stories for Older Adult Book Club</b>            1:00 Dominoes  <b>1:00 Dept. of Insurance And Banking Money Smart</b>            2:00 Board Games  <b>5:30 Cardio Interval</b>  <b>Aerobics</b></p>	<p style="text-align: right;">19</p> <p style="text-align: center;"><b>Primary Day Voting Center Closed</b></p> 	<p style="text-align: right;">20</p> <p>8:00 Open Gym  <b>8:30 Mayor's Symposium</b>  <b>Dunbar High School</b>  <b>9:30 Sign Language</b>            10:00 Choir Rehearsal            10:15 Circuit Training  <b>11:00 AARP Display Table</b>  <b>11:00 Diabetes Prevention Program Class</b>  <b>Make up Class</b>            11:00 Chair Exercise  <b>11:15 Enhance Fitness Chair Exercise</b>            1:00 Kojak Low Impact Aerobics            1:00 Pinochle            2:00 Board Games  <b>3:30 Strength and Resistance</b>  <b>5:30 Cardio Interval</b>  <b>Aerobics</b></p>	<p style="text-align: right;">21</p> <p>8:00 Open Gym  <b>8:45 Tai Chi</b>            9:30 Inspirational Hour            Elder Odessa Harris  <b>9:30 No Yoga</b>            9:30 Computer Class            Beginners &amp; Advance            10:00 Knitting/Crocheting            10:00 No Golf            10:20 Chair Exercise            11:00 Beginners Ballet and Dance Co. Class  <b>11:00 Nutrition Class</b>  <b>Kidney Stones</b>  <b>12:00 No Kojak Low Impact</b>  <b>Aerobics</b>  <b>1:00 DDP Get more Active</b>  <b>1:00 Washington National Cemetery</b>            2:00 Board Games  <b>3:30 Strength and Resistance</b></p>	<p style="text-align: right;">22</p> <p>8:00 Open Gym  <b>8:45 Tai Chi</b>            9:00 No Piano Class            10:00 Sewing Class            10:20 Zumba Gold            11:15 Chair Exercise            11:30 Enhance Fitness Chair Exercise  <b>1:00 Art Expression</b>            1:00 Bingo</p> <hr/> <p style="text-align: center;"><b>Sunday, June 24</b>  <b>2:30 Ms. Senior D.C. Pageant</b>  <b>UDC Auditorium</b>  <b>Donation \$20.00</b></p>

# Calendar of Events...

25	26	27	28	29
8:00 Open Gym <b>8:00 AARP 55 Alive Driving Class</b> <b>Donation AARP Member \$15.00 Non Member \$20.00</b> 10:15 Kojak Low Impact Aerobics 10:30 Advanced Spanish <b>11:00 Regular Chair Exercise</b> 11:15 Beginners Spanish <b>11:15 Enhance Fitness Chair Exercise</b> 1:00 Quilting 1:00 Pinochle 1:00 Dominoes 2:00 Board Games <b>5:30 Cardio Interval Aerobics</b>	8:00 Open Gym <b>8:45 Tai Chi</b> 9:30 Computer Class Beginners & Advance 9:30 Yoga 10:20 Chair Exercise 10:30 Music Sensory <b>11:00 Nutrition Class Nutrition Film Festival</b> 11:00 No Beginners Ballet and Dance Co. Class <b>11:45 Barber</b> <b>12:00 Bowling</b> 1:00 No Line Dance (Beginners) <b>1:00 SSOU Meeting</b> 2:00 Advance Line Dance <b>3:30 Strength and Resistance</b>	8:00 Open Gym <b>9:30 No Sign Language</b> <b>10:00 Men's Health Fair Day</b> 10:00 No Choir Rehearsal 10:15 Circuit Training 11:00 Regular Chair Exercise <b>11:00 Diabetes Prevention Program Make up Class</b> 11:30 Enhance Fitness Chair Exercise 1:00 Kojak Low Impact Aerobics <b>1:00 Massage</b> 1:00 Pinochle 2:00 Board Games <b>3:30 Strength and Resistance</b> <b>5:30 Cardio Interval Aerobics</b>	8:00 Open Gym <b>8:45 Tai Chi</b> 9:30 Inspirational Hour Elder Odessa Harris <b>9:30 Senior Fest Oxon Run Park</b> <b>9:30 No Yoga</b> 9:30 Computer Class Beginners & Advance <b>10:00 Woodridge Library, Genealogy Class</b> 10:00 No Golf 10:00 Knitting/Crocheting 10:20 Chair Exercise 11:00 No Beginners Ballet and Dance Co. Class <b>11:00 Nutrition Class Franciscan Monastery Garden Trip</b> <b>12:00 No Kojak Low Impact Aerobics</b> <b>1:00 Club Memory</b> 1:00 Board Games <b>3:30 Strength and Resistance</b>	8:00 Open Gym <b>8:45 Tai Chi</b> 9:00 No Piano Class 10:00 Sewing Class 10:20 Zumba Gold 11:15 Chair Exercise 11:30 Enhance Fitness Chair Exercise <b>1:00 Art Expression</b> 1:00 Bingo

# Upcoming Events...

- **Ice Cream Social** - Tuesday, July 3, 2018 1:00 pm. for Donations see Monica Carroll or Dee Powers.
- **Senior Luncheon Cruise**- Friday, July 8, 2018, 10:00am. The Spirit of Washington, all monies due Friday, June 8, 2018 Donations \$35.00 see Monica Carroll or Dee Powers
- **Model Cities Town Hall Meeting**- Wednesday, July 11, 2018 11:00am.
- **Universoul Circus**- Wednesday, July 11, 2018 9:30am, at the National Harbor, lunch on your own. Donations \$15.00 see Monica Carroll or Dee Powers. All monies due by Friday, June 15, 2018

# Nutritionist Corner & Health Observances



**Jandel Benjamin, Nutritionist**

## Health Observances for June

- Aphasia Awareness Month
- Cancer Survivors Month-National
- Cataract Awareness Month
- National Frozen Yogurt Month
- National Fruit & Vegetables
- Men's Health Month
- National HIV Testing
- National Ice Tea Month
- National Safety Month
- World Sickle Cell

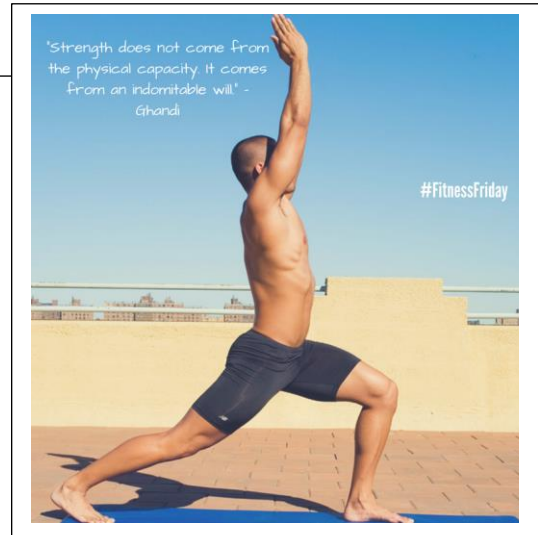
June 2018

You are free to choose, but you are not free from the consequence of your choice.....

Be honest in your weight loss and lifestyle change journey in knowing the word "moderation" may not work for everyone when it comes to weight loss and/or lifestyle changes. "Nosce Te Ipsum" Latin for know thyself. The Center for Disease Control and the World Health Organization stated by 2020 two thirds of all diseases worldwide will be the result of lifestyle choices. Behavior management is key. Eat healthy and exercise.

I want to invite all the Model Cities men to the Men's Health Day on June 27<sup>th</sup>. There will be a few different surprises for you to explore along with the invited community health team.

## Men's Health Month



### What are the biggest health issues men face?

There is a crisis in America right now in men's health, and it affects every community. That crisis revolves around managing chronic medical diseases like diabetes, obesity, hypertension, heart disease and high cholesterol. These common problems are causing men to die prematurely in the prime of their life.

### What is low testosterone?

Testosterone is the main male hormone, and is responsible for a number of things, including reproductive development as a male. It's made in the testes, and impacts a number of functions. The most common symptoms of low testosterone are a decreased sex drive, erectile difficulty, tiredness, mood changes and occasional memory problems. If you have low testosterone, you're at increased risk of developing diabetes, hypertension or a number of other chronic conditions.

### After age 40, what happens to a man's prostate?

Once we get over the age of 40, our prostates grow -- it's known as "benign prostate enlargement." The common symptoms include slow urinary stream or a sudden urge to go to the bathroom. An enlarged prostate has been linked to a number of metabolic diseases such as diabetes and cardiovascular disease.

# Recipies You Can Use...

## ~Asparagus & Mushrooms in Lemon Butter~



**Prep Time:** 20 minute

### Ingredients

- 1 pound fresh asparagus, trimmed and cut into 1-inch pieces
- ½ Pound sliced fresh mushrooms
- 1 Tablespoon of Butter
- 1 Teaspoon of Olive Oil
- 1 1/2 Teaspoon of minced fresh thyme or ½ teaspoon dried thyme
- 1 Teaspoon of grated Lemon Peel
- ½ Teaspoon of Sea Salt
- ½ Teaspoon of Lemon Juice
- ¼ Teaspoon of Pepper

In a large skillet, saute' asparagus and mushrooms in butter and oil until tender. Stir in remaining ingredients. Yield: 4 servings

## ~ Mixed Berry Iced Tea ~



Yields:10

### Ingredients

- 4 Black tea bags
- 4 Berry-hibiscus herbal tea bags
- ¼ cups superfine sugar
- ½ cups Raspberries & Blueberries
- 8 cups of water
- Ice cubes
- ½ Cups Strawberries
- 2 tbsp. Lemon Juice

### Directions

1. Place tea bags in a heatproof pitcher. In a 4-qt saucepan, heat water to a boil. Pour it into the pitcher and steep tea bags for 10 minutes. Remove tea bags; let cool and refrigerate, covered, until cold, about 1 hour.
2. Stir in sugar and lemon juice. Add ice, berries and lemon slices to pitcher.

# Member Info...

## **ABOUT MODEL CITIES**

Model Cities, through a partnership between Providence Health System and the DC Office on Aging, provide services that enhance the social, physical, and spiritual health of DC seniors free of charge.

## **MEMBERSHIP IS FREE**

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

## **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 member will follow the DC Public Schools closing, if the schools open two hours late, Model Cities will be open for business at 10:00am. Please listen to the weather stations and watch your local television channels for weather up-dates for closures.

**Older Blind Program supported by Rehabilitation Services Administration operates on Tuesdays & Thursdays from 10:00am. to 2:00pm.**

## **CENTER STAFF**

Stacie Mack, Project Director  
Vernetta Broady, Nutrition Site Manager  
Monica Carroll, Community Health Specialist  
Gloria Franklin-Austin, Front Desk Registration  
Jandel Benjamin, Nutritionist  
Linda Smith, Administrative Assistant

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