



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

January 2017
Volume 1 ▪ Issue 10

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Nutritionist Corner
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Jandel Benjamin




The Model Cities MC Steppers performed two of their choreographed dances at the Winter Celebration held at the Lincoln Theatre on December 14, 2016, given by Councilmember Brianne K. Nadeau.



Calendar of Events...

January 2017

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|--|--|
| 2 | 3 | 4 | 5 | 6 |
| <p>Happy New Year Center Closed</p>  | <p>8:00 Open Gym 8:45 No 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 Alkaline Forming 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>8:00 Open Gym 10:00 Choir Rehearsal 10:00 Chair Exercise 10:00 Enhance Fitness Chair Exercise 10:15 No Circuit Training 11:00 Town Meeting 1:00 Kojak Low Impact Aerobics 1:00 Pinochle 2:00 Board Games 3:30 Weight Training 5:30 Cardio Interval</p> | <p>8:00 Open Gym 8:45 No 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 10:45 Nutrition Class What are Food Families 12:00 Kojak Low Impact Enhance Fitness 1:00 Beginners Ballet and Dance Co. Class 2:00 Board Games 3:30 Weight Training</p> | <p>8:00 Open Gym 8:45 No Tai Chi 9:00 Piano Class 10:00 Sewing Class 10:20 Zumba Gold 11:00 Chair Exercise 11:30 Enhance Fitness Chair Exercise 1:00 In House Movie 1:00 Bingo</p> |
| 9 | 10 | 11 | 12 | 13 |
| <p>8:00 Open Gym 10:15 Kojak Low Impact Aerobics 10:30 Advanced Spanish 11:00 Chair Exercise 11:15 Beginners Spanish 11:30 Enhance Fitness Chair Exercise 1:00 Quilting 1:00 Pinochle 1:00 Fire Prevention EMS 1:30 Hula Dance 2:00 Board Games 5:30 Cardio Interval Exercise</p> | <p>8:00 Open Gym 8:45 Tai Chi 9:30 Computer Class Beginners & Advance 9:30 No Sign Language 9:30 Yoga 10:20 Chair Exercise 10:45 Nutrition Class Should I be eating Less Salt? 11:00 Massage, Doris Johnson 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</p> | <p>8:00 Open Gym 10:00 Choir Rehearsal 10:15 Circuit Training 11:00 Chair Exercise 11:30 Enhance Fitness Chair Exercise 1:00 Town Hall Meeting With DCOA 1:00 Kojak Low Impact Aerobics 1:00 Pinochle 2:00 Board Games 3:30 Weight Training 5:30 Cardio Interval</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 10:45 Nutrition Class What are the Healthiest Herbal Teas? 12:00 Kojak Low Impact Enhance Fitness 1:00 Beginners Ballet and Dance Co. Class 1:00 Club Memory 2:00 Board Games 3:30 Weight Training</p> | <p>8:00 Open Gym 8:45 Tai Chi 9:00 Piano Class 10:00 Sewing Class 10:20 Zumba Gold 11:00 Chair Exercise 11:30 Enhance Fitness Chair Exercise 1:00 Stacie's Birthday Celebration 1:00 In House Movie 1:00 Bingo</p> |

Calendar of Events...

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|---|---|
| <p>16</p> <p>Holiday Martin Luther King Jr.</p>  <p>Birthday Center Closed</p> | <p>17</p> <p>8:00 Open Gym 8:45 Tai Chi 9:30 Computer Class Beginners & Advance 9:30 No Sign Language 9:30 Yoga 10:20 Chair Exercise 10:45 Nutrition Class Where are the DC Farms? 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</p> | <p>18</p> <p>8:00 Open Gym 9:45 Magic Johnson Theatre Movie Fences Donation \$12.00 Transportation & Movie 10:00 Choir Rehearsal 10:15 Circuit Training 11:00 Chair Exercise 11:30 Enhance Fitness Chair Exercise 11:00 AARP Display Table 1:00 Kojak Low Impact Aerobics 1:00 Pinochle 2:00 Board Games 3:30 Weight Training 5:30 Cardio Interval</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 Knitting 10:00 No Golf 10:20 Chair Exercise 10:45 Nutrition Class What is a Locavore? 12:00 Kojak Low Impact Enhance Fitness 1:00 Brown Bag Pharmacy Bring your Medication, Providence 1:00 Beginners Ballet and Dance Co. Class 2:00 Board Games 3:30 Weight Training</p> | <p>20</p> <p>Inauguration Day Center Closed</p>  |
| <p>23</p> <p>8:00 Open Gym 10:15 Kojak Low Impact Aerobics 10:30 Advanced Spanish 11:00 Chair Exercise 11:15 Beginners Spanish 11:30 Enhance Fitness Chair Exercise 1:00 Quilting 1:00 Pinochle 1:00 GMO 1:30 Hula Dance 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 No Sign Language 9:30 Yoga 10:20 Chair Exercise 10:45 Nutrition Class Gardening at Model Cities 11:00 Barber 12:00 Bowling, Transportation w/Seabury 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>25</p> <p>8:00 Open Gym 10:00 Barber 10:00 Choir Rehearsal 10:15 Circuit Training 11:00 Chair Exercise 11:30 Enhance Fitness Chair Exercise 1:00 Law Clinic for Seniors, Clarence Connelly 1:00 Kojak Low Impact Aerobics 1:00 Pinochle 2:00 Board Games 3:30 Weight Training 5:30 Cardio Interval</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 10:45 Nutrition Class What are the Seasonal Fruits & Veggies 12:00 Kojak Low Impact Enhance Fitness 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 11:00 Chair Exercise 11:30 Enhance Fitness Chair Exercise 1:00 In House Movie 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...

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|-----------|----------|--------|
| 30 | 31 | | | |
| 8:00 Open Gym 10:15 Kojak Low Impact Aerobics 10:15 The Hamilton Donation \$ 30.00 10:30 Advanced Spanish 11:00 Chair Exercise 11:15 Beginners Spanish 11:30 Enhance Fitness Chair Exercise 1:00 Quilting 1:00 Pinochle 1:30 Hula Dance 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 10:20 Chair Exercise 10:45 Nutrition Class What are Live Foods? 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 | | | |

Upcoming Events...

- **Director Birthday Luncheon, The Hamilton** –Monday, January 30, 2017 10:45 am
Donation Includes Lunch and transportation \$30.00 all monies in by Monday, January 9, 2017 see Monica Carroll or Rubell Bing for information.
- **Alvin Ailey-Kennedy Center-** Saturday, February 11, 2017 12:00pm. Donation \$90.00 with transportation deposit of \$10.00 is due by Friday, December 30, 2016
See Monica Carroll for sign up all monies due by Monday, January 16, 2016
- **Oversight Hearing, Wilson Building-** February 2017 To be announce in the next Month calendar
- **Black History program,** Thursday, February 23, 2017 10:30 interested person that like to participant in the program see Monica Carroll soon as possible.
- **Shrove Tuesday, Mardi Gras-** Tuesday, February 28, 2017 10:00 am. For donation see Monica Carroll

Nutritionist Corner & Health Observances



Jandel Benjamin, Nutritionist

Health Observances for January

- Artichoke and Asparagus Month
- Bath Safety Month
- Family Fit Lifestyle Month
- National Braille Literacy Month
- National weigh-In day (Jan 2th)
- Shape Up US Month
- Thyroid Disease Awareness Month
- Tuberos Sclerosis Awareness Month

“Where there is no struggle there is no progress” – Frederick Douglass.

“**Maintain Don’t Gain**” is the concept for our new year. Why? Because to gain 10 unwanted pounds would send a person to start justifying the gain. “Oh, I was watching tv and ate the whole container of ice cream” or “I just wanted that pie, I’ll get the weight off later” or my favorite “It’s the holidays”. But most often the weight doesn’t come off because it is harder to take off than to put on. I call this “intentional weight gain”. A person knows a behavior will make them gain weight but continues with the unhealthy behavior.

There is a remedy. EXERCISE! But even exercise cannot unclog an artery. So it is wise to continue to fight the forbidden path and eat 5 to 9 servings of fruits and veggies a day and maintain portion control. Emotions are strong. It sometimes guides us negatively. Always ask yourself why are you eating? Is it because you are hungry or just want a taste in your mouth or it smelled good or because I’m watching tv. You should eat only to nourish your body or because you are hungry. There are healthy holiday foods that are delicious.

But don’t beat yourself up for gaining UNINTENSIONALLY.....

Don’t think of your weight as an exact number for weight maintenance. There are a few ways in the medical community that Ideal Body Weight (IBW) is calculated depending on the person’s height, health status, age, and sex. For example, an average female geriatric individual of good health that is 5 feet 6 inches in height should be 130 pounds with a range of plus or minus 10% (between 114-146 pounds) according to the Geriatric Standards calculation chart.

Remember ...don’t justify intentional unwanted weight gain. Maintain don’t gain....the Fitness and Nutrition Challenge!

Keys to Aging Well

While maintaining your physical health is important to [healthy aging](#), it's also key to value the experience and maturity you gain

with advancing years. Practicing healthy habits throughout your life is ideal, but it's never too late reap the benefits of taking good care of yourself, even as you get older.



Here are some healthy aging tips that are good advice at any stage of life:

- Stay physically active with regular exercise.
- Stay socially active with friends and family and within your community.
- Eat a healthy, well-balanced diet — dump the junk food in favor of fiber-rich, low-fat, and low-cholesterol eating.
- Don't neglect yourself: Regular check-ups with your doctor, dentist, and optometrist are even more important now.
- Take all medications as directed by your doctor.
- Limit alcohol consumption and cut out smoking.
- Get the sleep that your body needs.

Finally, taking care of your physical self is vital, but it's important that you tend to your emotional health as well. Reap the rewards of your long life, and enjoy each and every day. Now is the time to savor good health *and* happiness.

Recipes You Can Use...

~Oven Roasted Asparagus~



Total Time: about 25 minutes Makes 4 servings

INGREDIENTS:

- 1 bunch thin asparagus spears, trimmed
- 3 tablespoons olive oil
- 1 ½ tablespoon grated Parmesan (optional)
- 1 teaspoon sea salt
- ½ teaspoon ground black pepper
- 1 tablespoon lemon juice (optional)

Directions:

1. Preheat an oven to 425 degrees F (220 degrees C).
2. Place the asparagus into a mixing bowl, and drizzle with the olive oil. Toss to coat the spears, then sprinkle with Parmesan cheese, garlic, salt, and pepper. Arrange the asparagus onto a baking sheet in a single layer.
3. Bake in the preheated oven until just tender, 12 to 15 minutes depending on thickness. Sprinkle with lemon juice just before serving.

~Hot Spiced Tea for the Holidays~

Total Time: 20 mins (5 min prep and 10 min cook)



INGREDIENTS

- 6 cups water
- 1 teaspoon whole cloves
- 1 (1 inch) piece cinnamon stick
- 6 tea bags
- ¾ cup orange juice
- ½ cup white sugar
- ¼ cup pineapple juice
- 2 tablespoons lemon juice

1. Pour water into a pot; add cloves and cinnamon stick. Bring water to a boil; remove from heat. Add tea bags to water and set aside to steep until the tea is to your preferred strength, at least 5 minutes. Remove and discard cloves, cinnamon stick, and tea bags.
2. Stir orange juice, sugar, pineapple juice, and lemon juice together in a saucepan; bring to a boil. Cook and stir the juice mixture until the sugar dissolves completely. Pour juice mixture into the spiced tea; serve hot.

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 members 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.*