

*“Never Underestimate the Power of Senior Health”*

Hattie Holmes Senior Wellness Center

# September 2017 Calendar

Volume 10 Issue 12

324 Kennedy St.,  
Washington, DC 20011  
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**Teresa Moore**  
*Director*

Debbie Queen  
*Administrative Assistant*

Pat Hunt  
*Fitness Director*

Maya Fiellin  
*Nutrition Director*

Stephanie Peters  
*Health Promotion Specialist*

Kim Scales  
*Fitness Instructor*

Victoria Huott  
*Dietitian*

Channing Smith  
*Office Assistant*



Mary's  
Center

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

Managed by Mary's Center



## LUNCH

Monday-Friday

12:00 p.m. - 1:00 p.m.

**REGISTRATION REQUIRED**

**Site Manager - Dennis Robinson**

## Hours of Operation

Monday - Wednesday 8:00 a.m. - 4:30 p.m.

Thursday & Friday 8:00 a.m. - 6:00 p.m.

**Transportation Available via**

**Seabury Connector**

**Maynard Chandler & Derrick VanBuren**

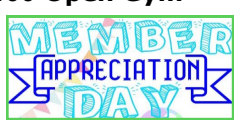


# September 2017

Monday	Tuesday	Wednesday	Thursday	Friday	
	 <h2 style="margin: 0;">HEALTH OBSERVANCES</h2>				<p><b>1</b></p> <p>8:00 Open Gym              8:30 Walk w/ Ease              9:00 <b>Butts &amp; Gutts w/ W. Yates</b>              10:00 Cardio Stick (Multi -purpose Room)              10:15 Chair Aerobics              11:00 Weight Loss              11:00 Men's Fitness Class</p> <p>12:00 <b>Lunch</b></p> <p>1:00 Cards / Billiards              12:30 Line Dancing              1:30 Practices for Relaxation &amp; Peace              3:00 Fitness Assessments (By Appointment Only)              3:00 Food Demo              3:00 <b>Open Gym</b>              4:00 Nutrition Consultations</p>
					
 <h2 style="margin: 0;">FOOD SAFETY MONTH</h2>					
<p><i>Center</i></p> <p><i>Closed</i></p> <p><i>Labor</i></p> <p><i>Holiday</i></p> 	<p><b>5</b></p> <p>8:00 Open Gym              9:00 Tai Chi w/ Jerry              10:00 Chair Aerobics w/ Arthur              10:30 Chair Aerobics w/ Arthur              10:30 Arts &amp; Crafts              10:30 <b>Intro to Computers</b>              10:30 Active Living (Conference Room)              11:00 Pilates w/ Arthur</p> <p>12:00 <b>Lunch</b></p> <p>12:30 <b>Intermediate Computing</b>              1:30 Menu Planning              1:00 Cards / Billiards              1:00 <b>Aerobics w/ Kojak</b>              2:00 Strength, Flexibility, &amp; Balance              3:00 <b>Open Gym</b>              3:00 Fitness Assessments (By Appointment Only)</p>	<p><b>6</b></p> <p>8:00 Open Gym              8:00 Gym Orientation              8:30 Walk w/ Ease              9:00 <b>Cardio Lite</b>              9:15 <b>Current Events Discussion Group</b>              9:30 Quilting              10:00 Enhanced Fitness w/ Kim              10:30 Arts &amp; Crafts              11:00 Men's Fitness              11:00 Nutrition Consultations              11:00 Trip - Giant Grocery Store              11:00 <b>Town Hall Meeting</b>              12:00 <b>Lunch</b>              1:00 Basic Computer              1:00 Cards / Billiards              1:00 <b>Crocheting</b>              1:15 Chair Aerobics              1:30 Beginners Piano              1:30 Mindful Eating              2:00 Chair Yoga w/ Moriah              3:00 Fitness Assessments (By Appointment Only)</p>	<p><b>7</b></p> <p>8:00 Open Gym              8:00 Gym Orientation              9:00 Tai Chi              10:00 Arthritis Exercise Class w/ Diane Lee              10:45 Color Me Relaxed              11:00 Women's Fitness              11:00 Meal Delivery</p> <p>12:00 <b>Lunch</b></p> <p>12:30 Knitting              1:00 Cards / Billiards              1:15 <b>Aerobics w/ Kojak</b>              1:30 Understanding Labels              2:00 Enhanced Fitness w/ Kim (Multi-purpose Room)              2:00 Strength, Flexibility, &amp; Balance              2:00 Intro to Spanish              3:00 Advanced Spanish              3:00 Golden Mat              4:00 <b>Open Gym</b></p>	<p><b>8</b></p> <p>8:00 Open Gym              8:30 Walk w/ Ease              9:00 <b>Butts &amp; Gutts w/ W. Yates</b>              10:00 Cardio Stick (Multi -purpose Room)              10:15 Chair Aerobics              11:00 Nutrition Class              11:00 Men's Fitness Class</p> <p>12:00 <b>Lunch</b></p> <p>12:30 Line Dancing              1:00 Cards / Billiards              1:00 Nutrition Class              2:00 Practices for Relaxation &amp; Peace              3:00 Fitness Assessments (By Appointment Only)              3:00 <b>Open Gym</b></p>	

# September 2017

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>11</b>            8:00 Open Gym            9:00 <b>Stretch &amp; Tone</b>            9:00 Mending &amp; Alterations            9:00 Nutrition Consultations            10:00 Enhanced Fitness w/ Kim            11:00 Circuit Training            11:00 Diabetes - Menu Planning            11:00 Clear Captions Presentation            12:00 <b>Lunch</b>            12:30 <b>Line Dancing Beginners</b>            1:00 <b>Crocheting</b>            1:00 Cards / Billiards            1:30 <b>Living for a Healthy Heart</b>            2:00 Chair Yoga w/ Moriah            2:00 Intro to Spanish            3:00 Advanced Spanish            3:00 <b>Open Gym</b>            3:30 Nutrition Consultations</p>	<p><b>12</b>            8:00 Open Gym            9:00 Tai Chi w/ Jerry            9:30 <b>Blood Pressure Screening</b>            10:00 Chair Aerobics w/ Arthur            10:30 Chair Aerobics w/ Arthur            10:30 <b>Nutrition Class w/ Candice</b>            10:30 Trip - Bowling - Riverdale            10:30 <b>Intro to Computers</b>            10:30 Active Living (Conference Room)            10:30 Arts &amp; Crafts            11:00 Pilates w/ Arthur            12:00 <b>Lunch</b>            12:30 <b>Intermediate Computing</b>            1:00 Cards / Billiards            1:00 <b>Aerobics w/ Kojak</b>            1:30 <b>Brain Games</b>            2:00 <b>Strength, Flexibility, &amp; Balance</b>            3:00 <b>Fitness Assessments</b></p>	<p><b>13</b>            8:00 Open Gym            8:00 Gym Orientation            8:30 Walk w/ Ease            9:00 <b>Cardio Lite</b>            9:15 <b>Current Events Discussion Group</b>            9:30 Quilting            9:30 <b>Club Memory</b>            10:00 <b>Talent Show</b>            10:30 Arts &amp; Crafts            11:00 <b>Nutrition Consultations</b>            11:00 Trip - African American Museum            11:00 <b>Men's Fitness</b>            11:00 Choir Rehearsal            11:30 - 2:30 <b>Massage</b>            12:00 <b>Lunch</b>            1:00 Basic Computer            1:00 <b>Crocheting</b>            1:00 Cards / Billiards            1:30 <b>Beginners Piano</b>            1:15 Chair Aerobics            1:30 <b>Mindful Eating</b>            2:00 Chair Yoga w/ Moriah            3:00 <b>Fitness Assessment (By Appointment Only)</b>            3:00 <b>Open Gym</b></p>	<p><b>14</b>            8:00 Open Gym            8:00 Gym Orientation            9:00 <b>Nutrition Consultations</b>            9:00 Tai Chi            10:00 Arthritis Exercise Class w/ Diane Lee            10:45 <b>Color Me Relaxed</b>            10:30 Trip - Dutch Market            11:00 <b>Women's Fitness</b>            11:00 <b>Grocery Lists</b>            12:00 <b>Lunch</b>            12:30 Knitting            1:00 <b>Movie - Fences</b>            1:00 Cards / Billiards            1:15 <b>Aerobics w/ Kojak</b>            2:00 <b>Enhanced Fitness w/ Kim (Multi-purpose room)</b>            2:00 <b>Strength, Flexibility, &amp; Balance</b>            3:00 <b>Golden Mat</b>            2:00 Intro to Spanish            3:00 Advanced Spanish            3:15 <b>Food Demo</b>            4:00 <b>Open Gym</b></p>	<p><b>15</b>            8:00 Open Gym            8:30 <b>Walk w/ Ease</b>            9:00 <b>Butts &amp; Gutts</b>            9:00 <b>Nutrition Consultations</b>            10:00 <b>Cardio Stick (Multi -purpose Room)</b>            10:15 Chair Aerobics            11:00 <b>Food Brands</b>              11:00 <b>Men's Fitness Class</b>              12:00 <b>Lunch</b>            12:30 <b>Line Dancing</b>              1:00 Cards / Billiards            1:30 Practices for Relaxation &amp; Peace            3:00 <b>Fitness Assessments (By Appointment Only)</b>            3:00 <b>Food Demo</b>            3:00 <b>Open Gym</b>            4:00 <b>Nutrition Consultations</b></p>
<p><b>18</b>            8:00 Open Gym            9:00 <b>Stretch &amp; Tone</b>            9:00 Mending &amp; Alterations            9:00 Nutrition Consultations            10:00 Enhanced Fitness w/ Kim            11:00 Circuit Training            11:00 Diabetes - Menu Planning            11:30 - 2:30 <b>Massage</b>            12:00 <b>Lunch</b>            12:30 <b>Line Dancing Beginners</b>            1:00 <b>Crocheting</b>            1:00 Cards / Billiards            1:30 <b>Nutrition Class</b>            2:00 Chair Yoga w/ Moriah            2:00 Intro to Spanish            3:00 Advanced Spanish            3:00 <b>Open Gym</b>            3:30 Nutrition Consultations</p>	<p><b>19</b>            8:00 Open Gym            9:00 Tai Chi w/ Jerry            10:00 Chair Aerobics w/ Arthur            10:30 Chair Aerobics w/ Arthur            10:30 <b>Intro to Computers</b>            10:30 Active Living (Conference Room)            10:30 Arts &amp; Crafts            11:00 Pilates w/ Arthur            12:00 <b>Lunch</b>            12:30 <b>Intermediate Computing</b>            1:00 Cards / Billiards            1:00 <b>Aerobics w/ Kojak</b>            1:30 <b>Brain Games</b>            1:30 <b>Nutrition Class</b>            2:00 <b>Strength, Flexibility, &amp; Balance</b>            3:00 <b>Fitness Assessments (By Appointment Only)</b>            3:00 <b>Open Gym</b></p>	<p><b>20</b></p> 	<p><b>21</b>            8:00 Open Gym            8:00 Gym Orientation            9:00 Tai Chi w/ Jerry            9:00 <b>Nutrition Consultations</b>            10:00 Arthritis Exercise Class w/ Diane Lee            10:45 <b>Color Me Relaxed</b>            11:00 <b>Tricks of the Trade</b>            11:00 <b>Women's Fitness</b>            12:00 <b>Lunch</b>            12:30 Knitting            1:00 Cards / Billiards            1:15 <b>Aerobics w/ Kojak</b>            2:00 <b>Enhanced Fitness w/ Kim</b>            2:00 <b>Strength, Flexibility, &amp; Balance</b>            2:00 Intro to Spanish            3:00 Advanced Spanish            3:00 <b>Golden Mat</b>            3:00 <b>Food Demo</b>            4:00 <b>Open Gym</b>            4:00 <b>Nutrition Consultations</b></p>	<p><b>22</b>            8:00 Open Gym            8:30 <b>Walk w/ Ease</b>            9:00 <b>Butts &amp; Gutts</b>            10:00 <b>Cardio Stick (Multi -purpose Room)</b>              10:00 - 2:00 <b>Falls Prevention Day</b>              10:15 Chair Aerobics            11:00 <b>Nutrition Bingo</b>            11:00 <b>Men's Fitness Class</b>            12:00 <b>Lunch</b>            12:30 <b>Line Dancing</b>              1:00 Cards / Billiards            1:30 Practices for Relaxation &amp; Peace            3:00 <b>Fitness Assessments (By Appointment Only)</b>            3:00 <b>Open Gym</b></p>





# September 2017

Monday	Tuesday	Wednesday	Thursday	Friday
<p>25</p> <p>8:00 Open Gym            9:00 <b>Stretch &amp; Tone</b>            9:00 Mending &amp; Alterations            9:00 Nutrition Consultations            10:00 Enhanced Fitness w/ Kim            11:00 Diabetes - Menu Planning            11:00 Circuit Training            11:00 Ask Rayceen            12:00 <b>Lunch</b></p> <p>12:30 Line Dancing Beginners            1:00 Book Club Meeting - Charcoal Joe Walter Mosley            1:00 <b>Crocheting</b>            1:00 Cards / Billiards            1:30 Weight Management            2:00 Chair Yoga w/ Moriah            2:00 Intro to Spanish            3:00 Advanced Spanish            3:00 <b>Open Gym</b></p>	<p>26</p> <p>8:00 Open Gym            9:00 Tai Chi w/ Jerry            10:00 Chair Aerobics w/ Arthur            10:30 Chair Aerobics w/ Arthur            10:30 <b>Intro to Computers</b>            10:30 Arts &amp; Crafts            10:30 Nutrition Class w/ Candice            10:30 Active Living (Conference Room)            11:00 Pilates w/ Arthur            11:00 Wills and Estate Planning            12:00 <b>Lunch</b>            12:30 <b>Intermediate Computing</b>            1:00 <b>Aerobics w/ Kojak</b>            1:00 AARP Driver Safety Course            1:00 Cards / Billiards            1:30 <b>Brain Games</b>            2:00 Strength, Flexibility, &amp; Balance            3:00 Fitness Assessments (By Appointment Only)</p>	<p>27</p> <p>8:00 Open Gym            8:00 Gym Orientation            8:30 Walk w/ Ease            9:00 <b>Cardio Lite</b>            9:15 <b>Current Events Discussion Group</b>            9:30 Quilting            9:30 Club Memory            10:00 Enhanced Fitness w/ Kim            10:30 Trip - National Arboretum            10:30 Arts &amp; Crafts            11:00 <b>Tips to Boost Brain Health</b>            11:00 Men's Fitness            11:00 Nutrition Consultations            11:00 Choir Rehearsal            12:00 <b>Lunch</b>            1:00 AARP Driver Safety Course            1:00 Basic Computer            1:00 <b>Crocheting</b>            1:00 Cards / Billiards            1:30 Beginners Piano            1:15 Chair Aerobics            1:30 DASH Diet            2:00 Chair Yoga w/ Moriah</p>	<p>28</p> <p>8:00 Open Gym            8:00 Gym Orientation            9:00 Nutrition Consultations            9:00 Tai Chi            9:30 <b>New Member Orientation</b>            10:00 Arthritis Exercise Class w/ Diane Lee            10:45 <b>Color Me Relaxed</b>            11:00 All About Sugar            11:00 Women's Fitness            12:00 <b>Lunch</b>            12:30 Knitting            1:00 Cards / Billiards            1:15 <b>Aerobics w/ Kojak</b>            2:00 Enhanced Fitness w/ Kim (Multi-purpose room)            2:00 Strength, Flexibility, &amp; Balance            2:00 Intro to Spanish            3:00 Advanced Spanish            3:00 <b>Food Demo</b>            3:00 Golden Mat            4:00 <b>Open Gym</b>            4:00 Nutrition Consultations</p>	<p>29</p> <p>8:00 Open Gym            8:30 Walk w/ Ease            9:00 <b>Butts &amp; Gutts w/ W. Yates</b>            9:00 Nutrition Consultations            10:00 Cardio Stick (Multi-purpose Room)            10:15 Chair Aerobics            10:30 Trip - Dollar Store            11:00 Men's Fitness Class            11:00 <b>Weight Loss</b>            11:00 Insurance Options            12:00 <b>Lunch</b></p> <p>12:30 Line Dancing</p> <p>1:00 Nutrition class w/ DeAnna            1:00 Cards / Billiards            1:30 Practices for Relaxation &amp; Peace            3:00 <b>Food Demo</b>            3:00 <b>Open Gym</b>            4:00 Nutrition Consultations</p>

<p>Town Hall Meeting</p> <p>Wednesday</p> <p>September 6, 2017</p> <p>@</p> <p>11:00 a.m.</p>	<p><b>Blood Pressure Screening</b></p> <p><b>Tuesday</b></p> <p><b>September 12, 2017</b></p> <p>@</p> <p><b>9:30 a.m.</b></p>	<p>Club Memory w/ Sibley Hospital Representatives</p> <p>Wednesday</p> <p>September 13, 2017</p> <p>&amp;</p> <p>September 27, 2017</p> <p>@</p> <p>9:30 a.m.</p>	<p>10th Anniversary Celebration</p> <p>Wednesday</p> <p>September 20, 2017</p> <p>@</p> <p>10:00 a.m. - 3:30 p.m.</p>	<p>Book Club Meeting</p> <p>Monday</p> <p>September 25, 2017</p> <p>@</p> <p>1:00 p.m.</p> <p>Charcoal Joe Walter Mosley</p>
				

## Recipe to Try...

### *Sneaky Zucchini Bread*

#### Ingredients

- 1/4 cup unsalted melted butter OR vegetable oil
- 1/4 cup unsweetened applesauce
- 1/2 cup packed brown sugar
- 1/2 cup granulated white sugar
- 2 large eggs
- 1 cup mashed ripe banana (about 2 large/3 medium overly ripe bananas)
- 1 cup grated zucchini (about 1 medium zucchini)
- 1 cup grated carrot (about 1 large/2 medium carrots)
- 1 1/2 cup fresh spinach
- 1/4 cup greek yogurt
- 1 teaspoon vanilla extract
- 2 cups all-purpose flour, leveled
- 1 teaspoon cinnamon, optional
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1/2 cup chopped nuts, optional
- 1/2 cup chocolate chips, blueberries or raisins, optional



#### Directions

Position a rack in the lower third of the oven and preheat to 350°F. Line the bottom of a 9x5 loaf pan (or 3 mini 5-inch loaf pans) with parchment paper or foil and spray with non-stick spray.

With an electric mixer, beat together the butter or oil and sugars on medium speed until light and fluffy, about 3 minutes. Add the eggs one at a time, beating about 20 seconds after each addition. Beat in banana, zucchini, carrot, spinach, yogurt and vanilla.

In a small bowl, whisk together the flour, cinnamon, baking powder, baking soda, and salt. On low speed, beat in half of the flour mixture, about 20 seconds. Scrape bottom and sides of bowl. Beat in remaining flour mixture, until just incorporated. Fold in nuts or chocolate chips, if desired.

Pour batter into prepared pan. Bake about 60-90 minutes, or until a toothpick inserted in the center comes out clean (30 for mini 5-inch pans). Cool in the pan for 10 minutes before removing to a wire rack to cool completely. Store at room temperature, in an air tight container, up to 2 days, or freeze for up to 3 months.

## Food for thought...Go ahead

Your next move does not have to be perfect. Just go ahead and make it.

The situation is what it is. Go ahead, accept it, and you can find good ways to work with it.

You may not feel particularly inspired, creative, effective or energetic at the moment. Go ahead anyway, and give your best effort.

Regardless of what has or has not happened, you can go ahead and make progress today. Instead of wondering what could have been, or making judgments about what is, go ahead and make a positive difference in your world.

Go ahead, even if you don't feel like it, especially if you don't feel like it. Now is the time you have, now is the moment to utilize, and you'll soon thank yourself for doing so.

Step over the doubts, the excuses, the hesitation, and step into action. Go ahead, and give the best you can to this amazing life you're living.



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

# Heart Health & Well-Being: A 5-Point Plan

By Julie Davis

As we get older and chronic conditions surface—whether it's high blood pressure, another form of heart disease or diabetes, for instance—taking medication becomes vital. Yet lifestyle changes are important as well. Sometimes these are necessary to help your medication be effective, such as the dietary changes needed when you have hypertension. In other cases, they can both make you feel better and prevent your condition from worsening.

The same lifestyle changes often have beneficial effects on an entire host of chronic conditions. For example, changes you make to help manage or avoid heart disease may keep you from developing diabetes. Though simple, these changes do require a shift in habits that may be very ingrained in your everyday life. Walking for 20 to 30 minutes, even at a slow pace, might seem like a huge adjustment to make if you are rarely active. But walking doesn't cost you anything, doesn't require an insurmountable effort and doesn't involve learning a skill—you just need to want to get in the habit.

Here are five lifestyle changes that can bring the greatest results for the smallest effort.

## 1. Watch blood sugar levels.

Keeping blood sugar levels in check helps maintain your cognitive function and makes for healthier aging. Recent studies have shown that certain regions of the hippocampus are vulnerable when blood sugar levels are regulated, leading to more severe symptoms of dementia. Time-honored ways to help keep blood sugar levels steady call for simple lifestyle adjustments and involve the next three suggestions—exercising, getting sleep and eating better.

## 2. Get the right amount of sleep.

Though seniors do tend to sleep less, to feel your best, start by getting enough sleep—try to log at least seven hours a night—and stick to a regular schedule, going to sleep and waking up at the same times as often as possible. Sleep patterns that vary can negatively affect blood pressure as well as blood sugar—you'll also feel more alert and have a better outlook in general.

## 3. Get more exercise.

This is important for those who want to prevent illnesses like diabetes and high blood pressure as well as people who need to actively combat them. The more sedentary you are, the worse it is for your overall health. Most experts suggest a three-part approach that includes heart-healthy cardio exercise, strength training and stretching, but don't let that deter you—you can start with even just 5 to 10 minutes of walking a few times a day and build from there. Working with a physical therapist, especially if you have arthritis or another mobility-limiting condition, will enable you to get a personalized regimen that can progress in intensity as your abilities improve.

## 4. Watch your diet and watch your calories.

Some studies have shown that you can improve your health and increase longevity by cutting back on calories as you age. Of course, good nutrition is still important—especially if you are eating less, each calorie needs to deliver essential nutrients. One diet (for maintenance or weight loss, depending on the number of calories eaten) that consistently shows healthful benefits is commonly referred to the **Mediterranean Diet**. The natural diet of people living in the countries around the Mediterranean Sea, with its abundance of fresh seafood, emphasizes the good-for-you monounsaturated fats in olive oil, fresh fruits and vegetables, legumes and whole grains. As part of an overall plan that includes exercise, it may also have a preventive effect on dementia and even depression.

## 5. Find ways to reduce stress.

Stress impairs thinking even in people with no cognitive loss, and when stress exists along with Alzheimer's disease, it can create greater impairment in your cognitive function. You might think that stress is limited to people with taxing jobs or demanding schedules, but stress affects everyone and can stem from minor annoyances and problems. It's not always possible to get rid of all sources of stress, but you can find ways to let handle it. Try deep breathing, a relaxing practice like tai chi or the meditation suggestions in **Yoga for Heart Health**.

It takes effort to make these changes, but you will feel the benefits of even the slightest improvements you make, and you'll feel them almost from the moment you start to make them.