



Ward 6: HAYES SENIOR WELLNESS CENTER
500K Street NE 202-727-0357

Website: www.hayesswc.com

Hours: Monday - Friday 8:00 am to 5:00 pm
Saturday 8:00 am to 2:00 pm

MARCH 2016

Mon	Tue	Wed	Thu	Fri	Sat
29 8:30 Open Gym 9-2 Computer Class 10-11 Line Dancing 11-12 Enhance Fitness 11:30-1 Lunch 2:00 Yoga/Chair 2-3:30Strength/Abs/Meditation 3:30-5 Movie	1 8:30 Open Gym 10-11 Arts & Crafts 11:30-1 Lunch 1-2 The Pound Workout/Zumba 1:30 Gardening Workshop 2-3 Cardio Lite 3-4 Hand Dancing 3-5 Memory Club	2 8:30 Open Gym 8-2 HU Nursing Presentation 10-11 Arts & Crafts 11-12 Enhance Fitness 11:30-1 Lunch 12:00 New Member Assessment 2-3 Yoga 2-3:30Strength/Abs/Meditation 3:30-5 Movie	3 8:30 Open Gym 9-11:30 Computer Class 10:45-11:15 Spanish 11:30-1 Lunch 1-2 The Pound Workout/Zumba 2-3 Cardio Lite 3-3:30 Line Dance 3-4:30 Taste Budding 4-5 Hand Dancing	4 8:30 Open Gym 10-1130 Arts & Crafts 11-12 Enhance Fitness 11:30-1 Lunch 2-3 Yoga 2-3:30 Strength/Abs/Meditation 3:30-5 Movie	5 8:30 Open Gym 9:00 Tai Chi 10:00 Yoga 10:00 Computer Class 11:00 Cardio Lite 11:30-1 Lunch 1:00 Pound Workout
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MARCH is National Nutrition Month!

And, in recognition of this year's theme, "Enjoy the Taste of Eating Right," here are a few tips from the American Heart Association on how to help you eat right:

- Vegetables and fruits are loaded with nutrients and low in calories. They contain fiber and water, which help you feel full. Enjoy a variety of fruits and vegetables at every meal and snack. Fresh, frozen or canned can all be healthy choices.
- Whole grains are generally a good source of dietary fiber. Eat more whole-grain foods, such as whole-wheat bread, rye bread, brown rice, popcorn, oatmeal and whole-grain cereal.
- Know your fats! Some are better for you than others. Use liquid vegetable oils such as canola, corn, olive, safflower, sesame and sunflower oils in place of solid fats whenever possible.
- Chicken, fish and beans are good sources of protein. Use lean cuts and remove skin from poultry.
- Reading food labels can help you make better choices. Learn what information to look for—for example, you want to limit sodium, saturated fat and trans fat but get more beneficial nutrients like dietary fiber.
- Include a serving of fruit at each meal, and try to fill half your plate with vegetables at lunch and dinner.
- Enjoy fish high in omega-3 fatty acids at least twice a week. Oily fish such as salmon, mackerel, trout and albacore tuna are good choices.
- A small handful of nuts or seeds can be a satisfying and healthy snack. Look for unsalted nuts or those with no more than 140 milligrams of sodium per serving size.



Important Events this Month

- March 1st @1:30 pm – Gardening Workshop
- March 1st @3:00 pm – Memory Club
- March 9th @12:30 pm – Town Hall Meeting
- March 18th @10:00 am - Amish Market Trip
- March 14th @ 10:30 am – Medicare Solutions Presentation
- March 15th @1:30 pm – Gardening Workshop
- March 15th @ 3:00 pm – Memory Club
- March 23rd @ 10:00 am – Golden Corral Trip
- March 28th @1:30 pm – Gardening Workshop
- March 28th @ 3:00 pm – Memory Club