

“Never Underestimate the Power of Senior Health”

Hattie Holmes Senior Wellness Center

March 2018 Calendar

Volume 11 Issue 6

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Teresa Moore

Director

Debbie Queen

Administrative Assistant

Stephanie Peters

Health Promotion Specialist

Pat Hunt

Fitness Director

Vacant

Nutrition Director



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

Hours of Operation

Monday - Friday

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

Transportation Available via
Seabury Connector



March 2018

Monday	Tuesday	Wednesday	Thursday	Friday
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Passport to Wellness

A personal wellness challenge continues through March

Pick up your "Passport to Wellness" at the front desk,








1

8:00 Open Gym
 8:00 Gym Orientation
 9:00 Tai Chi w/ Jerry
 10:00 Arthritis Exercise Class w/ Diane Lee
 10:45 Color Me Relaxed
 11:00 Women's Fitness

12:00 **Lunch**

12:30 Knitting
 1:00 Cards / Billiards
 1:15 **Aerobics w/ Kojak**
 2:00 Strength & Flexibility
 2:00 Intro to Spanish
 3:00 Advanced Spanish
 3:00 **Open Gym**

2

8:00 Open Gym
 9:00 **Butts & Gutts**
 10:00 Cardio Stick (Multi -purpose Room)
 10:15 Chair Aerobics
 11:00 Golden Mat
 10:30 Trip - AMC Academy 8 - Black Panther (Cost - \$5.39)

12:00 **Lunch**


1:00 Georgetown Students
 1:00 Cards / Billiards
 1:00 Line Dancing
 1:30 Brain Games
 2:15 Balance & Stability
 3:00 Fitness Assessments (By Appointment Only)
 3:00 **Open Gym**

5

8:00 Open Gym
 9:00 **Stretch & Tone**
 9:00 Mending & Alterations
 10:00 Enhanced Fitness w/ Kim
 11:00 Circuit Training
 11:00 Healthy Eating Course

12:00 **Lunch**

1:00 Line Dancing Beginners
 1:00 **Crocheting**
 1:00 Cards / Billiards
 2:00 Chair Yoga w/ Moriah
 3:00 **Open Gym**



6

8:00 Open Gym
 9:00 Tai Chi w/ Jerry
 10:00 Enhanced Fitness w/ Arthur
 10:30 Enhanced Fitness w/ Arthur
 10:30 Trip - National Portrait Gallery
 10:30 Arts & Crafts
 10:30 **Intro to Computers**
 11:00 Practices for Relaxation & Peace
 11:00 Pilates w/ Arthur

12:00 **Lunch**
 12:30 **Intermediate Computing**
 1:00 Cards / Billiards
 1:00 **Aerobics w/ Kojak**
 1:30 Brain Games
 1:30 Drama Club
 2:00 Strength & Flexibility
 3:00 Fitness Assessments (By Appointment Only)
 3:00 **Open Gym**

7

8:00 Open Gym
 8:00 Gym Orientation
 9:00 **Cardio Lite**
 9:15 **Current Events Discussion Group**
 9:30 Quilting
 10:00 Enhanced Fitness w/ Kim
 10:15 Balance & Stability
 10:30 Trip - AMC Academy 8 - Black Panther (Cost - TBA)
 11:00 Kidney Health
 11:00 Men's Fitness

12:00 **Lunch**

1:00 Basic Computer
 1:00 **Crocheting**
 1:00 Cards / Billiards
 1:15 Chair Aerobics
 1:30 Beginners Piano
 2:00 Chair Yoga w/ Moriah
 3:00 Fitness Assessments (By Appointment Only)
 3:00 **Open Gym**

8

8:00 Open Gym
 8:00 Gym Orientation
 9:00 Tai Chi w/ Jerry
 9:30 Living Well - Chronic Disease Self-Management Course
 10:00 Arthritis Exercise Class w/ Diane Lee
 10:45 Color Me Relaxed
 11:00 Women's Fitness
 11:00 Presentation - Preventing Blindness

12:00 **Lunch**

12:30 Knitting
 1:00 Cards / Billiards
 1:00 In-house movie - Race
 1:15 **Aerobics w/ Kojak**
 2:00 Strength & Flexibility
 2:00 Intro to Spanish
 3:00 Advanced Spanish
 3:00 **Open Gym**

save your **VISION** month


9

8:00 Open Gym
 9:00 **Butts & Gutts**
 10:00 Cardio Stick (Multi -purpose Room)
 10:15 Chair Aerobics
 10:30 Trip - AMC Academy 8 - A Wrinkle in Time (Cost - TBA)

11:00 Golden Mat
 11:00 Consumer Protection Week - Presentation

12:00 **Lunch**

1:00 Line Dancing
 1:00 Cards / Billiards
 2:15 Balance & Stability
 3:00 Fitness Assessments (By Appointment Only)
 3:00 **Open Gym**



March 2018

Monday	Tuesday	Wednesday	Thursday	Friday
<p>12</p> <p>8:00 Open Gym 9:00 Stretch & Tone 9:00 Mending & Alterations 10:00 Enhanced Fitness w/ Kim 11:00 Circuit Training 11:00 Healthy Eating Course</p> <p>12:00 Lunch</p> <p>1:00 Line Dancing Beginners 1:00 Crocheting 1:00 Cards / Billiards 2:00 Chair Yoga w/ Moriah 3:00 Open Gym</p> <div style="text-align: center;">  </div>	<p>13</p> <p>8:00 Open Gym 9:00 Tai Chi w/ Jerry 10:00 Enhanced Fitness w/ Arthur 10:30 Enhanced Fitness w/ Arthur 10:30 Arts & Crafts 10:30 Intro to Computers 11:00 Practices for Relaxation & Peace 11:00 Pilates w/ Arthur</p> <p>12:00 Lunch</p> <p>12:30 Intermediate Computing 1:00 Cards / Billiards 1:00 Aerobics w/ Kojak 1:30 Brain Games 2:00 Strength & Flexibility 3:00 Fitness Assessments (By Appointment Only) 3:00 Open Gym</p>	<p>14</p> <p>8:00 Open Gym 8:00 Gym Orientation 9:00 Cardio Lite 9:15 Current Events Discussion Group 9:30 Quilting 9:30 Club Memory 10:00 Enhanced Fitness w/ Kim 10:15 Balance & Stability 11:00 Arthritis 101 11:00 Men's Fitness</p> <p>12:00 Lunch</p> <p>1:00 Basic Computer 1:00 Cards / Billiards 1:00 Crocheting 1:15 Chair Aerobics 1:30 Beginners Piano 2:00 Chair Yoga w/ Moriah 3:00 Fitness Assessment (By Appointment Only) 3:00 Open Gym</p>	<p>15</p> <p>8:00 Open Gym 8:00 Gym Orientation 9:00 Tai Chi w/ Jerry 9:30 Living Well - Chronic Disease Self-Management Course 10:00 Arthritis Exercise Class w/ Diane Lee 10:30 Trip - Dutch Market 10:45 Color Me Relaxed 11:00 Women's Fitness</p> <p>12:00 Lunch</p> <p>12:30 Knitting 1:00 Cards / Billiards 1:00 In-house movie - The Shack 1:15 Aerobics w/ Kojak 2:00 Strength & Flexibility 2:00 Intro to Spanish 3:00 Advanced Spanish 3:00 Open Gym</p>	<p>16</p> <p>8:00 Open Gym 9:00 Butts & Guts 10:00 Cardio Stick (Multi -purpose Room) 10:15 Chair Aerobics</p> <p>10:30 Trip - National Museum of Women in Arts</p> <p>11:00 Balance & Stability</p> <p>12:00 Lunch</p> <p>1:00 Line Dancing 1:00 Cards / Billiards 3:00 Fitness Assessments (By Appointment Only) 3:00 Open Gym</p> <div style="text-align: center;">  </div>
<p>19</p> <p>8:00 Open Gym 9:00 Stretch & Tone 9:00 Mending & Alterations 10:00 Enhanced Fitness w/ Kim 11:00 Circuit Training 11:00 Healthy Eating Course</p> <p>12:00 Lunch</p> <p>1:00 Line Dancing Beginners 1:00 Crocheting 1:00 Cards / Billiards 2:00 Chair Yoga w/ Moriah 3:00 Open Gym</p>	<p>20</p> <p>8:00 Open Gym 9:00 Tai Chi w/ Jerry 10:00 Enhanced Fitness w/ Arthur 10:30 Enhanced Fitness w/ Arthur 10:30 Arts & Crafts 10:30 Intro to Computers 11:00 Practices for Relaxation & Peace 11:00 Pilates w/ Arthur</p> <p>12:00 Lunch</p> <p>12:30 Intermediate Computing 1:00 Cards / Billiards 1:00 Aerobics w/ Kojak 1:30 Brain Games 1:30 Drama Club 2:00 Strength & Flexibility 3:00 Fitness Assessments (By Appointment Only) 3:00 Open Gym</p> <div style="text-align: center;">  </div>	<p>21</p> <p>8:00 Open Gym 8:00 Gym Orientation 9:00 Cardio Lite 9:15 Current Events Discussion Group 9:30 Quilting 10:00 Enhanced Fitness w/ Kim 10:15 Balance & Stability 11:00 Men's Fitness 11:00 Town Hall Meeting</p> <p>12:00 Lunch</p> <p>12:00 Birthday Party</p> <p>1:00 Basic Computer 1:00 Crocheting 1:00 Cards / Billiards 1:15 Chair Aerobics 1:30 Beginners Piano 2:00 Chair Yoga w/ Moriah 3:00 Fitness Assessment (By Appointment Only) 3:00 Open Gym</p>	<p>22</p> <p>8:00 Open Gym 8:00 Gym Orientation 9:00 Tai Chi w/ Jerry 9:30 Living Well - Chronic Disease Self-Management Course 10:00 Arthritis Exercise Class w/ Diane Lee 10:30 Trip - Dollar Store 10:45 Color Me Relaxed 11:00 Women's Fitness</p> <p>12:00 Lunch</p> <p>12:30 Knitting 1:00 Cards / Billiards 1:00 In-house movie - Just Getting Started 1:15 Aerobics w/ Kojak 2:00 Strength & Flexibility 2:00 Intro to Spanish 3:00 Advanced Spanish 3:00 Open Gym</p>	<p>23</p> <p>8:00 Open Gym 9:00 Butts & Guts 10:00 Cardio Stick (Multi -purpose Room) 10:15 Chair Aerobics 11:00 Balance & Stability</p> <p>12:00 Lunch</p> <p>1:00 Line Dancing 1:00 Cards / Billiards 3:00 Fitness Assessments (By Appointment Only) 3:00 Open Gym</p>

March 2018

Monday	Tuesday	Wednesday	Thursday	Friday
<p>26</p> <p>8:00 Open Gym 9:00 Stretch & Tone 9:00 Mending & Alterations 10:00 Enhanced Fitness w/ Kim 11:00 Circuit Training</p> <p>12:00 Lunch</p> <p>1:00 Line Dancing Beginners 1:00 Book Club Meeting 1:00 Crocheting 1:00 Cards / Billiards 2:00 Chair Yoga w/ Moriah 3:00 Open Gym</p>	<p>27</p> <p>8:00 Open Gym 9:00 Tai Chi w/ Jerry 10:00 Enhanced Fitness w/ Arthur 10:30 Enhanced Fitness w/ Arthur 10:30 Arts & Crafts 10:30 Intro to Computers 11:00 Practices for Relaxation & Peace 11:00 Pilates w/ Arthur</p> <p>12:00 Lunch</p> <p>12:30 Intermediate Computing 1:00 Aerobics w/ Kojak 1:00 Cards / Billiards 1:00 AARP Driver Safety Course 1:30 Brain Games 2:00 Strength & Flexibility 3:00 Fitness Assessments (By Appointment Only) 3:00 Open Gym</p>	<p>28</p> <p>8:00 Open Gym 8:00 Gym Orientation 9:00 Cardio Lite 9:15 Current Events Discussion Group 9:30 Quilting 9:30 Club Memory 10:00 Enhanced Fitness w/ Kim 10:15 Balance & Stability 11:00 How Stress Affects Health 11:00 Men's Fitness 11:30 - 2:30 Massage</p> <p>12:00 Lunch</p> <p>1:00 Basic Computer 1:00 Crocheting 1:00 Cards / Billiards 1:00 AARP Driver Safety Course 1:15 Chair Aerobics 1:30 Beginners Piano 2:00 Chair Yoga w/ Moriah 3:00 Fitness Assessments (By Appointment Only)</p>	<p>29</p> <p>8:00 Open Gym 8:00 Gym Orientation 9:00 Tai Chi w/ Jerry 9:30 Living Well - Chronic Disease Self-Management Course 10:00 Arthritis Exercise Class w/ Diane Lee 10:45 Color Me Relaxed 11:00 Women's Fitness</p> <p>12:00 Lunch</p> <p>12:30 Knitting 1:00 Kidney Health & Nutrition w/ Deanna 1:00 Cards / Billiards 1:15 Aerobics w/ Kojak 2:00 Strength & Flexibility 2:00 Intro to Spanish 3:00 Advanced Spanish 3:00 Open Gym</p>	<p>30</p> <p>8:00 Open Gym 9:00 Butts & Gutts 10:00 Cardio Stick (Multi -purpose Room) 10:15 Chair Aerobics 11:00 Balance & Stability</p> <p>12:00 Lunch</p> <p>1:00 Line Dancing 1:00 Cards / Billiards 3:00 Fitness Assessments (By Appointment Only) 3:00 Open Gym</p>
<p>Living Well - Chronic Disease Self- Management Course Thursday's (Starting March 8th) 9:30 a.m. - 11:30 a.m.</p> 	<p>Club Memory w/ Sibley Hospital Representatives Wednesday March 14, 2018 & March 28, 2018 @ 9:30 a.m.</p> 	<p>March Birthday Party Wednesday March 21, 2018 @ 12:00 p.m.</p> 	<p>AARP Driver Safety Course Tuesday & Wednesday March 27, 2018 March 28, 2018 @ 1:00 p.m.</p> 	<p>Massage Wednesday March 28, 2018 @ 11:30 a.m.</p> 

Recipe to Try...

Muffin-Tin Quiches with Smoked Cheddar & Potato

Ingredients

- 2 tablespoons extra-virgin olive oil
- 1 1/2 cups finely diced red-skinned potatoes
- 1 cup diced red onion
- 3/4 teaspoon salt, divided
- 1 cup shredded smoked Cheddar cheese
- 1/2 cup low-fat milk
- 1/2 teaspoon ground black pepper
- 1 1/2 cups chopped fresh spinach
- 8 large eggs



Directions

- 1) Preheat oven to 325°F. Coat a 12-cup muffin tin with cooking spray.
- 2) Heat oil in a large skillet over medium heat. Add potatoes, onion and 1/4 teaspoon salt and cook, stirring, until the potatoes are just cooked through, about 5 minutes. Remove from heat and let cook 5 minutes.
- 3) Whisk eggs, cheese, milk, pepper and the remaining 1/2 teaspoon salt in a large bowl. Stir in spinach and the potato mixture. Divide the quiche mixture among the prepared muffin cups.
- 4) Bake until firm to the touch, about 25 minutes. Let stand 5 minutes before removing from the tin.

To make ahead: Individually wrap in plastic and refrigerate for up to 3 days or freeze for up to 1 month. To reheat, remove plastic, wrap in a paper towel and microwave on High for 30 to 60 seconds.

Nutrition Information (2 quiches each)

Per serving: 238 calories; 16 g fat (5 g sat); 1 g fiber; 11 g carbohydrates; 14 g protein; 59 mcg folate; 263 mg cholesterol; 3 g sugars; 0 g added sugars; 177 mg calcium; 494 mg sodium; 377 mg potassium.

Food for thought...Remind yourself

Remind yourself how far you've come. Remind yourself how much you've done.

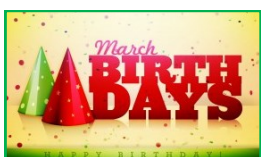
Remind yourself of all you love and value. Remind yourself how much you care.

Remind yourself that most of what screams for your attention doesn't deserve it. Remind yourself often to gently guide your focus back to the things that truly matter.

You know what to do, how to do it, and why. Yet all too often the fears, complexities, and shiny trinkets persuade you to forget.

Your possibilities are too magnificent to let them go to waste. So remind yourself how capable you are, and how important it is to act on those possibilities.

Remind yourself of your dreams, your passions, your desire to live life at its best. Then with renewed energy and inspiration, put your unique, beautiful vision of excellence into action.



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

Chronic Kidney Disease: How to Keep Your Kidneys Healthy

By Sara Haas, RDN, LDN

Working hard to filter out and prevent buildup of fluid and waste, your kidneys are your body's lifeline to good health. Besides acting as a filtration system, your kidneys play a key role in bone and heart health, as well as in the balance of acid and alkaline in your body. What happens when they start to fall short at performing these important tasks? Once damaged, kidneys have a difficult time sweeping away the waste and fluid formed from digestion and tissue turnover, causing a buildup in the blood stream. This leads to complications such as high blood pressure, anemia, weakened bones, declined nutritional status, as well as possible nerve damage.

A gradual decline in kidney function is known as chronic kidney disease, and there are five stages depending on how well the kidneys are working. Because the kidneys are unable to filter out waste at full capacity, diet becomes extremely important. Those with chronic kidney disease may need to limit protein and fluids, in addition to restricting salt, phosphorus and potassium. A registered dietitian nutritionist can help in making these diet changes a success, especially if you have other health conditions to consider. By working with an RDN, you'll learn how to get a balance of important nutrients in your diet.

Both Mind and Action

Be positive. Our brains are a powerful tool. By switching to a more positive mindset, you'll be excited about the food options that are still available to you. Concentrate on what you *can* have versus what you *can't* have. You'll find that the list of lower potassium foods is much longer than you thought.

Real food tip: Make a vibrantly-colored, antioxidant-rich fruit salad with raspberries, strawberries, grapes and blueberries. Toss with fresh lime juice and chopped mint.

Be creative. Take old favorites and put a new spin on them. Tomatoes may be high in potassium, but you don't have to give up salsa. Try fresh fruits as a fun swap. Instead of steaming, toss broccoli or cauliflower in olive oil and roast to caramelize and bring out their natural sweetness. Skip the store-bought salad dressings loaded with salt and make your own.

Real food tip: Try new topping alternatives for your tacos. Instead of cheese, try shredded carrots. Mix light mayonnaise with lime juice as a substitute for sour cream and use charred corn salsa for tomato salsa.

Plan ahead. Before making reservations, look at the menu before you dine out. Call the restaurant to ask how they can accommodate your dietary needs. Another tip, pack safe foods in your purse or bag in case of a "snack emergency."

Real food tip: Make your own snack mix. Combine dried cranberries, rice cereal squares, freeze-dried apples and low-sodium pretzels for a crunchy and sweet snack.

Experiment. It's easy to find yourself eating the same foods every day. Excite your palate by exploring the grocery store and picking up something new. From spaghetti squash to jicama, the opportunity to discover and try new foods is endless. Speak with the store's staff and consult a registered dietitian nutritionist to make sure the foods fit into your diet plan.

Real food tip: Jicama is crisp and refreshing. To use, peel and then slice or dice. Toss jicama into your favorite stir fry dish, salad or serve as sticks with dip for a snack.