

# MODEL CITIES

## Senior Wellness Center

### Calendar & Newsletter

1901 Everts 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

September 2018  
 Volume 2 ▪ Issue 9

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Stacie Mack



**Model Cities Spotlight:** (Top) Monica Singleton is shown with the new sewing machine donated to the Center's sewing class by the DC Office on Aging. (Lower Left) Lila Stroud and Dianne Dunn share a table at the 701 Restaurant during the Center's observance of DC's Restaurant Week. (Lower Right) Russell Bacon and Navada Warren demonstrate proper hand dance technique during the start of a new hand dance class offered Thursdays from 1:30 to 3:30.



# Calendar of Events...

## September 2018

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
<p><b>Labor Day Center Closed</b></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>Five foods that may cause cancer</b>  <b>11:45 Barber</b>  <b>12:00 Bowling</b>            1:00 Beginners Ballet and            Dance Co. Class  <b>1:00 No Line Dance (Beginners)</b>  <b>1:00 SSOU Meeting</b>  <b>2:00 No Advance Line Line Dane</b>  <b>3:30 Strength and Resistance</b></p>	<p>8:00 Open Gym  <b>9:30 Sign Language</b>  <b>10:00 Choir Rehearsal</b>  <b>10:15 Regular Chair Exercise and Enhance Fitness Chair Exercise</b>  <b>10:15 No Circuit Training</b>  <b>11:00 Town Hall Meeting</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 Aerobics</b></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 Knitting/Crocheting            10:00 No Golf            10:20 Chair Exercise  <b>11:00 Nutrition Class</b>  <b>What is night eating syndrome</b>  <b>12:00 Kojak Low Impact</b>            1:00 Beginners Ballet and            Dance Co. Class  <b>1:00 DPP Keep your heart healthy</b>  <b>1:30 Hand Dance</b>            2:00 Board Games  <b>3:30 Strength and Resistance</b></p>	<p>8:00 Open Gym  <b>8:45 Tai Chi</b>  <b>9:00 Piano Class</b>  <b>10:00 Sewing Class</b>            10:20 Zumba Gold            11:15 Chair Exercise  <b>11:30 Enhance Fitness Chair Exercise</b>  <b>1:00 Art Expression</b>            1:00 Bingo</p>

# 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  <b>10:30 Walmart</b>  <b>11:00 Regular Chair            Exercise</b>            11:15 Beginners Spanish  <b>11:15 Enhance Fitness            Chair Exercise</b>  <b>1:00 Financial Clinic</b>            1:00 Quilting            1:00 Pinochle            1:00 Dominoes            2:00 Board Games  <b>5:30 Cardio Interval            Aerobics</b></p>	<p style="text-align: right;">11</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            Eating in response to            emotion</b>  <b>11:45 Barber</b>  <b>12:00 Bowling</b>            1:00 No Beginners Ballet and            Dance Co. Class            1:00 Line Dance (Beginners)            2:00 Advance                Line Dance  <b>3:30 Strength and            Resistance</b></p>	<p style="text-align: right;">12</p> <p>8:00 Open Gym  <b>9:30 Sign Language</b>  <b>10:00 Choir Rehearsal</b>  <b>10:00 Brain Games at            UDC Ballroom</b>            10:15 Circuit Training            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            Aerobics</b></p>	<p style="text-align: right;">13</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  <b>11:00 Nutrition Class            First Watch Restaurant</b>  <b>12:00 Kojak Low Impact            Aerobics</b>            1:00 Beginners Ballet            and Dance Co. Class  <b>1:00 DDP Take charge of            thoughts</b>  <b>1:00 Club Memory</b>  <b>1:30 Hand Dance</b>            2:00 Board Games  <b>3:30 Strength and            Resistance</b></p>	<p style="text-align: right;">14</p> <p>8:00 Open Gym  <b>8:45 Tai Chi</b>  <b>9:00 Piano Class</b>  <b>10:00 Sewing Class</b>            10:20 Zumba Gold            11:15 Chair Exercise  <b>11:30 Enhance Fitness            Chair Exercise</b>  <b>1:00 Art Expression</b>            1:00 Bingo</p>
<p style="text-align: right;">17</p> <p>8:00 Open Gym            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></p>	<p style="text-align: right;">18</p> <p>8:00 Open Gym  <b>8:45 Tai Chi</b>            9:30 Computer Class            Beginners &amp; Advance            9:30 Yoga  <b>10:00 Walgreen Flu Shot</b>  <b>11:00 Nutrition Class            Veggies...Who Knew?</b>  <b>11:45 Barber</b>  <b>12:00 Bowling</b>            1:00 Beginners Ballet            and Dance Co. Class            1:00 Line Dance (Beginners)            2:00 Advance                Line Dance  <b>3:30 Strength and            Resistance</b></p>	<p style="text-align: right;">19</p> <p>8:00 Open Gym  <b>9:15 Smithsonian African            American Muuseum</b>  <b>9:30 Sign Language</b>            10:00 Choir Rehearsal            10:15 Circuit Training  <b>11:00 AARP Display Table</b>            11:00 Chair Exercise  <b>11:15 Enhance Fitness            Chair Exercise</b>            1:00 Kojak Low Impact            Aerobics            1:00 Pinochle  <b>1:00 Preservation Digital            Workshop</b>            2:00 Board Games  <b>3:30 Strength and            Resistance</b>  <b>5:30 Cardio Interval            Aerobics</b></p>	<p style="text-align: right;">20</p> <p>8:00 Open Gym  <b>8:45 Tai Chi</b>            9:30 Inspirational Hour            Elder Odessa Harris  <b>9:30 Yoga</b>            9:30 Computer Class            Beginners &amp; Advance  <b>9:30 Jo-Ann Fabric Store</b>            10:00 Knitting/Crocheting            10:00 No Golf            10:20 Chair Exercise  <b>11:00 Nutrition Class            Junk Food</b>  <b>12:00 Kojak Low Impact            Aerobics</b>            1:00 Beginners Ballet            and Dance Co. Class  <b>1:00 DPP Make up Class</b>  <b>1:30 Hand Dance</b>            2:00 Board Games  <b>3:30 Strength and            Resistance</b></p>	<p style="text-align: right;">21</p> <p>8:00 Open Gym  <b>8:45 Tai Chi</b>  <b>9:00 Piano Class</b>  <b>10:00 Sewing Class</b>            10:20 Zumba Gold            11:15 Chair Exercise  <b>11:30 Enhance Fitness            Chair Exercise</b>  <b>1:00 Art Expression</b>            1:00 Bingo</p>

# Calendar of Events...

24	25	26	27	28
<p>8:00 Open Gym 10:15 Kojak Low Impact Aerobics 10:30 Advanced Spanish <b>11:00 Regular Chair Exercise</b> <b>11:00 Senior Entrepreneurship Workshop</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></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 10:30 Older Blind Music Sensory, Black History <b>11:00 Nutrition Class</b> <b>Low fat or Low carb</b> <b>11:45 Barber</b> <b>12:00 Bowling</b> 1:00 Beginners Ballet and Dance Co. Class <b>1:00 Line Dance (Beginners)</b> <b>2:00 Advance Line Dance</b> <b>3:30 Strength and Resistance</b></p>	<p>8:00 Open Gym <b>9:30 Sign Language</b> 10:00 Choir Rehearsal 10:15 Circuit Training 11:00 Regular Chair Exercise <b>11:00 Massage</b> <b>11:30 Enhance Fitness Chair Exercise</b> 1:00 Kojak Low Impact Aerobics 1:00 Pinochle <b>1:00 Choir Concert</b> 2:00 Board Games <b>3:30 Strength and Resistance</b> <b>5:30 Cardio Interval Aerobics</b></p>	<p>8:00 Open Gym <b>8:45 Tai Chi</b> 9:30 Inspirational Hour Elder Odessa Harris <b>9:30 Yoga</b> 9:30 Computer Class Beginners &amp; Advance 10:00 No Golf 10:00 Knitting/Crocheting 10:20 Chair Exercise <b>11:00 Nutrition Class</b> <b>AMP: Advance Planning</b> <b>12:00 Kojak Low Impact Aerobics</b> 1:00 Beginners Ballet and Dance Co. Class 1:00 Board Games <b>1:00 Club Memory</b> <b>1:30 Hand Dance</b> <b>3:30 Strength and Resistance</b></p>	<p>8:00 Open Gym <b>8:45 Tai Chi</b> <b>9:00 Piano Class</b> <b>10:00 Monica's Birthday Luncheon</b> <b>Donation \$40.00</b> <b>10:00 Sewing Class</b> 10:20 Zumba Gold 11:15 Chair Exercise <b>11:30 Enhance Fitness Chair Exercise</b> <b>1:00 Art Expression</b> 1:00 Bingo  <b>5:30-8:30 Happy Hour</b> <b>Donation \$10.00</b> <b>Light Buffet,</b> <b>Non- Alcoholic Drinks</b> <b>Music by DJ. Tyzer</b></p>

# Upcoming Events...

- **Senior America Pageant, Resort Hotel in Atlantic City-** Monday- Friday, October 15-19, 2018, 9:00am. Donation for Single Room \$487.00, Double Room \$298.00 the price includes \$45.00 Rebate and (4) \$20.00 meal credits and a complimentary casino show ticket, if available. **There is an additional \$50.00 for the 3 pageant show tickets. Final payment of \$98.00 is due on Monday, September 17, 2018. For more information see Monica Carroll or Dee Powers.**
- **AARP Driver Safety Course** – Monday, October 22, 2018, 8:00 am. AARP Members - \$15; Non-Members - \$20. For more information, see Monica Carroll.



# Director's Corner & Health Observances



**Stacie Mack, Project Director**

## **Health Observances for September**

- Fruit and Veggie Month
- Matter Month
- Healthy Aging Month
- National Food Safety Education Month
- National Preparedness Month
- National Recovery Month
- National Sickle Cell Month
- Prostate Cancer Awareness Month

The end of the summer is fast approaching. The children are back to school and all of our classes are back in session. We are about to make a transition in management as well. Providence Health System is closing out as the Grantee for Model Cities Senior Wellness Center for 12 consecutive remarkable years. Model Cities is a grant program supported by the DC Office on Aging and will be managed by Seabury Resources for Aging beginning October 1, 2018.

Model Cities has been an exciting place. I hope you are enjoying the new Hand Dance Class, which is held on Thursdays at 1:30. Stay active, drink plenty of water, exercise, watch your diets, take your medication according to your doctor's orders and be safe. Don't travel alone, always watch your surroundings, don't answer the door for strangers and do not give your personal information over the telephone.

If you wish to obtain information regarding your credit status, contact these credit reporting companies:

Equifax: 1-800-525-6285

Experian: 1-888-397-3742

TransUnion: 1-800-680-7289

## Healthy Aging Month



### 7 Keys to Happy, Healthy Aging for Seniors

Some people are under the assumption that when you age, it's time to slow down. However, medical science begs to differ. In fact, research shows that staying active can help you stay healthier and be happier into your golden years.

If you're no longer bogged down with the work projects that ate up most of your time, then it's perfect chance to start being more social and do the things you really love to do. Here are seven ways to ensure you age with grace and a smile on your face.

1. Volunteer for a Worthy Cause
2. Take up Dancing
3. Go Back to School
4. Join a Social Club
5. Take Up a New Hobby
6. Travel Afar
7. Get a Pet

### Ten Tips for Healthy Aging

Live an active life. Regular exercise is one of the greatest keys to physical and mental wellbeing. ...  
Eat **healthy** foods. ...  
Maintain your brain. ...  
Cultivate your relationships. ...  
Get enough sleep. ...  
Reduce stress. ...  
Practice prevention. ...  
Take charge of your **health**.

# Recipies You Can Use...

## ~Easy Apple Salad~



Prep. Time: 10-12 servings

### Ingredients

- 5 apples cored and chopped
- 1 cup grapes cut in half
- 1/2 cup pecan pieces
- 8 oz. pineapple tidbits drained
- 3/4 cup marshmallows
- 1/3 cup Plain Greek Yogurt

### Directions

1. Put apples, grapes, pecans, pineapple and marshmallows in a large bowl.
2. In a smaller bowl, stir together Plain Greek Yogurt.
3. Pour over fruit and toss until coated.

## ~strawberry-Apple Juice~

### Ingredients

**5 mins. Yield: 1 serving (8 to 10 ounces)**

- 2 cups of strawberries
- 1 medium red delicious apple peeled  
Tops removed cored
- 2 tablespoons chia seeds



### Directions

1. Juice the Strawberries, then the apples, following your juicer's Specific settings for each. Stir in the chia seeds if using and let soak for 5 minutes. Serve the juice immediately over ice, if desired.

# 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.

## 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.

DO NOT call registry 1-888-382-1222

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.*