

“Never Underestimate the Power of Senior Health”

Hattie Holmes Senior Wellness Center

September 2016 Calendar

Volume 9 Issue 12

324 Kennedy St.,
Washington, DC 20011
(202) 291-6170
Fax (202) 291-2790

Teresa Moore
Director

LaDonna Love
Administrative Support

Arthur Dunbar
Fitness Specialist

Nutritionist

Stephanie Peters
*Health Promotion
Specialist*

Gwen Green
Activities Coordinator
Monday, Wednesday, & Friday

Transportation Available
via Seabury Connector
Maynard Chandler
Steve McDougal



LUNCH

Monday-Friday

11:30 a.m. - 1:00 p.m.

REGISTRATION REQUIRED

Site Manager - Dennis Robinson

Hours of Operation

Monday 8:00 a.m. - 6:00 p.m.

Tuesday 7:30 a.m. - 6:00 p.m.

Wednesday 7:30 a.m. - 4:30 p.m.

Thursday 8:00 a.m. - 6:30 p.m.

Friday 8:00 a.m. - 4:30 p.m.

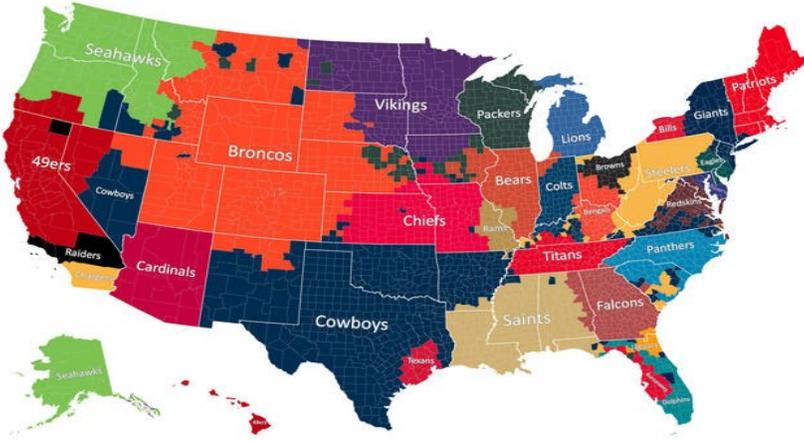


Part of the Senior Services Network, Supported by the DC Office On Aging

Managed by Vida Senior Services



September 2016

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="font-size: 2em; color: orange; text-decoration: underline wavy;">Football season is here</p> 			<p>1 8:00 Open Gym 10:00 Arthritis Exercise Class w/ Diane Lee 10:45 Color Me Relaxed</p> <p>11:30 Lunch</p> <p>1:00 Card / Board Games / Billiards 1:00 Knitting 1:15 Stretch & Tone w/ Pat 2:00 Intro to Spanish 3:00 Advanced Spanish 3:00 Open Gym</p>	<p>2 8:00 Open Gym 10:00 Chair Aerobics (Multi -purpose Room)</p> <p>10:30 Trip - Movie – Academy Theater Southside with You</p> <p>11:00 Nutrition Bingo 11:00 Wii Fit</p> <p>11:30 Lunch</p> <p>1:00 Card / Board Games / Billiards 1:00 Line Dancing 3:00 Open Gym</p> 
<p>5 <i>Center Closed Labor Day</i></p> 	<p>6 7:30 Open Gym 8:00 Walk Club 9:00 Tai Chi 10:00 Chair Aerobics 10:30 Arts & Crafts 10:30 Intro to Computers 11:00 Pilates</p> <p>11:30 Lunch</p> <p>12:30 Intermediate Computing 1:00 Card / Board Games / Billiards 1:00 Aerobics w/ Kojak 2:00 Enhanced Fitness 3:00 Open Gym</p>	<p>7 7:30 Open Gym 8:00 Fitness Orientation 9:00 Current Events Discussion Group 9:00 Stretch & Tone 9:30 Quilting</p> <p>10:00 - 2:00 Flu Shots</p>  <p>10:00 Chair Aerobics 10:00 Diabetes Self-Management 10:30 Chair Aerobics 10:30 Arts & Crafts 11:00 Hand Dancing</p> <p>11:30 Lunch</p> <p>12:40 Basic Computer 1:00 Memoir Writing 1:00 Card / Board Games / Billiards 1:00 Crocheting 1:00 Enhanced Fitness 2:00 Circuit Training 3:00 Open Gym</p>	<p>8 8:00 Open Gym 10:00 Arthritis Exercise Class w/ Diane Lee</p> <p>10:30 Trip - Dutch Market 10:45 Color Me Relaxed</p> <p>11:30 Lunch</p> <p>1:00 Card / Board Games / Billiards 1:00 Knitting 2:00 Aerobics w/ Kojak 2:00 Intro to Spanish 3:00 Advanced Spanish 3:00 Open Gym</p> 	<p>9 8:00 Open Gym 9:00 Abs & Back 10:00 Chair Aerobics (Multi -purpose Room) 11:00 Nutrition Bingo 11:00 Wii Fit</p> <p>11:00 Trip - Live! Jazz on the Plaza</p> <p>11:30 Lunch</p> <p>1:00 Card / Board Games / Billiards 1:00 Line Dancing 2:00 Fitness Assessments (By Appointment Only) 3:00 Open Gym</p>

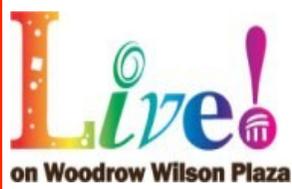
September 2016

Monday	Tuesday	Wednesday	Thursday	Friday
<p>12</p> <p>8:00 Open Gym 8:00 Fitness Orientation 9:00 Stretch & Tone 9:00 Mending & Alterations 10:00 Chair Aerobics 10:30 Enhanced Fitness 11:00 Circuit Training</p> <p>11:30 Lunch</p> <p>1:00 Movie Time 1:00 Line Dancing Beginners 1:00 Crocheting 1:00 Card / Board Games / Billiards 2:00 Chair Yoga w/ Moriah 3:00 Open Gym</p>	<p>13</p> <p>7:30 Open Gym 8:00 Walk Club 9:00 Tai Chi 10:00 Chair Aerobics 10:30 Blood Pressure Screening Multi-purpose room 10:30 Intro to Computers 10:30 Arts & Crafts 11:00 Pilates</p> <p>11:30 Lunch</p> <p>12:30 Intermediate Computing 1:00 Card / Board Games / Billiards 1:00 Aerobics w/ Kojak 1:30 Drama Club 1:30 Brain Games 2:00 Enhanced Fitness 3:00 Open Gym</p>	<p>14</p> <p>7:30 Open Gym 8:00 Fitness Orientation 9:00 Current Events Discussion Group 9:00 Stretch & Tone 9:30 Quilting 9:30 Club Memory</p> <p>10:00 Diabetes Self-Management 10:00 Chair Aerobics 10:30 Chair Aerobics 10:30 Arts & Crafts 11:00 More on Cataracts and Glaucoma 11:00 Trip Live! Jazz on the Plaza 11:00 Hand Dancing 11:30 - 2:30 Massage</p> <p>11:30 Lunch 12:40 Basic Computer 1:00 Crocheting 1:00 Card / Board Games / Billiards 1:00 Enhanced Fitness 2:00 Circuit Training 3:00 Open Gym</p>	<p>15</p> <p>8:00 Open Gym 10:00 Arthritis Exercise Class w/ Diane Lee</p> <p>10:30 Trip - Dollar Store</p> <p>10:45 Color Me Relaxed</p> <p>11:30 Lunch</p> <p>1:00 Card / Board Games / Billiards 1:00 Knitting 1:15 Stretch & Tone w/ Pat 2:00 Aerobics w/ Kojak 2:00 Intro to Spanish 3:00 Advanced Spanish 3:00 Open Gym</p> <div style="text-align: center;">  </div>	<p>16</p> <p>8:00 Open Gym 9:00 Abs & Back 10:00 Chair Aerobics (Multi-purpose Room) 11:00 Nutrition Bingo</p> <p>11:00 Trip - Bowling White Oak Bowling Lanes</p> <p>11:00 Wii Fit</p> <p>11:30 Lunch</p> <p>1:00 Card / Board Games / Billiards 1:00 Line Dancing 2:00 Fitness Assessments (By Appointment Only) 3:00 Open Gym</p>
<p>19</p> <p>8:00 Open Gym 8:00 Fitness Orientation 9:00 Stretch & Tone 9:00 Mending & Alterations 10:00 Chair Aerobics</p> <p>10:30 Trip - American Indian Museum</p> <p>10:30 Enhanced Fitness 11:00 Circuit Training</p> <p>11:30 Lunch</p> <p>1:00 Line Dancing Beginners 1:00 Crocheting 1:00 Card / Board Games / Billiards 2:00 Chair Yoga w/ Moriah 3:00 Open Gym</p>	<p>20</p> <p>7:30 Open Gym 8:00 Walk Club 9:00 Tai Chi 10:00 Chair Aerobics 10:30 Intro to Computers 10:30 Arts & Crafts 11:00 Pilates</p> <p>11:30 Lunch</p> <p>12:30 Intermediate Computing 1:00 Memoir Writing 1:00 Card / Board Games / Billiards 1:00 Aerobics w/ Kojak 1:30 Drama Club 1:30 Brain Games 2:00 Enhanced Fitness 3:00 Open Gym</p> <div style="text-align: center;">  </div>	<p>21</p> <p>7:30 Open Gym 8:00 Fitness Orientation 9:00 Current Events Discussion Group 9:00 Stretch & Tone 9:30 Quilting 10:00 Diabetes Self-Management 10:00 Chair Aerobics 10:30 Arts & Crafts 10:30 Chair Aerobics 11:00 Hand Dancing 11:00 What is Osteoporosis</p> <p>11:30 Lunch</p> <p>12:40 Basic Computer 1:00 Crocheting 1:00 Card / Board Games / Billiards 1:00 Enhanced Fitness 2:00 Circuit Training 3:00 Open Gym</p>	<p>22</p> <p>8:00 Open Gym</p> <p>10:00 - 2:00  Falls Prevention Day</p> <p>10:00 Arthritis Exercise Class w/ Diane Lee 10:45 Color Me Relaxed</p> <p>11:30 Lunch</p> <p>1:00 Card / Board Games / Billiards 1:00 Knitting 1:15 Stretch & Tone w/ Pat 2:00 Aerobics w/ Kojak 2:00 Intro to Spanish 3:00 Advanced Spanish 3:00 Open Gym</p>	<p>23</p> <p>8:00 Open Gym 9:00 Abs & Back 10:00 Chair Aerobics (Multi-purpose Room) 11:00 Nutrition Bingo 11:00 Men's Fitness Class 11:00 Wii Fit</p> <p>11:30 Lunch</p> <p>1:00 Card / Board Games / Billiards 1:00 Line Dancing 2:00 Fitness Assessments (By Appointment Only) 3:00 Open Gym</p>

September 2016

Monday	Tuesday	Wednesday	Thursday	Friday
<p>26</p> <p>8:00 Open Gym 8:00 Fitness Orientation 9:00 Stretch & Tone 9:00 Mending & Alterations 10:00 Chair Aerobics 10:30 Enhanced Fitness 11:00 Circuit Training</p> <p>11:30 Lunch</p> <p>1:00 Book Club Meeting - <i>White Rage</i> Carol Anderson 1:00 Line Dancing Beginners 1:00 Crocheting 1:00 Card / Board Games / Billiards 2:00 Chair Yoga w/ Moriah 3:00 Open Gym</p>	<p>27</p> <p>7:30 Open Gym 8:00 Walk Club 9:00 Tai Chi 10:00 Chair Aerobics 10:30 Intro to Computers 10:30 Arts & Crafts 11:00 Pilates</p> <p>11:30 Lunch</p> <p>12:30 Intermediate Computing 1:00 Aerobics w/ Kojak 1:00 Card / Board Games / Billiards 1:00 AARP Driver Safety Course 1:30 Drama Club 1:30 Brain Games 2:00 Enhanced Fitness 3:00 Open Gym</p>	<p>28</p> <p>7:30 Open Gym 8:00 Fitness Orientation 9:00 Current Events Discussion Group 9:00 Stretch & Tone 9:30 Club Memory 9:30 Quilting 10:00 Diabetes Self-Management 10:00 Chair Aerobics 10:30 Trip - Hillwood Estates 10:30 Chair Aerobics 10:30 Arts & Crafts 11:00 Vaccine Myths 11:00 Hand Dancing 11:30 - 2:30 Massage</p> <p>11:30 Lunch</p> <p>12:40 Basic Computer 1:00 AARP Driver Safety Course 1:00 Crocheting 1:00 Card / Board Games / Billiards 1:00 Enhanced Fitness 2:00 Circuit Training 3:00 Open Gym</p>	<p>29</p> <p>8:00 Open Gym 10:00 Town Hall Meeting w/ Executive Director DCOA Laura Newland 10:45 Color Me Relaxed</p> <p>11:30 Lunch</p> <p>1:00 Card / Board Games / Billiards 1:00 Knitting 1:15 Stretch & Tone w/ Pat 2:00 Aerobics w/ Kojak 2:00 Intro to Spanish 3:00 Advanced Spanish 3:00 Open Gym</p>	<p>30</p> <p>8:00 Open Gym 9:00 Abs & Back 10:00 Chair Aerobics (Multi -purpose Room) 11:00 Nutrition Bingo 11:00 Wii Fit</p> <p>11:00 Trip Live! Jazz on the Plaza</p> <p>11:30 Lunch</p> <p>1:00 Card / Board Games / Billiards 1:00 Line Dancing Assessments (By Appointment Only) 3:00 Open Gym</p>



<p>Memoir Writing Workshop Wednesday September 7, 2016</p> <p>&</p> <p>Tuesday September 20, 2016</p> <p>1:00 p.m.</p> 	<p>Live! Jazz on the Plaza Friday September 9, 2016</p> <p>September 14, 2016</p> <p>September 30, 2016</p> <p>@</p> <p>11:00 a.m.</p> 	<p>Blood Pressure Screening Tuesday September 13, 2016</p> <p>@</p> <p>10:30 a.m.</p> 	<p>Club Memory w/ Sibley Hospital Representatives Wednesday September 14, 2016</p> <p>&</p> <p>September 28, 2016</p> <p>@</p> <p>9:30 a.m.</p> 	<p>Book Club Meeting Monday September 26, 2016</p> <p>@</p> <p>1:00 p.m.</p> <p><i>White Rage</i> Carol Anderson</p> 
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Recipe to Try...



Zucchini, Black Bean and Rice Skillet

Ingredients

- 1 tablespoon canola oil
- 1-1/2 cups quartered lengthwise, slice zucchini
- 1/2 cup diced green bell pepper
- 1 can (15 oz each) Black Beans, drained, rinsed
- 1 can (14.5 oz each) Hunt's Fire Roasted Diced Tomatoes with Garlic, undrained
- 3/4 cup water
- 1 cup instant white rice, uncooked
- 1/2 cup shredded Cheddar and Monterey Jack cheeses blend

Directions

1. Heat oil in large skillet over medium heat. Add zucchini and bell pepper; cook 5 minutes, stirring occasionally. Add beans, undrained tomatoes and water. Increase heat and bring to a boil.
2. Add rice; stir well. Cover; remove from heat and let stand 7 minutes or until liquid is absorbed. Sprinkle with cheese.

Nutrition Information

Amount per serving (Makes 4 servings (1-1/4 cups each))

Calories 276, Fat 9 g, Saturated fat 3 g, Cholesterol 15 mg, Sodium 515 mg, Carbohydrate 37 g, Dietary Fiber 7 g, Sugars 4 g, Protein 10 g.

Food for Thought....Active participation

Don't let this be a time you look back on with regret for not doing more. Make this a day you recall with satisfaction for all you were able to do.

Even if you don't particularly feel like making the effort, you can make the effort nonetheless. Even if a dozen obstacles stand in your way, you can step forward and make progress.

Fill the moments with effective action, not lame excuses. Today will only be available to you today, so use it while you can.

Demonstrate your gratitude for the life you treasure by doing something valuable with it. Express your love for all you care about by offering your active support.

You are here right now with knowledge, skills, resources, energy, and a desire to matter. Give yourself and your world something to show for it all.

Your future begins in this moment. Fill it with meaningful richness through your active participation.



Happy Birthday to all who were born in the month September!

High Blood Pressure Affects Your Walking Speed & Your Independence

By Julie Davis

According to research published in the *Journal of the American Geriatrics Society*, the negative effects on high blood pressure extend even beyond its heart disease risk. Researchers from the University of Pittsburgh and the University of Washington in Seattle studied 2,733 older adults for over 18 years and discovered that people with high blood pressure were more likely to experience a slowing of their walking speed over a long period of time. This side effect is important because the ability to walk at an acceptable speed is vital to the independence of older adults.

Researchers and physicians were already aware that older adults with high blood pressure are less likely to function well and more likely to become physically disabled than people with normal blood pressure levels. But that knowledge was based on studies lasted up to five years at the most. The researchers who conducted this study investigated whether the link between poorer function and high blood pressure persisted over a longer period of time.

The Need for Speed

Gait speed, or the speed at which you walk, is an important factor in the health and, in turn, the independence of older adults. It is a marker and a predictor of how well you function, take care of yourself and participate in vital social activities. According to the researchers, limitations such as slow gait speed increase your risk for hospitalization and even death. Also of concern, having a slower walking speed seems to predict the development of dementia and disability.

In this study, researchers found that gait speed was significantly slower in people with high blood pressure than it was in people with normal blood pressure. They also learned that, over time, the slowing of gait speed happened faster in people with high blood pressure than in people with normal blood pressure.

Adults in their early 70s who live independently usually have a gait speed of about one meter or about 3 feet per second. The gait speed of older adults who need help with their daily activities is only about half that rate; in other words, it takes them about twice as long to walk three feet.

Though no one knows why having high blood pressure might slow your walking speed, the researchers in suggested a theory that might explain the connection—a condition called white matter hyperintensities (WMH) might be the link. WMHs, which show up as bright white spots in the brain on brain scans, are areas of inflammation in the brain. The researchers found that people with high blood pressure tend to have more WMHs than other people and that having greater numbers of WMHs is linked to slower gait and impaired mobility.

What You Can Do

First, **know your blood pressure numbers**. Be sure to have your blood pressure checked regularly. If you've been diagnosed with high blood pressure, get it under control through doctor-recommended lifestyle changes, like a no- or low-sodium diet, and medication if needed. If you've been prescribed medication, take it as directed. Remember that high blood pressure does not have any symptoms—"feeling fine" doesn't mean you don't have high blood pressure or that it's gone away. Stopping treatment puts you at risk for a variety of other heart conditions.

Next, ask your doctor to periodically evaluate your gait speed for your physical and mental well-being. "I think physicians should add gait speed to their routine exams for older adults," said lead author Caterina Rosano, MD, MPH, associate professor of epidemiology in the department of epidemiology at the University of Pittsburgh's Center for Aging and Population Research. "Our research team has repeatedly shown that slowing gait is associated with underlying brain abnormalities."

By keeping your blood pressure under control as early in life as you can, you could help protect against gait slowing and stay functional and independent far into the future.