# "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





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Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	7:30 Open Gym	7:30 Open Gym	8:00 Open Gym	8:00 Open Gym
	8:00 Fitness	8:00 Fitness	10:45 Color Me Relaxed	9:00 Abs & Back
	Orientation	Orientation	11:00 Explore Local	10:00 Chair
	9:00 Tai Chi 10:00 Biggest Loser	9:00 Current Events Discussion Group	Seasonal Produce	Aerobics (Multi -purpos Room)
	10:30 <b>Intro to</b>	9:00 Stretch & Tone	11:30 Lunch	KOOIII)
	Computers	9:30 Quilting	11.50 Edileii	10:30 Trip - Academy
	11:00 Spring Cleaning	J.55 Quilling	1:00 Card / Board	Theatre - The Movie
	our Kitchens	10:00 Diabetes Self-	Games / Billiards	Race
	11:00 Pilates	Management	1:00 Nutrition Chat-	
		10:00 Chair Aerobics	Hypertension	11:00 Nutrition Bingo
	11:30 Lunch	10:30 Chair Aerobics	Counseling	11:00 Wii Fit
	12.20 Totalog dista	11:00 Hand Dancing	1:00 Knitting	11.20
	12:30 Intermediate Computing	11:00 Town Hall	1:15 Stretch & Tone w/ Pat	11:30 Lunch
	1:00 Nutrition Chat-	Meeting	2:00 Aerobics w/	1:00 Card / Board
	Hypertension	Treeting	Kojak	Games / Billiards
	Counseling	11:30 Lunch	2:00 Intro to Spanish	1:00 Line Dancing
	1:00 Card / Board		3:00 Advanced Spanish	2:00 Fitness
	Games / Billiards	12:40 Basic Computer	3:00 Food Demo:	Assessments (By
	1:00 Aerobics w/	New	Smokey Collards with	Appointment Only)
	Kojak	1:00 Intro to Chess	Shitake Bacon	3:00 <b>Open Gym</b>
	1:30 Brain Games	1:00 Card / Board	3:00 Open Gym	
	2:00 Enhanced Fitness 2:00 Drama Club	Games / Billiards 1:00 <b>Crocheting</b>		
	3:00 Enjoy the Taste of			
	Eating Great!	2:00 Circuit Training		
	3:00 Open Gym	3:00 Open Gym		
7	8	9	10	11
8:00 Open Gym	7:30 Open Gym	7:30 Open Gym	8:00 Open Gym	8:00 Open Gym
8:00 Fitness		7 130 Open Cynn	ordo open dym	ordo open dynn
	8:00 Fitness	8:00 Fitness		9:00 Abs & Back
Orientation	8:00 Fitness Orientation	8:00 Fitness Orientation	10:30 Trip - Dutch	9:00 <b>Abs &amp; Back</b> 10:00 Chair
9:00 Stretch & Tone	Orientation 9:00 Tai Chi	Orientation 9:00 Current Events	10:30 Trip - Dutch Market	10:00 Chair Aerobics (Multi -purpos
9:00 Stretch & Tone 10:00 Chair Aerobics	Orientation 9:00 Tai Chi 9:30 New Member	Orientation 9:00 Current Events Discussion Group	Market	I
9:00 <b>Stretch &amp; Tone</b> 10:00 Chair Aerobics 10:30 Enhanced	Orientation 9:00 Tai Chi 9:30 New Member Orientation	Orientation 9:00 Current Events Discussion Group 9:00 Stretch & Tone	Market  10:45 Color Me Relaxed	10:00 Chair Aerobics (Multi -purpos Room)
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9:00 Stretch & Tone 10:00 Chair Aerobics 10:30 Enhanced Fitness 10:30 Healthy Living	Orientation 9:00 Tai Chi 9:30 New Member Orientation 10:00 Chair Aerobics 10:30 Blood Pressure	Orientation 9:00 Current Events Discussion Group 9:00 Stretch & Tone 9:30 Quilting 9:30 Club Memory	Market  10:45 Color Me Relaxed	10:00 Chair Aerobics (Multi -purpos Room)
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9:00 Stretch & Tone 10:00 Chair Aerobics 10:30 Enhanced Fitness 10:30 Healthy Living Course 11:00 Circuit	Orientation 9:00 Tai Chi 9:30 New Member Orientation 10:00 Chair Aerobics 10:30 Blood Pressure Screening Multi- purpose room	Orientation 9:00 Current Events Discussion Group 9:00 Stretch & Tone 9:30 Quilting 9:30 Club Memory 10:00 Chair Aerobics 10:30 Chair Aerobics	Market  10:45 Color Me Relaxed 11:00 Heart Disease:	10:00 Chair Aerobics (Multi -purpos Room) 10:30 Trip - U.S. Capit Tour 11:00 Nutrition Bingo
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9:00 Stretch & Tone 10:00 Chair Aerobics 10:30 Enhanced Fitness 10:30 Healthy Living Course 11:00 Circuit Training 11:30 Lunch	Orientation 9:00 Tai Chi 9:30 New Member Orientation 10:00 Chair Aerobics 10:30 Blood Pressure Screening Multi- purpose room 10:30 Intro to Computers 11:00 Alcohol: Is Wine Really the Best?	Orientation 9:00 Current Events Discussion Group 9:00 Stretch & Tone 9:30 Quilting 9:30 Club Memory 10:00 Chair Aerobics 10:30 Chair Aerobics 11:00 Kidney Health and Disfunction  11:00 Biggest Loser	Market  10:45 Color Me Relaxed 11:00 Heart Disease: What Causes It?  11:30 Lunch  1:00 Nutrition Chat— Diabetes Management Counseling	10:00 Chair Aerobics (Multi -purpos Room) 10:30 Trip - U.S. Capit Tour 11:00 Nutrition Bingo 11:00 Wii Fit 11:30 Lunch
9:00 Stretch & Tone 10:00 Chair Aerobics 10:30 Enhanced Fitness 10:30 Healthy Living Course 11:00 Circuit Training 11:30 Lunch 1:00 Line Dancing	Orientation 9:00 Tai Chi 9:30 New Member Orientation 10:00 Chair Aerobics 10:30 Blood Pressure Screening Multi- purpose room 10:30 Intro to Computers 11:00 Alcohol: Is Wine Really the Best? 11:00 Pilates	Orientation 9:00 Current Events Discussion Group 9:00 Stretch & Tone 9:30 Quilting 9:30 Club Memory 10:00 Chair Aerobics 10:30 Chair Aerobics 11:00 Kidney Health and Disfunction	Market  10:45 Color Me Relaxed 11:00 Heart Disease: What Causes It?  11:30 Lunch  1:00 Nutrition Chat- Diabetes Management Counseling 1:00 Card / Board	10:00 Chair Aerobics (Multi -purpos Room)  10:30 Trip - U.S. Capit Tour  11:00 Nutrition Bingo 11:00 Wii Fit  11:30 Lunch  1:00 Card / Board
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Monday	Tuesday	Wednesday	Thursday	Friday
14	15	16	17	18
8:00 Open Gym	7:30 Open Gym	7:30 Open Gym	8:00 Open Gym	8:00 Open Gym
8:00 Fitness	8:00 Fitness	8:00 Fitness	9:00 Food Demo/Green	9:00 Abs & Back
Orientation	Orientation	Orientation	Smoothies	10:00 Chair
9:00 Stretch & Tone	9:00 Tai Chi	9:00 Current Events	New	Aerobics (Multi -
10:00 Chair Aerobics	10:00 Biggest Loser	Discussion Group	10:00 Arthritis Exercise	purpose Room)
10:30 Enhanced	10:30 <b>Intro to</b>	9:00 Stretch & Tone	Class w/ Diane Lee	11:00 Nutrition Bingo
Fitness	Computers	9:30 Quilting	10:30 Trip - Dollar	11:00 Wii Fit
10:30 Healthy Living	11:00 Guide to Nuts	10:00 Chair Aerobics	Store	
Course	11:00 Pilates	10:30 Chair Aerobics	10:45 Color Me	11:30 Lunch
		11:00 The Aging Brain	Relaxed	
11:00 Circuit	11:30 Lunch	11:00 Hand Dancing	11:00 Blood Pressure	1:00 Card / Board
Training			Quiz	Games / Billiards
	12:30 Intermediate	11:30 Lunch	11:00 - Reflexology	1:00 Line Dancing
11:30 Lunch	Computing		11:30 Lunch	2:00 Fitness
	1:00 Aerobics w/	12:40 Basic Computer	1:00 Card / Board	Assessments
1:00 Movie Time	Kojak	1.00 Paris Cl	Games / Billiards	(By Appointment Only
1:00 Line Dancing	1:00 Nutrition Chat-	1:00 Poetry Slam	1:00 Nutrition Chat -	3:00 <b>Open Gym</b>
Beginners	Weight Management	Name	Hypertension	
1:00 Crocheting	1:30 Brain Games	New	1:00 Knitting	3:00 - 7:00
1:00 Card / Board	2:00 Drama Club	1:00 Intro to Chess	1:15 Stretch & Tone w/	Card Party
Games / Billiards	2:00 Enhanced Fitness	1:00 Crocheting	Pat	
2:00 Chair Yoga	3:00 50 Things to Do	1:00 Card / Board	2:00 Aerobics w/	
3:00 <b>Open Gym</b>	When Bored Besides Eat	Games / Billiards	Kojak	
	3:00 <b>Open Gym</b>	1:00 Enhanced Fitness 2:00 Circuit Training	2:00 Intro to Spanish 3:00 Advanced Spanish	$\Lambda I \Lambda / \Lambda / \Lambda$
	3:00 Open Gym	3:00 Open Gym	3:00 Food Demo:	$\mathbf{A}/\mathbf{A}/A/A$
		3.00 Open Gym	Southern Favorite's	
			Feast	
			3:00 Open Gym	
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21	22	23	2.4	
		23	24	25
8:00 Open Gym	7:30 Open Gym	7:30 Open Gym	8:00 Open Gym	8:00 Open Gym
	7:30 Open Gym 8:00 Fitness			
8:00 Fitness		7:30 Open Gym 8:00 Fitness Orientation	8:00 Open Gym	8:00 Open Gym 9:00 <b>Abs &amp; Back</b> 10:00 Chair
8:00 Fitness Orientation 9:00 Stretch & Tone	8:00 Fitness Orientation 9:00 Tai Chi	7:30 Open Gym 8:00 Fitness Orientation 9:00 Current Events	8:00 Open Gym 9:00 Food Demo: Savory Triple-Corn Grits	8:00 Open Gym 9:00 <b>Abs &amp; Back</b> 10:00 Chair Aerobics (Multi -
8:00 Fitness Orientation 9:00 Stretch & Tone	8:00 Fitness Orientation	7:30 Open Gym 8:00 Fitness Orientation 9:00 Current Events Discussion Group	8:00 Open Gym 9:00 Food Demo: Savory Triple-Corn Grits New	8:00 Open Gym 9:00 <b>Abs &amp; Back</b> 10:00 Chair Aerobics (Multi - purpose Room)
8:00 Fitness Orientation 9:00 <b>Stretch &amp; Tone</b> 10:00 Chair Aerobics	8:00 Fitness Orientation 9:00 Tai Chi 10:00 Chair Aerobics 10:30 <b>Intro to</b>	7:30 Open Gym 8:00 Fitness Orientation 9:00 Current Events Discussion Group 9:00 Stretch & Tone	8:00 Open Gym 9:00 Food Demo: Savory Triple-Corn Grits New 10:00 Arthritis Exercise	8:00 Open Gym 9:00 Abs & Back 10:00 Chair Aerobics (Multi - purpose Room) 11:00 Nutrition Bingo
8:00 Fitness Orientation 9:00 <b>Stretch &amp; Tone</b> 10:00 Chair Aerobics 10:30 Trip - Tour at	8:00 Fitness Orientation 9:00 Tai Chi 10:00 Chair Aerobics 10:30 Intro to Computers	7:30 Open Gym 8:00 Fitness Orientation 9:00 Current Events Discussion Group 9:00 Stretch & Tone 9:30 Quilting	8:00 Open Gym 9:00 Food Demo: Savory Triple-Corn Grits New 10:00 Arthritis Exercise Class w/ Diane Lee	8:00 Open Gym 9:00 <b>Abs &amp; Back</b> 10:00 Chair Aerobics (Multi - purpose Room)
8:00 Fitness Orientation 9:00 Stretch & Tone 10:00 Chair Aerobics  10:30 Trip - Tour at the Mary McLeod	8:00 Fitness Orientation 9:00 Tai Chi 10:00 Chair Aerobics 10:30 Intro to Computers 10:30 Blood Pressure	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	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	8:00 Open Gym 9:00 Abs & Back 10:00 Chair Aerobics (Multi - purpose Room) 11:00 Nutrition Bingo 11:00 Wii Fit
8:00 Fitness Orientation 9:00 Stretch & Tone 10:00 Chair Aerobics  10:30 Trip - Tour at the Mary McLeod	8:00 Fitness Orientation 9:00 Tai Chi 10:00 Chair Aerobics 10:30 Intro to Computers 10:30 Blood Pressure Screening Multi-	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 10:00 Chair Aerobics	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	8:00 Open Gym 9:00 Abs & Back 10:00 Chair Aerobics (Multi - purpose Room) 11:00 Nutrition Bingo
8:00 Fitness Orientation 9:00 Stretch & Tone 10:00 Chair Aerobics  10:30 Trip - Tour at the Mary McLeod Bethune Council House	8:00 Fitness Orientation 9:00 Tai Chi 10:00 Chair Aerobics 10:30 Intro to Computers 10:30 Blood Pressure Screening Multi- purpose room	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 10:00 Chair Aerobics 10:30 Chair Aerobics	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	8:00 Open Gym 9:00 Abs & Back 10:00 Chair Aerobics (Multi - purpose Room) 11:00 Nutrition Bingo 11:00 Wii Fit
8:00 Fitness Orientation 9:00 Stretch & Tone 10:00 Chair Aerobics  10:30 Trip - Tour at the Mary McLeod Bethune Council House  10:30 Enhanced	8:00 Fitness Orientation 9:00 Tai Chi 10:00 Chair Aerobics 10:30 Intro to Computers 10:30 Blood Pressure Screening Multi- purpose room 11:00 New Dietary	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 10:00 Chair Aerobics 10:30 Chair Aerobics 11:00 Urinary	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	8:00 Open Gym 9:00 Abs & Back 10:00 Chair Aerobics (Multi - purpose Room) 11:00 Nutrition Bingo 11:00 Wii Fit  11:30 Lunch 1:00 Food Demo w/
8:00 Fitness Orientation 9:00 Stretch & Tone 10:00 Chair Aerobics  10:30 Trip - Tour at the Mary McLeod Bethune Council House  10:30 Enhanced Fitness	8:00 Fitness Orientation 9:00 Tai Chi 10:00 Chair Aerobics 10:30 Intro to Computers 10:30 Blood Pressure Screening Multipurpose room 11:00 New Dietary Guidelines	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 10:00 Chair Aerobics 10:30 Chair Aerobics 11:00 Urinary Incontinence - Too	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?	8:00 Open Gym 9:00 Abs & Back 10:00 Chair Aerobics (Multi - purpose Room) 11:00 Nutrition Bingo 11:00 Wii Fit  11:30 Lunch  1:00 Food Demo w/ DeAnna
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8:00 Fitness Orientation 9:00 Stretch & Tone 10:00 Chair Aerobics  10:30 Trip - Tour at the Mary McLeod Bethune Council House  10:30 Enhanced Fitness 10:30 Healthy Living	8:00 Fitness Orientation 9:00 Tai Chi 10:00 Chair Aerobics 10:30 Intro to Computers 10:30 Blood Pressure Screening Multipurpose room 11:00 New Dietary Guidelines 11:00 Pilates	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 10:00 Chair Aerobics 10:30 Chair Aerobics 11:00 Urinary Incontinence - Too Common for Embarrassment	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	8:00 Open Gym 9:00 Abs & Back 10:00 Chair Aerobics (Multi - purpose Room) 11:00 Nutrition Bingo 11:00 Wii Fit  11:30 Lunch  1:00 Food Demo w/ DeAnna 1:00 Card / Board Games / Billiards
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# March / April 2016

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