

*"Never Underestimate the Power of Senior Health"*

## Hattie Holmes Senior Wellness Center

# March 2016 Calendar

**Volume 9 Issue 6**

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

**Teresa Moore**  
*Director*

**LaDonna Love**  
*Administrative Assistant*

**Arthur Dunbar**  
*Fitness Specialist*

**Kristina Vera**  
*Nutritionist*

**Stephanie Peters**  
*Health Promotion  
Specialist*

**Gwen Green**  
*Activities Coordinator*

**Transportation Available**

**Seabury Connector**  
**Maynard Chandler**



### LUNCH

**Monday-Friday**

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

**REGISTRATION REQUIRED**

**Site Manager - Mariam Meadows**

### 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




# March 2016

Monday	Tuesday	Wednesday	Thursday	Friday
	<p><b>1</b></p> <p>7:30 Open Gym 8:00 <b>Fitness Orientation</b> 9:00 <b>Tai Chi</b> 10:00 <b>Biggest Loser</b> 10:30 <b>Intro to Computers</b> 11:00 <b>Spring Cleaning our Kitchens</b> 11:00 <b>Pilates</b></p> <p>11:30 <b>Lunch</b></p> <p>12:30 <b>Intermediate Computing</b> 1:00 <b>Nutrition Chat-Hypertension Counseling</b> 1:00 Card / Board Games / Billiards 1:00 <b>Aerobics w/ Kojak</b> 1:30 <b>Brain Games</b> 2:00 <b>Enhanced Fitness</b> 2:00 <b>Drama Club</b> 3:00 <b>Enjoy the Taste of Eating Great!</b> 3:00 <b>Open Gym</b></p>	<p><b>2</b></p> <p>7:30 Open Gym 8:00 <b>Fitness Orientation</b> 9:00 <b>Current Events Discussion Group</b> 9:00 <b>Stretch &amp; Tone</b> 9:30 <b>Quilting</b></p> <p>10:00 <b>Diabetes Self-Management</b> 10:00 <b>Chair Aerobics</b> 10:30 <b>Chair Aerobics</b> 11:00 <b>Hand Dancing</b></p> <p>11:00 <b>Town Hall Meeting</b></p> <p>11:30 <b>Lunch</b></p> <p>12:40 <b>Basic Computer New</b> 1:00 <b>Intro to Chess</b> 1:00 Card / Board Games / Billiards 1:00 <b>Crocheting</b> 1:00 <b>Enhanced Fitness</b> 2:00 <b>Circuit Training</b> 3:00 <b>Open Gym</b></p>	<p><b>3</b></p> <p>8:00 Open Gym 10:45 <b>Color Me Relaxed</b> 11:00 <b>Explore Local Seasonal Produce</b></p> <p>11:30 <b>Lunch</b></p> <p>1:00 Card / Board Games / Billiards 1:00 <b>Nutrition Chat-Hypertension Counseling</b> 1:00 <b>Knitting</b> 1:15 <b>Stretch &amp; Tone w/ Pat</b> 2:00 <b>Aerobics w/ Kojak</b> 2:00 <b>Intro to Spanish</b> 3:00 <b>Advanced Spanish</b> 3:00 <b>Food Demo: Smokey Collards with Shitake Bacon</b> 3:00 <b>Open Gym</b></p>	<p><b>4</b></p> <p>8:00 Open Gym 9:00 <b>Abs &amp; Back</b> 10:00 <b>Chair Aerobics (Multi-purpose Room)</b></p> <p>10:30 <b>Trip - Academy Theatre - The Movie Race</b></p> <p>11:00 <b>Nutrition Bingo</b> 11:00 <b>Wii Fit</b></p> <p>11:30 <b>Lunch</b></p> <p>1:00 Card / Board Games / Billiards 1:00 <b>Line Dancing</b> 2:00 <b>Fitness Assessments (By Appointment Only)</b> 3:00 <b>Open Gym</b></p>
<p><b>7</b></p> <p>8:00 Open Gym 8:00 <b>Fitness Orientation</b> 9:00 <b>Stretch &amp; Tone</b> 10:00 <b>Chair Aerobics</b> 10:30 <b>Enhanced Fitness</b> 10:30 <b>Healthy Living Course</b> 11:00 <b>Circuit Training</b></p> <p>11:30 <b>Lunch</b></p> <p>1:00 <b>Line Dancing Beginners</b> 1:00 <b>Crocheting</b> 1:00 <b>Card / Board Games / Billiards</b> 2:00 <b>Performance - Capitol City Public Charter School</b> 2:00 <b>Chair Yoga</b> 3:00 <b>Open Gym</b></p>	<p><b>8</b></p> <p>7:30 Open Gym 8:00 <b>Fitness Orientation</b> 9:00 <b>Tai Chi</b> 9:30 <b>New Member Orientation</b> 10:00 <b>Chair Aerobics</b> 10:30 <b>Blood Pressure Screening Multi-purpose room</b> 10:30 <b>Intro to Computers</b> 11:00 <b>Alcohol: Is Wine Really the Best?</b> 11:00 <b>Pilates</b> 11:30 <b>Lunch</b> 12:30 <b>Intermediate Computing</b> 1:00 Card / Board Games / Billiards 1:00 <b>Aerobics w/ Kojak</b> 1:00 <b>Nutrition Chat-Weight Management</b> 1:30 <b>Brain Games</b> 2:00 <b>Enhanced Fitness</b> 2:00 <b>Drama Club</b> 3:00 <b>Saturated Fats</b> 3:00 <b>Open Gym</b></p>	<p><b>9</b></p> <p>7:30 Open Gym 8:00 <b>Fitness Orientation</b> 9:00 <b>Current Events Discussion Group</b> 9:00 <b>Stretch &amp; Tone</b> 9:30 <b>Quilting</b> 9:30 <b>Club Memory</b> 10:00 <b>Chair Aerobics</b> 10:30 <b>Chair Aerobics</b> 11:00 <b>Kidney Health and Dysfunction</b></p> <p>11:00 <b>Biggest Loser Award Celebration</b></p> <p>11:00 <b>Hand Dancing</b> 11:30 - 2:30 <b>Massage</b></p> <p>11:30 <b>Lunch</b></p> <p>12:40 <b>Basic Computer</b> 1:00 Card / Board Games / Billiards 1:00 <b>Crocheting</b> 1:00 <b>Enhanced Fitness</b> 2:00 <b>Circuit Training</b> 3:00 <b>Open Gym</b></p>	<p><b>10</b></p> <p>8:00 Open Gym</p> <p>10:30 <b>Trip - Dutch Market</b></p> <p>10:45 <b>Color Me Relaxed</b> 11:00 <b>Heart Disease: What Causes It?</b></p> <p>11:30 <b>Lunch</b></p> <p>1:00 <b>Nutrition Chat-Diabetes Management Counseling</b> 1:00 Card / Board Games / Billiards 1:00 <b>Knitting</b> 1:15 <b>Stretch &amp; Tone w/ Pat</b> 2:00 <b>Aerobics w/ Kojak</b> 2:00 <b>Intro to Spanish</b> 3:00 <b>Advanced Spanish</b> 3:00 <b>Weight Control: It's All About Balance</b> 3:00 <b>Open Gym</b></p>	<p><b>11</b></p> <p>8:00 Open Gym 9:00 <b>Abs &amp; Back</b> 10:00 <b>Chair Aerobics (Multi-purpose Room)</b></p> <p>10:30 <b>Trip - U.S. Capitol Tour</b></p> <p>11:00 <b>Nutrition Bingo</b> 11:00 <b>Wii Fit</b></p> <p>11:30 <b>Lunch</b></p> <p>1:00 Card / Board Games / Billiards 1:00 <b>Line Dancing</b> 2:00 <b>Fitness Assessments (By Appointment Only)</b> 3:00 <b>Open Gym</b></p>



# March 2016

Monday	Tuesday	Wednesday	Thursday	Friday
<b>14</b> 8:00 Open Gym 8:00 Fitness Orientation 9:00 <b>Stretch &amp; Tone</b> 10:00 Chair Aerobics 10:30 Enhanced Fitness 10:30 Healthy Living Course 11:00 Circuit Training 11:30 Lunch 1:00 Movie Time 1:00 Line Dancing Beginners 1:00 Crocheting 1:00 <b>Card / Board Games / Billiards</b> 2:00 Chair Yoga 3:00 <b>Open Gym</b>	<b>15</b> 7:30 Open Gym 8:00 Fitness Orientation 9:00 Tai Chi 10:00 Biggest Loser 10:30 <b>Intro to Computers</b> 11:00 Guide to Nuts 11:00 Pilates 11:30 Lunch 12:30 <b>Intermediate Computing</b> 1:00 <b>Aerobics w/ Kojak</b> 1:00 Nutrition Chat-Weight Management 1:30 Brain Games 2:00 Drama Club 2:00 Enhanced Fitness 3:00 50 Things to Do When Bored Besides Eat 3:00 <b>Open Gym</b>	<b>16</b> 7:30 Open Gym 8:00 Fitness Orientation 9:00 <b>Current Events Discussion Group</b> 9:00 <b>Stretch &amp; Tone</b> 9:30 Quilting 10:00 Chair Aerobics 10:30 Chair Aerobics 11:00 The Aging Brain 11:00 Hand Dancing 11:30 Lunch 12:40 Basic Computer 1:00 Poetry Slam New 1:00 Intro to Chess 1:00 <b>Crocheting</b> 1:00 Card / Board Games / Billiards 1:00 Enhanced Fitness 2:00 Circuit Training 3:00 <b>Open Gym</b>	<b>17</b>  8:00 Open Gym 9:00 Food Demo/Green Smoothies New 10:00 Arthritis Exercise Class w/ Diane Lee 10:30 Trip - Dollar Store 10:45 Color Me Relaxed 11:00 Blood Pressure Quiz 11:00 - Reflexology 11:30 Lunch 1:00 Card / Board Games / Billiards 1:00 Nutrition Chat - Hypertension 1:00 Knitting 1:15 Stretch & Tone w/ Pat 2:00 <b>Aerobics w/ Kojak</b> 2:00 Intro to Spanish 3:00 Advanced Spanish 3:00 Food Demo: Southern Favorite's Feast 3:00 <b>Open Gym</b>	<b>18</b> 8:00 Open Gym 9:00 <b>Abs &amp; Back</b> 10:00 Chair Aerobics (Multi - purpose Room) 11:00 Nutrition Bingo 11:00 <b>Wii Fit</b> 11:30 Lunch 1:00 Card / Board Games / Billiards 1:00 Line Dancing 2:00 Fitness Assessments (By Appointment Only) 3:00 <b>Open Gym</b> <b>3:00 - 7:00 Card Party</b> 
<b>21</b> 8:00 Open Gym 8:00 Fitness Orientation 9:00 <b>Stretch &amp; Tone</b> 10:00 Chair Aerobics 10:30 Trip - Tour at the Mary McLeod Bethune Council House 10:30 Enhanced Fitness 10:30 Healthy Living Course 11:00 Circuit Training 11:30 Lunch 1:00 Line Dancing Beginners 1:00 Crocheting 1:00 <b>Card / Board Games / Billiards</b> 2:00 Chair Yoga 3:00 <b>Open Gym</b>	<b>22</b> 7:30 Open Gym 8:00 Fitness Orientation 9:00 Tai Chi 10:00 Chair Aerobics 10:30 <b>Intro to Computers</b> 10:30 Blood Pressure Screening Multi-purpose room 11:00 New Dietary Guidelines 11:00 Pilates 11:30 Lunch 12:30 <b>Intermediate Computing</b> 1:00 Nutrition Chat - Weight Management 1:00 <b>Aerobics w/ Kojak</b> 1:30 Brain Games 2:00 Enhanced Fitness 3:00 Mind Over Munching Takes Practice 3:00 <b>Open Gym</b>	<b>23</b> 7:30 Open Gym 8:00 Fitness Orientation 9:00 <b>Current Events Discussion Group</b> 9:00 <b>Stretch &amp; Tone</b> 9:30 Quilting 9:30 Club Memory 10:00 Chair Aerobics 10:30 Chair Aerobics 11:00 Urinary Incontinence - Too Common for Embarrassment 11:00 Hand Dancing 11:00 Meet & Greet Author - Cerece Rennie Murphy 11:30 - 2:30 Massage 11:30 Lunch 12:40 Basic Computer 1:00 <b>Crocheting</b> 1:00 Card / Board Games / Billiards 1:00 Enhanced Fitness 2:00 Circuit Training 3:00 <b>Open Gym</b>	<b>24</b> 8:00 Open Gym 9:00 Food Demo: Savory Triple-Corn Grits New 10:00 Arthritis Exercise Class w/ Diane Lee 10:45 Color Me Relaxed 11:00 Supplements or Hype? 11:30 Lunch 1:00 Card / Board Games / Billiards 1:00 Nutrition Chat - Hypertension Counseling 1:00 Knitting 1:15 Stretch & Tone w/ Pat 2:00 Intro to Spanish 3:00 Advanced Spanish 2:00 <b>Aerobics w/ Kojak</b> 3:00 Vitamins. How Do They Work? 3:00 <b>Open Gym</b>	<b>25</b> 8:00 Open Gym 9:00 <b>Abs &amp; Back</b> 10:00 Chair Aerobics (Multi - purpose Room) 11:00 Nutrition Bingo 11:00 <b>Wii Fit</b> 11:30 Lunch 1:00 Food Demo w/ DeAnna 1:00 Card / Board Games / Billiards 1:00 Line Dancing 2:00 Fitness Assessments (By Appointment Only) 3:00 <b>Open Gym</b>



# March / April 2016

Monday	Tuesday	Wednesday	Thursday	Friday
<p>28</p> <p>8:00 Open Gym</p> <p>8:00 <b>Fitness Orientation</b></p> <p>9:00 <b>Stretch &amp; Tone</b></p> <p>10:00 <b>Chair Aerobics</b></p> <p>10:30 <b>Enhanced Fitness</b></p> <p>10:30 <b>Healthy Living Course</b></p> <p>11:00 <b>Circuit Training</b></p> <p>11:30 <b>Lunch</b></p> <p>1:00 <b>Book Club Meeting - The Rogue Lawyer by John Grisham</b></p> <p>1:00 <b>Line Dancing Beginners</b></p> <p>1:00 <b>Crocheting</b></p> <p>1:00 <b>Card / Board Games / Billiards</b></p> <p>2:00 <b>Chair Yoga</b></p> <p>3:00 <b>Open Gym</b></p>	<p>29</p> <p>7:30 Open Gym</p> <p>8:00 <b>Fitness Orientation</b></p> <p>9:00 <b>Tai Chi</b></p> <p>10:00 <b>Chair Aerobics</b></p> <p>10:30 <b>Intro to Computers</b></p> <p>11:00 <b>Get Back on Track With Health Goals</b></p> <p>11:00 <b>Pilates</b></p> <p>11:30 <b>Lunch</b></p> <p>12:30 <b>Intermediate Computing</b></p> <p>1:00 <b>Aerobics w/ Kojak</b></p> <p>1:00 <b>Nutrition Chat-Weight Management Counseling</b></p> <p>1:30 <b>Brain Games</b></p> <p>2:00 <b>Drama Club</b></p> <p>2:00 <b>Enhanced Fitness</b></p> <p>3:00 <b>Mean Greens for Your Health</b></p> <p>3:00 <b>Open Gym</b></p>	<p>30</p> <p>7:30 Open Gym</p> <p>8:00 <b>Fitness Orientation</b></p> <p>9:00 <b>Current Events Discussion Group</b></p> <p>9:00 <b>Stretch &amp; Tone</b></p> <p>9:30 <b>Quilting</b></p> <p>10:00 <b>Chair Aerobics</b></p> <p>10:30 <b>Chair Aerobics</b></p> <p>11:00 <b>Inexpensive Ways to Pamper Yourself @ Home</b></p> <p>11:00 <b>Hand Dancing</b></p> <p>11:30 <b>Lunch</b></p> <p>12:40 <b>Basic Computer New</b></p> <p>1:00 <b>Intro to Chess</b></p> <p>1:00 <b>Crocheting</b></p> <p>1:00 <b>Card / Board Games / Billiards</b></p> <p>1:00 <b>Enhanced Fitness</b></p> <p>2:00 <b>Circuit Training</b></p> <p>3:00 <b>Open Gym</b></p>	<p>31</p> <p>8:00 Open Gym</p> <p><b>New</b></p> <p>10:00 <b>Arthritis Exercise class w/ Diane Lee</b></p> <p>10:45 <b>Color Me Relaxed</b></p> <p>11:00 <b>Practical Tips for Dietary Shifts</b></p> <p>11:30 <b>Lunch</b></p> <p>1:00 <b>Card / Board Games / Billiards</b></p> <p>1:00 <b>Nutrition Chat - Weight Management Counseling</b></p> <p>1:00 <b>Knitting</b></p> <p>1:15 <b>Stretch &amp; Tone w/ Pat</b></p> <p>2:00 <b>Intro to Spanish</b></p> <p>3:00 <b>Advanced Spanish</b></p> <p>2:00 <b>Aerobics w/ Kojak</b></p> <p>3:00 <b>Meal Makeover to Reduce Calories and Fat</b></p> <p>3:00 <b>Open Gym</b></p>	<p>1</p> <p>8:00 Open Gym</p> <p>9:00 <b>Abs &amp; Back</b></p> <p>10:00 <b>Chair Aerobics (Multi -purpose Room)</b></p> <p>11:00 <b>Nutrition Bingo</b></p> <p>11:00 <b>Wii Fit</b></p> <p>11:30 <b>Lunch</b></p> <p>1:00 <b>Card / Board Games / Billiards</b></p> <p>1:00 <b>Line Dancing</b></p> <p>2:00 <b>Fitness Assessments (By Appointment Only)</b></p> <p>3:00 <b>Open Gym</b></p>
<p>Academy Theatre</p> <p>Race</p> <p>Friday</p> <p>March 4, 2016</p> <p>10:30 a.m.</p> 	<p>Blood Pressure</p> <p>Screening</p> <p>Tuesday</p> <p>March 8, 2016</p> <p>&amp;</p> <p>March 22, 2016</p> <p>@</p> <p>10:30 a.m.</p> 	<p>Club Memory</p> <p>w/ Sibley Hospital</p> <p>Representatives</p> <p>Wednesday</p> <p>March 9, 2016</p> <p>&amp;</p> <p>March 23, 2016</p> <p>@</p> <p>9:30 a.m.</p> 	<p>Dutch Market</p> <p>Thursday</p> <p>March 10, 2016</p> <p>@</p> <p>10:30 a.m.</p> 	<p>Book Club Meeting</p> <p>Monday</p> <p>March 28, 2016</p> <p>@</p> <p>1:00 p.m.</p> <p><i>The Rogue Lawyer</i></p> <p>John Grisham</p> 

## Recipe to Try...



### *Quinoa and Black Beans*

“A very flavorful alternative to black beans and rice. Quinoa is a nutty grain from South America.”

### Ingredients

- 1 teaspoon vegetable oil
- 1 onion, chopped
- 3 cloves garlic, chopped
- 3/4 cup quinoa
- 1 1/2 cups vegetable broth
- 1 teaspoon ground cumin
- 1/4 teaspoon cayenne pepper
- salt and ground black pepper to taste
- 1 cup frozen corn kernels
- 2 (15 ounce) cans black beans, rinsed and drained
- 1/2 cup chopped fresh cilantro

### Directions

1. Heat oil in a saucepan over medium heat; cook and stir onion and garlic until lightly browned, about 10 minutes.
2. Mix quinoa into onion mixture and cover with vegetable broth; season with cumin, cayenne pepper, salt, and pepper. Bring the mixture to a boil. Cover, reduce heat, and simmer until quinoa is tender and broth is absorbed, about 20 minutes.
3. Stir frozen corn into the saucepan, and continue to simmer until heated through, about 5 minutes; mix in the black beans and cilantro.

## Food for Thought....Joy always

Whether rain pours down or the sun shines bright, this is a day for joy. When things go as planned and also when they don't, the time is right for joy.

If you limit your joy to only certain circumstances, you'll fail to have it when you could use it most. Choose to be joyful no matter what, and even on the darkest days you'll brighten the world with your presence.

Let your joy sweeten the victories and ease the defeats. Let your joy shine its light on a positive way forward no matter what the past has been.

Live with joy in your heart and put the power of gratitude, integrity, love, enthusiasm and persistence into your life. Live with joy, do your work with joy, and you'll be more effective at everything you undertake.

Joy is a choice that will give you great power. When you feel positive about life, you are able to do great things.



You never have to be a victim because you always have the option to be joyful. Choose that option, live with joy through every moment and you're sure to be your very best.

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

# How to Eat as You Age

By [Matt McMillen](#)

Eating well helps keep your body strong, your mind sharp, and your energy level up as you age. So put these five types of foods on your grocery list.

## 1. Colorful Fruits and Vegetables

"The darker the red, the deeper the green, the more yellow, the more orange -- they're the foods that have function," says Diane Stadler, PhD, RD, a research assistant professor of medicine at Oregon Health & Science University. Their natural color means they're loaded with vitamins and antioxidants. Stadler recommends blueberries, red raspberries, and dark cherries as ideal fruits, and says you can't miss with any of the dark, leafy vegetables like spinach, kale, and Swiss chard. You can have them all year because, when it comes to nutrients, frozen is just as good as fresh.

## 2. Dairy

"This is an incredibly important food group for people as they get older," Stadler says. "Calcium needs are high and they stay high, and you can't get any other foods with as much calcium as dairy."

Milk, for example, gives you nearly all the calcium you need in three 8-ounce servings. Dairy's also a great source of vitamin D -- it's essential for healthy bones. Many people don't get enough of it, and with age, it gets harder for your body to make vitamin D just by being out in the sunshine.

Stick to low-fat or nonfat milk, yogurt, and cheese.

## 3. Whole Grains

These powerhouse foods are pantry essentials. A good source of B vitamins, they are also loaded with fiber.

Whole-grain foods are easy to find. "There's a whole variety beyond oatmeal and whole wheat, such as quinoa, which is incredibly high in protein," Stadler says.

## 4. Lean Protein

A lot of foods will give you the protein you need, like fish, poultry, meat, beans, legumes, nuts, and dairy products. If you choose to eat meat, make it lean. "If you can see a layer of fat, it is saturated fat and associated with bad cholesterol," Stadler says.

Steer clear of huge portions. Stadler recommends visualizing a deck of cards when choosing a serving of meat. If more than that is on your plate, she says, box it up for later or take it off your plate before you begin eating to avoid temptation.

## 5. Fish With Omega-3s

Oily fish like salmon, tuna, and mackerel are great sources of omega-3 fatty acids, which are good for you. Stadler says just two servings of fatty fish per week are enough to meet your requirements for this healthy fat.

Canned salmon is a good choice because it is often packed with some edible fish bones, adding a calcium boost.

If you don't eat fish at home, order it when you go out. "That's a perfect opportunity to meet the recommendations," Stadler says.