



# Model Cities Senior Wellness Center

1901 Evarts Street, N.E.  
 Washington, D.C. 20018  
 (202) 635-1900 Phone (202) 635-1477 Fax  
 Hours of Operation M-F 8:00 a.m.-5:00 p.m.

Volume 8, Issue 8

## August 2014

# Newsletter and Calendar

# TALK CITIES



Calendar	2-4
August Observances	4
Recipe to try Watermelon Salad	5
Ask the Director	6
How much water should you drink	7
Trip Policy & Highlights	8

### CENTER STAFF

- Stacie Thweatt, Project Director x 22
- Vernetta Broady, Nutrition Site Manager x 25
- Monica Carroll, Community Health Specialist x 24
- Eleese Onami, Nutritionist x 23
- Linda Smith, Front Desk Registration x 26
- Robbie Williams, Driver



Healthcare that Works • Healthcare that is Safe • Healthcare that Leaves No One Behind

				<p><b>Friday, August 1</b></p> <p>8:00 Open Gym                  9:30 Walking                  10:00 Piano Class                  10:30 Zumba Gold                  11:15 Chair Exercise  <b>12:45 In house Movie Non Stop</b>                  1:00 Nutrition Bingo</p>
<p><b>Monday, August 4</b></p> <p>8:00 Open Gym                  9:30 Walking  <b>9:30 Pilates</b>                  10:00 Kojak Low Impact Aerobics                  10:45 No Spanish                  11:00 Chair Exercise                  1:00 Nutrition Bingo                  1:00 Quilting                  1:00 Pinochle  <b>1:00 Common Good City Farm Garden DCOA</b>  <b>1:30 Hula Dance</b>                  2:00 Board Games  <b>5:30 Cardio-Interval Exercise Class</b></p>	<p><b>Tuesday, August 5</b></p> <p>8:00 Open Gym                  9:30 Sign Language                  9:30 Yoga                  10:20 Chair Exercise  <b>10:30 Computer Class Beginners and Advance</b>  <b>10:45 Nutrition Class Fruit of The Month Watermelon</b>  <b>11:00 No Massage</b>  <b>12:00 Bowling</b></p>  <p>12:30 Line Dance (Beginners)                  1:00 Line Dance (Advance)                  1:00 No Beginners Ballet And Dance Company Class                  2:00 Board Games                  3:30 Weight Training</p>	<p><b>Wednesday, August 6</b></p> <p>8:00 Open Gym                  9:30 Walking                  10:00 Choir Rehearsal  <b>10:15 No Circuit Training</b>  <b>10:15 Chair Exercise</b>  <b>11:00 Town Hall Meeting</b></p>  <p>1:00 Kojak Low Impact Aerobics                  1:00 Pinochle                  1:00 Nutrition Bingo                  1:00 Knitting, Crocheting  <b>1:00 Piano Class</b>  <b>1:30 Committee on Health Council Member Mc Duffie</b>                  2:00 Board Games                  3:30 Weight Training  <b>5:30 Cardio-Interval Exercise Class</b></p>	<p><b>Thursday, August 7</b></p> <p>8:00 Open Gym                  9:30 Inspirational Hour Elder Odessa Harris                  9:30 Yoga                  10:00 Golf                  10:20 Chair Exercise  <b>10:45 Nutrition Class Fruit kabobs with Yogurt Dip</b>  <b>11:00 Farmers Market Festival</b></p>  <p>12:00 Kojak Low Impact Aerobic  <b>1:00 Computer Class Beginners and Advance</b>                  1:00 No Ballet and Dance Company Class                  2:00 Board Games                  3:30 Weight Training</p>	<p><b>Friday, August 8</b></p> <p>8:00 Open Gym                  9:30 Walking  <b>10:00 Magic Johnson Theatre Movie, James Brown</b>  <b>Lunch on your own Donation \$10.00</b></p>  <p>10:30 Zumba Gold                  11:15 Chair Exercise  <b>12:45 In house Movie Dawn of the Planet of the Apes</b>                  1:00 Nutrition Bingo  <b>1:30 Book Club</b></p>

Monday, August 11	Tuesday, August 12	Wednesday, August 13	Thursday, August 14	Friday, August 15
<p>8:00 Open Gym                      9:30 Walking  <b>9:30 No Pilates</b>                      10:00 Kojak Low Impact Aerobics                      10:45 No Spanish                      11:00 Chair Exercise                      1:00 Nutrition Bingo  <b>1:00 Money Smart (DCOA) For Older Adults Pt 1</b>                      1:00 Quilting                      1:00 Pinochle  <b>1:30 Hula Dance</b>                      2:00 Board Games  <b>5:30 Cardio-Interval Exercise Class</b></p>	<p>8:00 Open Gym                      9:30 Sign Language                      9:30 Yoga                      10:20 Chair Exercise  <b>10:30 Computer Class Beginners and Advance</b>  <b>10:45 Nutrition Class Food Safety is in Your Hands</b>  <b>12:00 Bowling</b></p>  <p>2:30 Line Dance (Beginners)                      1:00 No Beginners Ballet And Dance Company Class                      1:00 Line Dance (Advance)                      2:00 Board Games                      3:30 Weight Training</p>	<p>8:00 Open Gym                      9:30 Walking                      10:00 Choir Rehearsal                      10:15 Circuit Training                      11:00 Chair Exercise                      11:15 Piano Classes  <b>12:00 Lion King, Kennedy Center Sold Out</b></p>  <p>1:00 Kojak Low Impact Aerobics                      1:00 Pinochle                      1:00 Nutrition Bingo                      1:00 Knitting, Crocheting                      2:00 Board Games                      3:30 Weight Training  <b>5:30 Cardio-Interval Exercise Class</b></p>	<p>8:00 Open Gym                      9:30 Inspirational Hour Elder Odessa Harris                      9:30 Yoga                      10:00 Golf                      10:20 Chair Exercise  <b>10:45 Nutrition Class Shopping Tips for Food Safety</b>  <b>11:00 Bladensburg Waterfront Park Anacostia River Boat Tours</b></p>  <p>12:00 Kojak Low Impact Aerobic                      1:00 No Beginners Ballet and Dance Company Class  <b>1:00 Computer Class Beginners and Advance</b>  <b>1:00 Stress Relief, Doris Johnson</b>                      2:00 Board Games                      3:30 Weight Training</p>	<p>8:00 Open Gym                      9:30 Walking                      10:30 Zumba Gold  <b>10:30 Wal-Mart</b></p>  <p>11:15 Chair Exercise  <b>12:45 In house Movie Alex Cross</b>                      1:00 Nutrition Bingo</p>
Monday, August 18	Tuesday, August 19	Wednesday, August 20	Thursday, August 21	Friday, August 22
<p>8:00 Open Gym                      9:30 Walking  <b>9:30 No Pilates</b>                      10:00 Kojak Low Impact Aerobics                      10:45 No Spanish                      11:00 Chair Exercise                      1:00 Nutrition Bingo                      1:00 Quilting                      1:00 Pinochle  <b>1:00 Money Smart Pt 2</b>  <b>1:30 Hula Dance</b>                      2:00 Board Games                      5:30 Cardio-Interval Exercise Class</p>	<p>8:00 Open Gym                      9:30 Sign Language                      9:30 Yoga  <b>10:30 Computer Class Beginners and Advance</b>                      10:20 Chair Exercise  <b>10:45 Nutrition Class Recommended Foods Temps</b>  <b>11:30 Massage</b>  <b>12:00 Bowling</b></p>  <p>12:30 Line Dance (Beginners)                      1:00 No Beginners Ballet and Dance Company Class                      1:00 Line Dance (Advance)                      2:00 Board Games                      3:30 Weight Training</p>	<p>8:00 Open Gym                      9:30 Walking                      10:00 Choir Rehearsal                      10:10 Circuit Training                      11:00 Chair Exercise                      11:15 Piano Class                      1:00 Kojak Low Impact Aerobics                      1:00 Pinochle                      1:00 Nutrition Bingo                      1:00 Knitting, Crocheting  <b>1:00 Legal Counsel for the Elderly Property Tax</b>                      2:00 Board Games                      3:30 Weight Training                      5:30 Cardio-interval Exercise Class</p>	<p>8:00 Open Gym                      9:30 Inspirational Hour Elder Odessa Harris                      9:30 Yoga                      10:00 Golf                      10:20 Chair Exercise  <b>10:45 Nutrition Class Trader Joes</b></p>  <p>12:00 Kojak Low Impact Aerobics  <b>12:30-2:00 Free Spinal Screening, Sims Chiropractic Center</b>                      1:00 No Ballet and Dance Company Class  <b>1:00 Computer Class Beginners and Advance</b>                      2:00 Board Games                      3:30 Weight Training</p>	<p>8:00 Open Gym                      9:30 Walking                      10:30 Zumba Gold                      11:15 Chair Exercise  <b>11:30 Massage</b>  <b>1:00 Luau</b></p>  <p>1:00 Nutrition Bingo  <b>1:00 No In house Movie</b>  <b>1:30 Book Club</b></p> <p><b>5:30-8:30 p.m. Happy Hour Donation \$6.00 Light buffet, Non-Alcoholic drinks Music by DJ. Tyzer</b></p> 

Monday, August 25	Tuesday, August 26	Wednesday, August 27	Thursday, August 28	Friday, August 29
<p>8:00 Open Gym 9:30 Walking <b>9:30 Pilates</b> 10:00 Kojak Low Impact Aerobics 10:45 No Spanish 11:00 Chair Exercise 1:00 Nutrition Bingo 1:00 Quilting 1:00 Pinochle <b>1:30 Hula Dance</b> 2:00 Board Games 5:30 Cardio-Interval Exercise Class</p>	<p>8:00 Open Gym 9:30 Sign Language 9:30 Yoga <b>10:30 Computer Class</b> <b>Beginners and Advance</b> 10:20 Chair Exercise <b>10:45 Nutrition Class</b> <b>Keep Your Kitchen Safe</b> <b>11:30 Massage</b> <b>12:00 Bowling</b></p>  <p>12:30 Line Dance (Beginners) 1:00 Beginners Ballet and Dance Company Class 1:00 Line Dance (Advance) 2:00 Board Games 3:30 Weight Training</p>	<p>8:00 Open Gym 9:30 Walking 10:00 Choir Rehearsal 10:10 Circuit Training 11:00 Chair Exercise 11:15 Piano Class 1:00 Kojak Low Impact Aerobics 1:00 Pinochle 1:00 Nutrition Bingo 1:00 Knitting, Crocheting 2:00 Board Games 3:30 Weight Training 5:30 Cardio-interval Exercise Class</p>	<p>8:00 Open Gym <b>8:15 Riverboat Dinner</b> <b>Cruise Crab Feast</b> <b>Donation \$90.00</b></p>  <p>9:30 Inspirational Hour Elder Odessa Harris 9:30 Yoga 10:00 Golf 10:20 Chair Exercise <b>10:45 Nutrition Class</b> <b>Food Safety 4</b> <b>Pronged Approach</b> 12:00 Kojak Low Impact Aerobics 1:00 No Ballet and Dance Company Class <b>1:00 Computer Class</b> <b>Beginners and Advance</b> 2:00 Board Games 3:30 Weight Training</p>	<p>8:00 Open Gym 9:30 Walking 10:30 Zumba Gold <b>10:30 USDA Farmer's Market</b></p>  <p>11:15 Chair Exercise <b>12:30 Pre-Labor Day Ice Cream Social</b> <b>Make your Ice Cream</b></p>  <p>1:00 Nutrition Bingo <b>1:00 No In house Movie</b></p> <p><b><u>Mon, September 1</u></b> <b>Labor Day</b> <b>Holiday</b> <b>Center Closed</b></p>

## Health Observances For August

- **Cataract Awareness Month**
- **Catfish Month**
- **Clown Week (National, US) August 1-7**
- **Eye Exam Month (National, US)**
- **Golf Month (National, US)**
- **Health Safety Month**
- **Peach Month**
- **Water Quality Month (National, US)**
- **Watermelon Month**



## Recipe To Try

### WATERMELON SALAD



#### Nutrition Bonus:

Prepare this cool, refreshing salad on a hot summer day. As a bonus, the watermelon is a good source of both vitamins A and C.

cups chopped watermelon (3/4-inch chunks)

- 1 cup chopped cucumbers (1/4-inch chunks)
- ½ cup crumbled ATHENOS Traditional Crumbled Feta Cheese
- 2 tbsp. chopped fresh mint.
- 2 tbsp. KRAFT Balsamic Vinaigrette Dressing

#### Tasty Tips:

Save space in the fridge. Find a miniature or precut watermelon at your local grocer. Look for cucumbers that are dark green and firm; small bumps on the skin are normal. Watermelon salad is a cool, refreshing dish on a hot summer day, and a good source of vitamins A and C.

## Ask The ? Director:



**Stacie Thweatt, Project Director**

Hello Ladies and Gentleman,

We are moving quickly into our next fiscal year and we have accomplished our previous goals. We currently have 119 new members, 23 new men and 53 new baby boomers. Approximately 88% of the health promotion participants reported that healthy promotion activities (exercising and nutrition classes) increased their awareness of healthy behaviors and led them to adopt one or more healthy habits.

We are happy to announce Providence Hospital will be continuing to manage the Model Cities Senior Wellness Center grant for FY15. Additional funding was included in the next budget and there will be some new programs to look forward to. Think about starting the new fiscal year with a healthy start by eating more broiled and baked foods, more vegetables and less carbohydrates. Cut back on your sugar intake. Let's start focusing on your new year's resolution early with a new exercise regimen and joining the Nutrition program. Buddy up with a friend and work together on this challenge.

The current week day lunch program has added an all you can eat salad bar. This is a good start towards healthy eating.

There will be extended hours at Model Cities to start on October 11, 2014. The Open House will be on October 4, 2014 at 10:00. The hours of operation on Saturdays will be 10:00am to 3:00pm. Lunch will be provided.

Please be safe and watch your surroundings. Do not give personal information over the telephone.

Don't forget to visit Providence Hospital website at [www.provhosp.org](http://www.provhosp.org)

### A Word of Wisdom:

**"if you do build a great experience, customers tell each other about that. Word of much is very powerful". Jeff Bezos, Founder of Amazon.com**



## Water: How much should you drink every day?

*Water is essential to good health, yet needs vary by individual. These guidelines can help ensure you drink enough fluids.*

How much water should you drink each day? It's a simple question with no easy answers. Studies have produced varying recommendations over the years, but in truth, your water needs depend on many factors, including your health, how active you are and where you live.



Although no single formula fits everyone, knowing more about your body's need for fluids will help you estimate how much water to drink each day.

### Health benefits of water

Water is your body's principal chemical component and makes up about 60 percent of your body weight. Every system in your body depends on water. For example, water flushes toxins out of vital organs, carries nutrients to your cells and provides a moist environment for ear, nose and throat tissues.

Lack of water can lead to dehydration, a condition that occurs when you don't have enough water in your body to carry out normal functions. Even mild dehydration can drain your energy and make you tired.

### How much water do you need?

Every day you lose water through your breath, perspiration, urine and bowel movements. For your body to function properly, you must replenish its water supply by consuming beverages and foods that contain water.

So how much fluid does the average, healthy adult living in a temperate climate need? The Institute of Medicine determined that an adequate intake (AI) for men is roughly 3 liters (about 13 cups) of total beverages a day. The AI for women is 2.2 liters (about 9 cups) of total beverages a day.

### What about the advice to drink eight glasses a day?

Everyone has heard the advice, "Drink eight 8-ounce glasses of water a day." That's about 1.9 liters, which isn't that different from the Institute of Medicine recommendations. Although the "8 by 8" rule isn't supported by hard evidence, it remains popular because it's easy to remember. Just keep in mind that the rule should be reframed as: "Drink at least eight 8-ounce glasses of fluid a day," because all fluids count toward the daily total.



Optimum health during the golden years.

Model Cities Senior Wellness Center is of the Senior Services Network- supported by the D.C. Office on Aging and managed by Providence Hospital Wellness Institute.

## Happy Birthday to all born in the Month of August !!!!

### 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.

### MEMBERSHIP IS FREE

To all District of Columbia residents who are 60 years of age and older. Donations are accepted.

## Program Highlights



- Thursday, August 28, 2014 Chop Tank River Boat Dinner Cruise All you can eat crab feast, crab soup, fried chicken, clam strips and more. 3 hour cruise and shopping. Donation \$90.00 for more information call Monica Carroll all monies due by Wednesday, August 20, 2014
- Friday, August 29, 2014 Pre –Labor Day Ice Cream Social 1:00 pm. make your own sundae, See the sign up sheet at the front desk.
- Sunday, Monday, September 14-15, 2014 Lady Day 8:45am. Emerson's in New York City Starring Broadway star and singer Audra Mc Donald. The play is about Billie Holiday, the price includes ticket, a buffet a meal, and one night stay at the Claridge Hotel New Jersey. Donation double \$198.00 single \$249.00 deposit of \$100.00 is due by Thursday, August 14, 2014 Final payment due Thursday, September 4, 2014. For more information see Monica Carroll
- Wednesday, September 17, 2014 Card Party 2:00pm.-7:00pm. At Model Cities donation \$15.00 Pinochle, Bid Whist, Pity Pat, 500 and more for information see Monica Carroll or Stacie Thweatt
- Monday-Friday, October-, 27-31, 2014 Senior American Pageant at the Resort Casino Hotel In Atlantic City, NJ 9:30am. Donation Double \$238.00 Single \$358.00 Triple \$226.00 Include Motorcoach and Room. Tickets for 3 Show Deposit of \$100.00 is due by Friday, July 25, 2014 Rebate of \$45.00 And 4 Buffet meals final payment due Monday, September 29, 2014 see Monica Carroll (202) 635-1900.