



MODEL CITIES

Senior Wellness Center

Calendar & Newsletter

1901 Evarts 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

April 2017
Volume 1 ▪ Issue 4

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Stacie Mack



Our History

Model Cities Black History Program theme: "African American Doctors of World War I, the Lives of 104 Volunteers." Program participants (right to left): Marian O. Williams (emcee),Urban Bass, Stacie Mack (Director), Monica Carroll, Delores Powers. Other participants (not pictured) included Tap dancer, Yvonne Edwards, the Model Cities Choir and Older Impaired Blind performers



Calendar of Events...

April 2017

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
8:00 Open Gym 10:15 Kojak Low Impact Aerobics 10:30 Advanced Spanish 11:15 Beginners Spanish 11:00 Advance Chair Exercise & Stretch and Tone 11:30 Chair Exercise 1:00 United Health 1:00 Quilting 1:00 Pinochle 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 No Sign Language 9:30 Yoga 10:00 Barber 10:20 Chair Exercise 10:45 Nutrition Class Warf Fish Market Trip 12:00 Bowling 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 10:00 Chair Exercise 10:15 No Circuit Training 11:00 Town Meeting 1:00 Kojak Low Impact Aerobics 1:00 Pinochle 1:00 AMP-Healthy Relationships 1:00 Pepco Table 2:00 Board Games 3:30 Weight Training 5:30 Cardio Interval	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 The Kitchen Fix 12:00 Kojak Low Impact 1:00 Medicare Updates 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 10:00 Sewing Class 10:20 Zumba Gold 11:20 Combination Chair Exercise 1:00 In House Movie 1:00 Bingo

Calendar of Events...

<p style="text-align: right;">10</p> <p>8:00 Open Gym 10:15 Kojak Low Impact Aerobics 10:30 Advanced Spanish 11:15 Beginners Spanish 11:30 Advance Chair Exercise & Stretch and Tone 11:30 Chair Exercise 1:00 Sibert HUH- Alcohol Prevention 1:00 Quilting 1:00 Pinochle 2:00 Board Games 5:30 Cardio Interval Exercise</p>	<p style="text-align: right;">11</p> <p>8:00 Open Gym 8:45 Tai Chi 9:30 Computer Class Beginners & Advance 9:30 No Sign Language 9:30 Yoga 10:00 Barber 10:20 Chair Exercise 11:00 Massage, 11:00 Nutrition Class Stay Stronger Longer 12:00 Bowling Seabury 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</p>	<p style="text-align: right;">12</p> <p>8:00 Open Gym 10:00 Choir Rehearsal 10:15 Circuit Training 11:00 Advance Chair Exercise & Stretch and Tone 11:30 Chair Exercise 1:00 Kojak Low Impact Aerobics 1:00 Aging Mastery Program (AMP), The Kitchen Fix 1:00 Pinochle 2:00 Board Games 3:30 Weight Training 5:30 Cardio Interval</p>	<p style="text-align: right;">13</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 Model Cities Gardening 12:00 Kojak Low Impact 12:30 Easter Egg Hunt 1:00 Club Memory 1:00 Beginners Ballet and Dance Co. Class 1:00 American Heart Association 2:00 Board Games 3:30 Weight Training</p>	<p style="text-align: right;">14</p> <p style="text-align: center;">Good Friday Center Closed</p> <p style="text-align: center;"></p> <p style="text-align: right;">Saturday 15</p> <p style="text-align: center;">10:45 Julia West Hamilton League Fashion Show at The JW. Marriott Donation \$75.00</p>
<p style="text-align: right;">17</p> <p style="text-align: center;">Emancipation Day Center Closed</p> <p style="text-align: center;"></p>	<p style="text-align: right;">18</p> <p>8:00 Open Gym 8:45 Tai Chi 9:30 Computer Class Beginners & Advance 9:30 No Sign Language 9:30 Yoga 10:00 Barber 10:20 Chair Exercise 11:00 Nutrition Class Eat Clean Top six alkaline foods 12:00 Bowling 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</p>	<p style="text-align: right;">19</p> <p>8:00 Open Gym 10:00 Choir Rehearsal 10:15 Circuit Training 11:00 Chair Exercise 11:30 Advance Chair Exercise 11:00 AARP Display Table 1:00 Kojak Low Impact Aerobics 1:00 Aging Mastery Program (AMP)- Civic Engagement 1:00 Pinochle 2:00 Board Games 3:30 Weight Training 5:30 Cardio Interval</p>	<p style="text-align: right;">20</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 Veggie Burgers 12:00 Kojak Low Impact 1:00 Your Life and Your Legacy 1:00 Beginners Ballet and Dance Co. Class 2:00 Board Games 3:30 Weight Training</p>	<p style="text-align: right;">21</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 In House Movie 1:00 Bingo</p>

Calendar of Events...

24	25	26	27	28
8:00 Open Gym 10:15 Kojak Low Impact Aerobics 10:30 Advanced Spanish 11:00 Advance Chair Exercise & Stretch Tone 11:15 Beginners Spanish 11:30 Chair Exercise 1:00 Reverse Mortgage Dept. of Insurance, Securities and Banking 1:00 Quilting 1:00 Pinochle 2:00 Board Games 5:30 Cardio Interval Exercise	8:00 Open Gym 8:45 Tai Chi 9:30 DCOA Budget Hearing Wilson Building Hearing 9:30 Computer Class Beginners & Advance 9:30 No Sign Language 9:30 Yoga 10:20 Chair Exercise 11:00 Nutrition Class Meditate on the Mandarin 11:00 Barber 12:00 Bowling 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 Circuit Training 11:00 Volunteers (only) Luncheon 11:00 Advance Chair Exercise & Stretch and Tone 11:30 Chair Exercise 1:00 Kojak Low Impact Aerobics 1:00 No Aging Mastery Program (AMP) 1:00 Volunteer Awards Ceremony 1:00 Pinochle 2:00 Board Games 3:30 Weight Training 5:30 Cardio Interval	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 Publick Playhouse Dallas Black Dance Co. Donation \$15.00 10:00 Knitting 10:00 No Golf 10:20 Chair Exercise 11:00 Nutrition Class Keep Your Salad Safe 12:00 Kojak Low Impact 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 10:00 Sewing Class 10:20 Zumba Gold 11:20 Combination Chair Exercise 1:00 In House Movie 1:00 Bingo 5:30-8:30 Happy Hour Black & White New Year Day Donation \$10.00 Light Buffet, Non- Alcoholic Drinks Music by DJ. Tyzer

Upcoming Events...

- Model Cities Spring Bazaar - Wednesday, May 3, 2017, 10:00am., Model Cities. (Interested in a table, see Monica Carroll or Stacie Mack for more details)
- Mother's Day Tea and Hat Fashion Show, Monday, May 15, 2017, 10:30am Model call, see Monica Carroll soon as possible.
- Senior Games- Monday, May 1, 2017 9:30am. Opening Ceremony at the Howard Theatre Closing Ceremony May 15, 2017 see front desk for the signup sheet.
- Ms. Senior DC. Pageant - Sunday, June 25, 2017, 2:30pm, UDC Auditorium, Donation \$20.00 See Monica Carroll or Stacie Mack for Tickets.
- Senior Picnic Thursday, June 29, 2017 9:30am. Oxon Run Park see front desk for Signup Sheet.

Director's Corner & Health Observances



Stacie Mack, Project Director

Health Observances for April

- Alcohol Awareness Month
- Bowel Syndrome Awareness Month
- Cancer Control Month
- Distracted Driving Awareness Month
- Donate Life Month
- Foot Health Month
- Sexual Assault Awareness Month
- STD Awareness Month
- Volunteers Appreciation Month
- Zucchini Month

Hello Ladies and Gentleman,

Spring is upon us and we're waiting for the warm weather, flowers and sunshine to arrive. Beware allergies are flaring up.

Don't forget to add exercise to your busy schedule and practice portion control. Take a look at this calendar, there are many ways Model Cities can assist you in feeling happier and healthier as you carry out your day. The summer will be approaching and we want you to enjoy it.

Surveys! Surveys!

The yearly survey will be coming out by April 15, 2017. The surveys are used to gather information for organizations to know how you as senior citizens are being treated and if the services provided to you are adequate. These agencies would like to provide better services where they're needed. Kudos to those of you who participate in the Grade.dc.gov survey last month, we received an "A".

This is National Volunteer month and there are approximately 60 non paid senior volunteers. We are most gracious to those of you who give your time, knowledge, smiles, voices, talents and helping hands to the staff and the seniors at Model Cities. You are the ones who help make this place a success and we want to say "Thank You". There will be an appreciation luncheon and award ceremony to honor you. Please RSVP if you plan to attend.

If you receive a brochure or a phone call to say you won some money and they want you to send them money first. It is a SCAM. DON'T DO IT!!!

Please be safe.

Don't forget to visit Providence Health System for your health needs. website at www.provhosp.org



On the behalf of Model Cities Senior Wellness Center staff, we are proud to acknowledge our volunteers, who consistently inspire by example. Theme: Make the World a Brighter Place

Appreciation Day Wednesday, April 26, 2017

Ms. Embroy Barksdale: Food Service Assistant	Mr. Maceo Kemp: Choir Director
Ms. Victoria Bailey: Nutrition Helper	Ms. Vivian Lanier: Benevolence Funds
Mr. Urbane Bass: Golf Representative	Ms. June May: Benevolence Funds
Ms. Carmen Blackmon: Nutritionist Helper	Mr. Stan Mc Cray: Nutrition Helper and OIB program
Ms. Kate Blackburn: Food Service Assistant	Mr. Sam Mc Cullough: Nutrition Helper
Ms. Rubell Bing: Office Assistant (all areas)	M.C Steppers: Outreach Performance (26) Steppers
Mr. Leroy Black: Maintenance and other areas	Ms. Adrian Montgomery: Piano Instructor
Ms. Cheryl Budd: Food Service and OIB Program	Model Cities Choir (20)
Mr. William Corley: Nutrition Helper	Ms. Delores Powers: Administrative Assistant & other areas
Ms. Matilde Corley: Nutrition Helper	Ms. Arlene Reese: Food Service Helper
Mr. St. Jamada Craig: Nutrition Helper	Ms. Veronica Rogers: Bowling Assistant
Ms. Selma Dillard: Photographer	Ms. Janis Rosen: Sign Language Instructor
Ms. Yvonne Edwards: MC Steppers Assistant	Ms. Monica Singleton: Knitting and Sewing Instructor
Ms. Celeste Ellerbee: Kitchen Hostess	Ms. Loretta Spears: Nutrition Helper
Ms. Mildred Ellison: Nutrition Helper	Ms. Georgia Thomas: Nutrition Helper & other areas
Ms. Lois Fletcher: Spanish Instructor	Ms. Linda Washington: Happy Hour Hostess & other areas
Mrs. Roslyn Gibson: Computer Instructor	Ms. Cassie Weeks: Food Service Helper
Ms. Elder Odessa Harris: Inspirational Hour Instructor	Ms. Patricia Wilder: Line Dance Instructor
Ms. Sandi Hunter: Happy Hour and Gala Hostess	Ms. Marian O. Williams: Black History and other areas
Ms. Phyllis Gantt: Line Dance Substitute	Ms. Maurvene D. Williams: Fitness Files
Ms. Mary Joyner Green: Nutrition Helper	Ms. Yvonne Wynn: Bingo Caller

Senior Ambassador: K. Brisbane

Recipes You Can Use...

~Apple and Zucchini Salad~



Ingredients

- 1 pound zucchini, diced
- 3 apples, diced
- 1/2 green bell pepper, diced
- 1/2 red onion, chopped
- 1/3 cup vegetable oil
- 2 tablespoons red wine vinegar
- 1 teaspoon white sugar
- 1 teaspoon dried basil
- 3/4 teaspoon salt
- 1/4 teaspoon ground black pepper

"Fresh-tasting. Colorful. Potluck and picnic-worthy."

Directions

Combine zucchini, apples, green bell pepper, and onion in a bowl.

Whisk vegetable oil, vinegar, sugar, basil, salt, and black pepper together in a separate bowl; drizzle over zucchini-apple mixture. Toss to coat.

Prep Time :20 minutes

Ready Time: 20 minutes

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Member Info...

ABOUT MODEL CITIES

Model Cities, through a partnership between Providence 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.

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.