



MODEL CITIES

Senior Wellness Center

Calendar & Newsletter

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

October 2017
Volume 1 • Issue 10

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Nutritionist Corner

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Jandel Benjamin




Model Cities Summer

Above: Hattie Holmes 10th Anniversary. Picture from the right: Annetta Nicholas, Olga Crawford and Margaret Carter Below pictured from left: Elizabeth White, Jan Dada, Deborah Overs, and Magdalene Campbell at the Model Cities BBQ .



Calendar of Events...

October 2017

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
8:00 Open Gym 10:15 Kojak Low Impact Aerobics 10:30 Advanced Spanish 11:00 Advance Chair Exercise & Stretch and Tone 11:15 Beginners Spanish 11:30 Chair Exercise 1:00 Quilting 1:00 Redskin Monday 1:00 Pinochle 1:00 Chess Class 2:00 Board Games 5:30 Cardio Interval Exercise	8:00 Open Gym 8:45 No Tai Chi 9:30 Computer Class Beginners & Advance 9:30 Yoga 10:00 Barber 10:20 Chair Exercise 10:30 Nutrition Class New Type of Apple Coming to your Market 12:00 Bowling with Transportation 12:30 Line Dance (Beginners) 1:00 Advance Line Dance 1:00 Beginners Ballet and Dance Co. Class 2:00 Board Games 3:30 Weight Training	8:00 Open Gym 10:00 Choir Rehearsal 10:15 No Circuit Training 10:15 Combination Chair Exercise 11:00 Town Hall Meeting 11:30 No Chair Exercise 1:00 Kojak Low Impact Aerobics 1:00 Pinochle 2:00 Board Games 3:30 Weight Training 5:30 Cardio Interval Exercise	8:00 Open Gym 8:45 Tai Chi 9:30 Elder Odessa Harris 9:30 Yoga 9:30 Computer Class Beginners & Advance 10:00 No Golf 10:00 Knitting 10:20 Chair Exercise 11:00 Robert White, Councilmember 12:00 Kojak Low Impact Aerobics 1:00 Nutrition Class Avoid Health Risks at the Farmers Market 1:00 Beginners Ballet and Dance Co. Class 2:00 Board Games 3:30 Weight Training	8:00 Open Gym 8:45 Tai Chi 9:00 No Piano Class 10:00 Sewing Class 10:20 Zumba Gold 11:20 Combination Chair Exercise 1:00 Bingo
Columbus Day Center Closed 	10	11	12	13
	8:00 Open Gym 8:45 Tai Chi 9:30 Computer Class Beginners & Advance 9:30 Yoga 10:00 Barber 10:20 Chair Exercise 10:30 Nutrition Class Identifying Whole Grains 11:00 Massage 11:30 Pound Exercise Class 12:00 Bowling with Transportation 12:30 Line Dance (Beginners) 1:00 Advance Line Dance 1:00 Beginners Ballet and Dance Co. Class 2:00 Board Games 3:30 Weight Training	8:00 Open Gym 9:30 Sign Language 10:00 Choir Rehearsal 10:15 Circuit Training 11:00 Combination Chair Exercise 11:30 Chair Exercise 1:00 Kojak Low Impact Aerobics 1:00 Pinochle 2:00 Board Games 3:30 Weight Training 5:30 Cardio Interval Exercise	8:00 Open Gym 8:45 Tai Chi 9:30 Elder Odessa Harris 9:30 Yoga 9:30 Computer Class Beginners & Advance 10:00 No Golf 10:00 Knitting 10:20 Chair Exercise 11:00 Nutrition Class Red Apple Farmers Market 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	8:00 Open Gym 8:45 Tai Chi 9:00 Piano Class 10:15 Sewing Class Joanne Fabric Store 10:20 Zumba Gold 11:20 Combination Chair Exercise 1:00 Bingo

Calendar of Events...

<p>16</p> <p>8:00 Open Gym 9:00 Leaving For Atlantic City, Sr. Ms. America Pageant 10:15 Kojak Low Impact Aerobics 10:30 Advanced Spanish 11:00 Advance Chair Exercise & Stretch and Tone 11:15 Beginners Spanish 11:30 Chair Exercise 1:00 Redskin Monday 1:00 Quilting 1:00 Pinochle 1:00 Chess Class 2:00 Board Games 5:30 No Cardio Interval Exercise</p>	<p>17</p> <p>8:00 Open Gym 8:45 Tai Chi 9:30 Computer Class Beginners & Advance 9:30 Sign Language 9:30 Yoga 10:00 Barber 10:20 Chair Exercise 11:00 Nutrition Class Sustainable Foods 11:30 Pound Exercise Class 12:00 Bowling with Transportation 12:30 Line Dance (Beginners) 1:00 No Beginners Ballet and Dance Co. Class 1:00 Advance Line Dance 2:00 Board Games 3:30 Weight Training</p>	<p>18</p> <p>8:00 Open Gym 9:30 Sign Language 10:00 Choir Rehearsal 10:15 Circuit Training 10:30 Wal-Mart 11:00 Advance Chair Exercise & Stretch and Tone 11:00 AARP Display Table 11:00 Howard University Senior Study 11:30 Chair Exercise 1:00 Kojak Low Impact Aerobics 1:00 Pinochle 2:00 Board Games 3:30 Weight Training 5:30 No Cardio Interval Exercise</p>	<p>19</p> <p>8:00 Open Gym 8:45 Tai Chi 9:30 Inspirational Hour Elder Odessa Harris 9:30 Yoga 9:30 Computer Class Beginners & Advance 10:00 No Golf 10:20 Chair Exercise 11:00 Nutrition Class Your Blood Pressure and Your Diet 12:00 Kojak Low Impact Aerobics 1:00 No Beginners Ballet and Dance Co. Class 2:00 Board Games 3:30 Weight Training Exercise</p>	<p>20</p> <p>8:00 Open Gym 8:45 Tai Chi 9:00 Piano Class 10:00 Sewing Class 10:20 Zumba Gold 11:20 Combination Chair Exercise 1:00 Bingo 3:00 Returning From Atlantic City, Ms. Sr. America Pageant</p>
<p>23</p> <p>8:00 Open Gym 10:15 Kojak Low Impact Aerobics 10:30 Advanced Spanish 11:00 Advance Chair Exercise & Stretch and Tone 11:00 Beginners Spanish 11:00 Enhance Fitness Chair Exercise 11:30 Regular Chair Exercise 1:00 Redskin Monday 1:00 Quilting 1:00 Pinochle 1:00 Chess Class 2:00 Board Games 5:30 Cardio Interval Exercise</p>	<p>24</p> <p>8:00 Open Gym 8:45 Tai Chi 9:30 Computer Class Beginners & Advance 9:30 Sign Language 9:30 Yoga 10:00 Barber 10:20 Chair Exercise 11:00 Nutrition Class 18 Easy ways to control Portion Sizes 11:30 Pound Exercise Class 12:00 Bowling with Transportation 12:30 Line Dance (Beginners) 1:00 Beginners Ballet and Dance Co. Class 1:00 Advance Line Dance 2:00 Board Games 3:30 Weight Training</p>	<p>25</p> <p>8:00 Open Gym 9:30 Sign Language 10:00 Choir Rehearsal 10:15 Circuit Training 11:00 Advance Chair Exercise 11:30 Chair Exercise 1:00 Kojak Low Impact Aerobics 1:00 Pinochle 2:00 Board Games 3:30 Weight Training 5:30 Cardio Interval Exercise</p>	<p>26</p> <p>8:00 Open Gym 8:45 Tai Chi 9:30 Inspirational Hour Elder Odessa Harris 9:30 Yoga 9:30 Computer Class Beginners & Advance 10:00 Knitting 10:00 No Golf 10:20 Chair Exercise 11:00 Nutrition Class Starting.....Blueberries 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>27</p> <p>8:00 Open Gym 8:45 Tai Chi 9:00 Piano Class 10:00 Sewing Class 10:20 Zumba Gold 11:20 Combination Chair Exercise 1:00 Bingo 5:30-8:30 Happy Hour Donation \$10.00 Light Buffet, Non- Alcoholic Drinks Music by DJ. Tyzer</p>

Calendar of Events...

30	31	1	2	3
8:00 Open Gym 10:15 Kojak Low Impact Aerobics 10:30 Advanced Spanish 11:00 Advance Chair Exercise & Stretch and Tone 11:15 Beginners Spanish 11:00 Enhance Fitness Chair Exercise 11:30 Regular Chair Exercise 11:30 Chair Exercise 1:00 Redskin Monday 1:00 Quilting 1:00 Pinochle 1:00 Chess Class 2:00 Board Games 5:30 Cardio Interval Exercise	8:00 Open Gym 8:45 Tai Chi 9:30 Computer Class Beginners & Advance 9:30 Yoga 10:00 Barber 10:20 Chair Exercise 10:30 Music Sensory 11:00 Nutrition Class Red vs Yellow vs Green Bell Peppers 11:30 Pound Exercise Class 12:00 Bowling with Transportation 12:00 Halloween Party Costume Contest 12:30 Line Dance(Beginners) 1:00 Beginners Ballet and Dance Co. Class 1:00 Advance Line Dance 3:30 Weight Training Exercise	8:00 Open Gym 9:30 Sign Language 10:00 Choir Rehearsal 10:15 No Circuit Training 10:15 Combination Chair Exercise 11:00 Town Meeting 11:30 No Chair Exercise 1:00 Kojak Low Impact Aerobics 1:00 Pinochle 2:00 Board Games 3:30 Weight Training 5:30 Cardio Interval Exercise	8:00 Open Gym 8:45 Tai Chi 9:30 Inspirational Hour Elder Odessa Harris 9:30 Yoga 9:30 Computer Class Beginners & Advance 10:00 Knitting 10:00 No Golf 10:20 Chair Exercise 11:00 Nutrition Class 12:00 Kojak Low Impact Aerobics 1:00 Understanding of Harvest Day, Stan McCray 1:00 Beginners Ballet and Dance Co. Class 2:00 Board Games 3:30 Weight Training Exercise	8:00 Open Gym 8:45 Tai Chi 9:00 Piano Class 10:00 Sewing Class 10:20 Zumba Gold 11:20 Combination Chair Exercise 1:00 Harvest Day Festival, Stan McCray, Privilege 1:00 Bingo

Upcoming Events...

Ms. Senior America Pageant, Resort Hotel in Atlantic City- Monday- Friday, October 16-20, 2017, 9:00am. Donation for Single Room \$484.00, Double Room \$298.00 the price Include \$45.00 Rebate,(4) \$20.00 meal credits and a complimentary casino show ticket if available. **There is an additional \$45.00 for the 3 pageant show tickets. A deposit of \$100.00 is due Monday, July 31, 2017, \$100.00 is due on Monday, August 21, 2017, and final payment is due on Wednesday, September 20, 2017. For more information see Monica Carroll 202 635-1900**

- **Halloween Party-** Tuesday, October 31, 2017, 12:00am Costume contest. See Monica or Dee for donation. Signup at the front.
- **Unique Residential Care Center (JB Johnson Nursing Home Visit) -** Thursday, November 9, 2017, 10:30 Knitting Class and the MC Steppers. See Monica Carroll or Monica Singleton

Nutritionist Corner & Health Observances



Jandel Benjamin, Nutritionist

Health Observances for October

- Breast Cancer Awareness Month
- National Bullying Month
- National Cyber Security Awareness Month
- National Disability Employment Awareness
- National Domestic Violence Awareness
- National Orthodontic Health Month
- National Pastor Appreciation Month
- National Work and Family Month

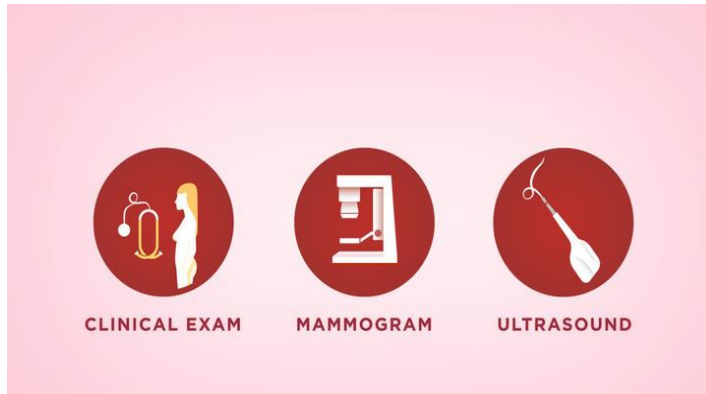
October begins the fall season also flu season. Time for soups, stews and strengthen your immune System with veggies. Take out your crock pot and begin.....

I tried a new recipe called vegetarian corn chowder (no milk) that was given to me from a Nutrition Class participant. It was delicious. Converse with a participant of the Nutrition Class and share recipes.

Here are some veggies that may boost your immune system because of the phytochemical isothiocyanates: Beet Greens, watercress, kale, mustard, and collard greens, arugula, bok choy, kohlarabi, and horseradish.

Happy healthy eating.

Breast Cancer Awareness



Finding breast cancer early and getting state-of-the-art cancer treatment are the most important strategies to prevent deaths from breast cancer. Breast cancer that's found early, when it's small and has not spread, is easier to treat successfully. Getting regular screening tests is the most reliable way to find breast cancer early. The American Cancer Society has screening guidelines for women at average risk of breast cancer, and for those at higher-than-average risk for breast cancer.

American Cancer Society screenings recommendations for women at average breast cancer risk

These guidelines are for women at **average risk** for breast cancer. A woman at average risk doesn't have a personal history of breast cancer, a strong family history of breast cancer, or a genetic mutation known to increase risk of breast cancer (such as BRCA), and has not had chest radiation therapy before the age of 30. (See below for guidelines for women at higher than average risk.)

Women between 40 and 44 have the option to start screening with a mammogram every year.

Women 45 to 54 should get mammograms every year.

Women 55 and older can switch to a mammogram every other year, or they can choose to continue yearly mammograms. Screening should continue as long as a woman is in good health and is expected to live 10 more years or longer.

All women should understand what to expect when getting a mammogram for breast cancer screening – what the test can and cannot do



Recipes You Can Use...

~Harvest Pumpkin Dip~



Prep 5mins. Ready in 10 mins.

Ingredients:

- 1 package (8 ounces) cream cheese, softened.
- 2 cups confectioners' sugar.
- 3 teaspoons pumpkin pie spice.
- 1/2 teaspoon ground ginger.
- 1 can (15 ounces) pumpkin.
- Apple and pear slices.

DIRECTIONS

1. Beat first five ingredients until blended. Gradually beat in pumpkin until smooth. Serve with fruit. Refrigerate leftovers. Yield: 12 servings (1/4 cup each).

~Pumpkin Pie Smoothie Bowl~



INGREDIENTS

- 1 cup canned real pumpkin (unsweetened...not pumpkin pie filling)
- 1 cup fairlife milk (I like 2%)
- 1 Tbsp pumpkin pie spice
- 1 tsp cinnamon
- 1 tsp vanilla
- 1 tsp honey or 1 date
- 1/2 banana (preferably frozen)
- Toppings: chopped pecans, chia seeds, dried cranberries, graham cracker crumbs, unsweetened shredded coconut, or honey

Direction

1. Combine all ingredients in a blender. Mix until smooth.
2. Pour into a bowl and top with desired toppings.

Member Info...

ABOUT MODEL CITIES

Model Cities, through a partnership between Providence Health System and the DC Office on Aging, provides 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.

Important- Photo ID Schedule

See Linda Smith

Only Tuesday, Wednesday, Thursday 9:00-12:00 or 2:00-3:00

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.