



Model Cities
Senior Wellness
Center

Model Cities Senior Wellness Center

1901 Evarts Street, N.E.

Washington, D.C. 20018

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

Hours of Operation M-F 8:00 a.m.-5:00 p.m.

Volume 13, Issue 8

CITIES TALK



July 2016

Newsletter and Calendar

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CENTER STAFF

Stacie Mack, Project Director

Vernetta Broady, Nutrition Site Manager

Monica Carroll, Community Health Specialist

Front Desk Registration

Jandel Benjamin, Nutritionist

Linda Smith, Administrative Assistant

Lanisa Haygood, Driver



Model Cities Senior Wellness Center

				<p>Fri. July 1</p> <p>8:00 Open Gym 10:00 No Piano Class 10:00 Zumba Gold 10:00 Sewing 11:00 Chair Exercise 11:30 Enhance Fitness Chair Exercise 11:30 4th of July Cookout See Monica or Stacie For Donation 1:00 No In House Movie</p>
<p>Mon. July 4</p>	<p>Tues. July 5</p>	<p>Wed. July 6</p>	<p>Thurs. July 7</p>	<p>Fri. July 8</p>
<p style="text-align: center;">Center Closed In Observance of Independence Day</p>	<p>8:00 Open Gym 9:00 No Computer Class Beginners & Advance 9:30 No Sign Language 9:30 Yoga 10:00 Barber 10:20 Chair Exercise 10:45 Nutrition Class Potassium and Obesity 🤪 12:00 Bowling 12:30 No Line Dance (Beginners) 1:00 No Advance Line Dance 1:00 Beginners Ballet and Dance Co. Class 2:00 Board Games 3:30 Weight Training</p>	<p>8:00 Open Gym 10:00 Barber 10:00 Choir Rehearsal 10:15 No Circuit Training 10:15 Enhance Fitness Chair Exercise 11:00 No Chair Exercise 11:00 Town Hall Budget Meeting 1:00 Kojak Low Impact Aerobics 1:00 Pinochle 1:00 Nutrition Film Festival 2:00 Board Games 3:30 Weight Training 5:30 Cardio Interval Exercise</p>	<p>8:00 Open Gym 9:00 No Computer Class Beginners & Advance 9:30 Inspirational Hour Elder Odessa Harris 9:30 Yoga 10:00 Golf 10:00 Knitting 10:20 Chair Exercise 10:45 Nutrition Class Trader Joe's Trip 🛒 12:00 Kojak Low Impact Aerobics 1:00 Beginners Ballet and Dance Co. Class 1:00 National Federation Of the Blind 2:00 Board Games 3:30 Weight Training</p>	<p>8:00 Open Gym 10:00 No Piano Class 10:00 Zumba Gold 10:00 Sewing Class 11:00 Chair Exercise 11:30 Enhance Fitness Chair Exercise 1:00 No In House Movie 1:15 Washington Performing Arts</p>

Mon. July 11	Tues. July 12	Wed. July 13	Thurs. July 14	Fri. July 15
<p>8:00 Open Gym 10:00 Tour at Congress Heights SWC  10:15 Kojak Low Impact Aerobics 10:30 Advanced Spanish 11:00 Chair Exercise 11:15 Beginners and Intermediate Spanish 11:30 Enhance Fitness Hair Exercise 1:00 Quilting 1:00 Pinochle 1:00 Summer Reading By Woodridge Library, Mr. White 1:00 Nutrition Film Festival 1:30 Hula Dance 2:00 Board Games 5:30 Cardio Interval Exercise</p>	<p>8:00 Open Gym 9:00 No Computer Class Beginners & Advance 9:30 No Sign Language 9:30 Yoga 10:00 Barber 10:20 Chair Exercise 10:45 Nutrition Class Seasoning Without Salt 11:00 No Massage 12:00 Bowling  12:30 No Line Dance (Beginners) 1:00 No Advance Line Dance 1:00 Beginners Ballet and Dance Co. Class 2:00 Board Games 3:30 Weight Training</p>	<p>8:00 Open Gym 9:00 Universoul Circus National Harbor Donation \$16.00  10:00 Barber 10:00 Choir Rehearsal 10:15 Circuit Training 11:00 Chair Exercise 11:30 Enhance Fitness Chair Exercise 1:00 Kojak Low Impact Aerobics 1:00 Identity Theft by Legal Shield 1:00 Pinochle 1:00 Nutrition Film Festival 2:00 Board Games 3:30 Weight Training 5:30 Cardio Interval Exercise</p>	<p>8:00 Open Gym 9:30 Inspirational Hour Elder Odessa Harris 9:30 Yoga 9:45 Senior Boat Ride Sold Out  10:00 Golf 10:00 Knitting 10:00 Computer Class Beginners & Advance 10:20 Chair Exercise 10:45 Nutrition Class Facts on Fats 12:00 Kojak Low Impact Aerobics 1:00 Club Memory 1:00 Beginners Ballet and Dance Co. Class 2:00 Board Games 3:30 Weight Training</p>	<p>8:00 Open Gym 10:00 No Piano Class 10:00 Zumba Gold 10:00 Sewing Class 10:45 Walmart  11:00 Chair Exercise 11:30 Enhance Fitness Chair Exercise 12:45 In House Movie 1:00 World Elder Abuse Day 1:00 Bingo</p>
Mon. July 18	Tues. July 19	Wed. July 20	Thurs. July 21	Fri. July 22
<p>8:00 Open Gym 10:15 Kojak Low Impact Aerobics 10:30 Advanced Spanish 11:00 Chair Exercise 11:15 Beginners and Intermediate Spanish 11:30 Enhance Fitness Chair Exercise 1:00 Quilting 1:00 Pinochle 1:00 Nutrition Film Festival 1:30 Hula Dance 2:00 Board Games 5:30 Cardio Interval Exercise</p>	<p>8:00 Open Gym 9:00 No Computer Class Beginners & Advance 9:30 No Sign Language 9:30 Yoga 10:00 Barber 10:20 Chair Exercise 10:45 Nutrition Class The new US Dietary Guidelines 12:00 Bowling  12:30 No Line Dance (Beginners) 1:00 No Advance Line Dance 1:00 Beginners Ballet and Dance Co. Class 2:00 Board Games 3:30 Weight Training</p>	<p>8:00 Open Gym 10:00 Barber 10:00 Choir Rehearsal 10:15 Circuit Training 11:00 Chair Exercise 11:00 AARP Display Table 11:30 Enhance Fitness Chair Exercise 1:00 Kojak Low Impact Aerobics 1:00 Pinochle 1:00 Nutrition Film Festival 1:00 COPD by Geri Feaster- Bethea 2:00 Board Games 3:30 Weight Training 5:30 Cardio Interval Exercise</p>	<p>8:00 Open Gym 9:00 Computer Class Beginners & Advance 9:30 Inspirational Hour Elder Odessa Harris 9:30 Yoga 10:00 Golf 10:00 Knitting 10:20 Chair Exercise 10:45 Nutrition Class Ethiopian Restaurant  12:00 Kojak Low Impact Aerobics 1:00 Beginners Ballet and Dance Co. Class 2:00 Board Games 3:30 Weight Training</p>	<p>8:00 Open Gym 10:00 No Piano Class 10:00 Zumba Gold 10:00 Sewing Class 11:00 Chair Exercise 11:30 Enhance Fitness Chair Exercise 12:45 In house Movie 1:00 Bingo 5:30-8:30 p.m. Happy Hour Donation \$8.00 Light buffet, Non-Alcoholic drinks Music by DJ. Tyzer</p>

Mon. July 25	Tues. July 26	Wed. July 27	Thurs. July 28	Fri. July 29
<p>8:00 Open Gym 10:15 Kojak Low Impact Aerobics 10:30 No Advanced Spanish 11:00 Chair Exercise 11:15 No Beginners and Intermediate Spanish 11:30 Enhance Fitness Chair Exercise 1:00 Quilting 1:00 Pinochle 1:00 Nutrition Film Festival 1:30 Hula Dance 2:00 Board Games 5:30 Cardio Interval Exercise</p>	<p>8:00 Open Gym 9:30 No Sign Language 9:30 Yoga 10:00 No Computer Class Beginners and Advanced 10:20 Chair Exercise 10:45 Nutrition Class Salmon and Omega 3 11:30 No Massage 12:00 Bowling 12:30 Line Dance (Beginners)  1:00 (Advance) 11:00 Beginners Ballet and Dance Co. Class 3:30 Weight Training</p>	<p>8:00 Open Gym 10:00 Choir Rehearsal 10:15 Circuit Training 10:30 U.S. Botanic Garden  11:00 Chair Exercise 11:30 Enhance Fitness Chair Exercise 1:00 Kojak Low Impact 1:00 Pinochle 1:00 Nutrition Bingo 2:00 Board Games 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 10:00 No Computer Class Beginners & Advance 10:20 No Chair Exercise 10:45 Nutrition Class Ingredients Part 1 12:00 Kojak Low Impact Aerobics 1:00 Club Memory 2:00 Board Games 3:30 Weight Training</p>	<p>8:00 Open Gym 10:00 No Piano Class 10:00 Zumba Gold 10:00 Sewing Class 11:00 Chair Exercise 11:30 Enhance Fitness Chair Exercise 12:45 In House Movie 1:00 Bingo</p>

Health Observances For July

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- Baked Bean Month
 - Blueberry Month
 - Cord Blood Awareness Month
 - Fireworks Safety Month
 - Hot Dog Month
 - Ice Cream Month
 - Independence Day
 - Juvenile Arthritis Awareness Month
 - Peach Month
 - Salad Week (4th week)
 - World Hepatitis Day 28th

RECIPES TO TRY!!

Avocado Salad with Peaches



Ingredients

Servings: 4-6

- 1/2 red bell pepper, cored and seeded
- 2 tablespoons red wine vinegar
- 1/2 vanilla bean, seeds scraped
- 1/2 teaspoon sugar
- 1/4 cup extra-virgin olive oil
- 2 almost-ripe avocados
- 8 cups arugula or sorrel
- 2 peaches, diced and peeled

Preparation

Roast bell pepper. Peel and chop pepper; purée with red wine vinegar, vanilla, and sugar in a blender until smooth.

With machine running, gradually add olive oil. Season with salt and pepper.

Halve and pit avocados and season with salt and pepper. Drizzle with olive oil and place cut side down on a medium-hot grill until nicely charred, about 5 minutes. Peel and thickly slice.

Toss with arugula or sorrel and peaches. Drizzle dressing over.

Ask The Nutritionist:

It's All in the Presentation.....



Jandel Benjamin, Nutritionist

Don't you feel challenged when invited to an event only to be offered foods that are not within your healthy lifestyle? The first thing the host or hostess says is, "Once in a while won't hurt!" But it will hurt if you already had your treat for the day. Junk foods such as cheesecake and potato chips, and other high fat foods like ribs are unfortunately regarded as the most preferred foods. Many people I know avoid gatherings at work and after-hour parties because their food lifestyle changes are not reflected in the mainstream. Healthy foods are, for the most part, considered unappealing, due largely to unimaginative presentation, a perceived lack of flavor, and a profound gap in food knowledge.

Many vegetarian restaurants succeed economically because they are aware of these shortfalls and compensate by making their food items look and taste like popular, non-vegetarian dishes with which their patrons are more likely to be familiar. Vegetarian cookbooks also strive to present sumptuous, appetizing, easy, and economical dishes. It's been stated that it takes about fifteen introductions of an unfamiliar food to a child before acceptance is reached. With adults, if appetite is apparent and the food smells and looks appetizing, most will try the unfamiliar food.

Because we don't always know which foods our guests might be trying to avoid, offer all healthy foods at your next party – some familiar and not so familiar. Be creative! Use the resources and strategies listed above. It's all in the presentation. You'll turn a guest's "No, thank you" at your offer to eat to a "Wow, I didn't know healthy food could taste so good!"

Urbane Bass is the Scholarship Director of Langston Jr. Boys and Girls Club. Mr. Bass received an award for 12 years of Volunteer Service. He gave out two scholarships to graduates of DC Public Schools today and issued over 100 scholarships to children of the District of Columbia in the last 12 years. Let's congratulate Mr. Urban Bass known as "Buddy".



What Causes Arthritis ?

There isn't a single answer to the question 'what causes arthritis?', as there are many different forms of arthritis to be considered.

Most types of arthritis are caused by several factors acting together. You may be naturally more likely to develop certain disorders as a result of your genetic make-up.

A variety of external factors may increase the risk further if you're susceptible to a condition. These include environmental factors - for example:

- previous injury
- infection
- smoking
- occupations which are very physically demanding.

For many conditions there's also a major element of chance.



Genetics and family risks

Many forms of arthritis run in families to a degree, and some conditions have a stronger tendency to be passed on through genetics.

The way your body is made (based on the genes passed on from your parents) makes you more or less likely to develop a particular condition.

Arthritis Research UK supports research that's looking at the genetic side of arthritis. We believe this could lead to the ability to prevent some forms of arthritis.

Lifestyle and trigger factors

Arthritis can start suddenly without any obvious cause, and at any age. Sometimes something in your lifestyle or medical history – or a combination of these – could be responsible.

For example, if you have a physically demanding job you may be at greater risk of developing osteoarthritis, particularly if the job involves heavy repetitive activity. Also, a previous injury can increase the likelihood of [osteoarthritis](#).

Infections can cause short-lived arthritis. One theory about the cause of [rheumatoid arthritis](#) is that it may be triggered by infections, but there's no direct evidence for this.

We do know that rheumatoid arthritis is more common and can be more severe in people who smoke. For some people, stopping smoking might reduce the risk of developing arthritis in the future. If you'd like to stop smoking talk to your doctor, who can give you advice and information to help you quit.

Some foods may appear to make your arthritis worse, but diet and food intolerance are unlikely to cause long-term arthritis.

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
Happy Birthday to all born in the Month of July**

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.

MEMBERSHIP IS FREE

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

Donations are accepted.



Program Highlights

- Wednesday, Friday July 20– July 22, 2016 Shuffle Along 7:45 am. At the Music Box Theatre in New York City starring Audra McDonald and Savion Glover stay at the Flagship Resort Hotel in Atlantic City. Donation \$320.00 include Motorcoach Bus 1 ticket to the Broadway show and 2 meal and other Hotel Bonuses, deposit of \$120.00 is due by Tuesday, July 5, 2016 all monies Due by Wednesday, July 13, 2016 see Monica Carroll soon as possible 202 635-1900 or Dee Powers
- Thursday, August 4, 2016 DC Senior Symposium 9:00am. At Dunbar High School pre- Registration required soon as possible with Monica Carroll
- Friday, September 2, 2016 Ice Cream Social at Model Cities 12:30pm see the front desk for sign-up sheet or Monica Carroll
- Monday-Friday, October 17-21, 2016 Senior America Pageant, Resort Hotel, Atlantic City 9:00am more information see Monica Carroll call (202) 635-1900 x24 donation for Single room \$450.00 Double \$285.00 the price included \$45.00 Rebate (4) \$20.00 meal credits and Ticket to a casino show is available. deposit of \$100.00 is due by Friday, August 12, 2016 all monies Due Thursday, September 22, 2016 for Pageant Tickets \$60.00

There will be no Spanish, Sign Language, Piano, Line Dance Class Until September 2016