



## President's Message

By Brenda Manley



**B**anneker Ballroom Dance Club of Washington DC is more than 60 years old and there are many seasoned Banneker members that remember the early years. I am sure ballroom dancing has contributed to their healthy aging. Keep

dancing! However, what are some other realities that can help us enjoy long life and that, more abundantly? Well, here are a few bits of wisdom that Americans ages 50 to 92 have to say about healthy aging.

Enjoy the years as they go by. You are 20 years a child, 20 years a parent, another 20 as wage earner and mate. Establish healthy habits for your best health. Then comes good times or bad depending on health and wealth. Wealth depends not on how much money you have, but how you enjoy what you have. If it is a small amount, be selfish and spend it only on yourself, otherwise try to share. Don't become bitter because life wasn't all you wanted it to be—maybe it wasn't your fault. Don't act like a bomb. Be your age— attractive, gracious, lovely, but your age.

Continue to put up the Christmas tree, even if no one comes home. Always be willing to let go of the unbearable things in your life. Yes, remember to walk. Don't tell your troubles, 80 percent could care less. Remember a smile is more important than your lipstick or your shaving lotion.

And share your feelings with someone else—maybe a friend. At Banneker we treasure old friends while making new ones. After all, friends are truly the spices of life.

Perhaps you have found healthy aging in planting, writing poems, sharing your talents or even being distressed by injustice. No matter what it is, what is important is that the passion in your life is still spelled with a capital 'P'.

I wish you healthy aging!

## 2016-2018 EXECUTIVE BOARD

- Brenda Manley – President
- Cecelia Dade-Winfield – Vice President
- Felix Theodore – Treasurer
- Deryck Chase – Assistant Treasurer
- Candace Thomas – Secretary
- Carl Carlton – Assistant Secretary
- Eddie Witten – Member at Large



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## My Second Home

Submitted by Pearl B. Spencer

Since retiring from Sacred Heart Home, my last place of employment, where my mother was once a resident, I have returned to the Home as a volunteer where I spend many hours each week assisting in the Activity Department. I have found such satisfaction as a volunteer, even more than when I was a staff member.

Among the many activities for the residents are such games as the word games that really stimulate the minds of the residents (and my own mind); the favorite is Bingo that is lively and quite competitive, and winners receive prizes.

Holidays are so special! On Thanksgiving residents get together with their family members for a delicious meal. This is where I usually make a “pig” of myself. Everyone looks forward to Christmas. The halls and rooms are beautifully decorated, in some instances with the help of able-bodied residents, and a delicious meal is served.



**Gypsy Pearl ready to tell fortunes at the carnival—one of many activities at Sacred Heart.**

On Easter Sunday, and Mother’s Day, residents get to dress in their best attire and attend a program to celebrate the occasion.

Last year I had the pleasure of making 90 head pieces for the Mardi Gras party. Many residents joined in dancing the calypso, and a cruise dance. On Halloween employees dress in costumes and participants are judged on the best costume.

Once each month a few members of the nursing staff join us for a general birthday party. This is my opportunity to dance with a few of the residents and display my dancing skills learned at Banneker. This is so enjoyable.

I devote so much of my time to Sacred Heart – mornings, noontime, evenings, and occasionally weekends. Anyone wondering how much I love working as a volunteer at Sacred Heart should ask my hubby. He has labeled it my “second home”.

## The Beauty of a Pet

Submitted by Shermaine T. Jones

Humans and animals can form special relationships that are healing in nature for both the pet and its owner. Pets can:

- Help you cope with stressful situations
- Provide therapeutic support, emotionally and physically
- Reveal your personality to you and to others
- Help you sleep better
- Save lives in emergency situations
- Benefit the elderly as companions.

For the environmentally-conscious, it's better to own a cat than a dog. Over the course of a lifetime, cats eat less in general and



are more likely to eat fish than corn- or beef-flavored products like dogs eat. Cats have an approximate carbon footprint of a small hatchback, while dogs create the same eco-footprint as that of a luxury SUV!

If you're single and you can't seem to get a date, get a pet. Many single women agree they are more attracted to men who like animals. They feel men who own a pet are “nicer” than other guys.

Overall, pets help people of all ages learn about responsibility, loyalty, empathy, sharing, and unconditional love. Those of us who own pets know they make us happy. Also pets make you healthy, or healthier.



## Around Town

The performing dance team of the Banneker Ballroom Dance Club has been very busy this season. The team returned as a regular attraction at the NBC4 Health and Fitness Expo, performing an elegant Foxtrot and a spirited Salsa (see photo).

The Salsa routine has been a real hit and was also danced at the annual MidAtlantic Jazz Festival dance program in February. An invitation was extended to also perform at a showcase during a Pre-Super Bowl Line Dance event at Temple Hills Elks Club.



Performing the Salsa from left to right: Eddie Stevison, Bonnie Allen, Bob Jones, Margaret Greene, Deryck Chase, Genie Chisholm, Michael Sims, Marilyn Williams, Jim Travis, Janice Leek, Cliff Collins, Jeanne Fox-Alston.

## T-Shirt Tuesday

Submitted by Brenda Manley



One of our goals this year was to create a Banneker T-shirt and I am very pleased to report that Banneker T-Shirt Tuesday occurred on March 21, 2017. Yay!!!

I want to thank the T-shirt committee, Jeanne Fox-Alston, Pauline Hazel and Earl Armstrong, for their time, commitment and talent to making this happen.

We are still taking T-shirt orders. If you would like to place an order, please send a check for \$20 along with T-shirt size to: **Banneker Ballroom Dance Club, POB 91901, Washington, DC 20090**, or stop in to place your order at 6310 Chillum Place NW during any Tuesday night class session.


## Why Dance?

Submitted by Betty Wilkins

WHY DANCE?

<p><b>Stimulate</b></p>  <p><b>Brain</b></p>	<p><b>Boost</b></p>  <p><b>Mood</b></p>	<p><b>Build</b></p>  <p><b>Strength</b></p>	<p><b>Develop</b></p>  <p><b>Coordination</b></p>
<p><b>Strengthen</b></p>  <p><b>Cardio</b></p>	<p><b>Improve</b></p>  <p><b>Balance</b></p>	<p><b>Increase</b></p>  <p><b>Flexibility</b></p>	<p><b>Connect</b></p>  <p><b>Socially</b></p>

Because it's fun!

 <span style="font-size: 1.2em; font-weight: bold; color: red;">Club Calendar</span>		
April	May	June
4, 11, 16 Class: Night Club 2-Step 26 Class: Merengue	2 Class: Salsa 9 Class: Salsa/Tango 16 Class: Tango 23 <i>Personal Coaching and Assessment with Michael</i> 30 Class: Line Dance	6 - Review Session Sun 11 " <b>Annual June Gala</b> " (@ Martin's Crosswinds)  <p style="text-align: center;"><b>Summer Break!</b> <i>See you in September!</i></p>
<p><b>Class Times</b></p> 7:00 pm - Beginner 8:00 pm - Intermediate	<p><b>Class Location</b></p> 6310 Chillum Place NW Washington, DC 20011 National Association of Letter Carriers (NALC) Union Hall Second Floor	
Check our online calendar for updates at: Website: <a href="http://Bannekerballroomdance.com">Bannekerballroomdance.com</a> Facebook: <a href="https://facebook.com/bannekerballroomdance">facebook.com/bannekerballroomdance</a>		

# Birthdays!

January	February	March
Cindy Brewer Carl Carlton Genie Chisholm Nobuko Contee Christine Davis Lori Dendy Horatia Fagan Vangy Franklin Robert Jones Shermaine Jones Bonnie McCoy Clarence Nelson Elaine Powell Sandra Rogers Bruce Romano Eleanor Stewart Larry William Reggie Wingfield Eddie Witten	Fran Alves Patricia Bolt Robert Bowles Claude Correll Elaine Gunter Reginald Handon Glenca Kande Roland Kave Andree Moore Yvonne Rogers Timothy Smith Sharon Walton Jerry Whitfield John Wolf	Drexel Agee Valerie Brooks Lovie Carolina Constance Creasey Eve Dickey Tina Frazier Margaret Green Michael Gunn Veronica Leonard David Nelson Valencia Smith Peter Taylor William L Woods
April	May	June
Diane Blount Reginald Boone Plater Campbell Cynthia Edwards Constance Hinds Angela O'Davies Shern Stewart Paula Waters Anita Williams	William Banks Joyce Bowles Melvin Caldwell Deryck Chase Ronald Crockett Anthony Curtis JoAnne Joyner-McNear Lawrence Lanier Silvia Moody Cindy Price Gumbs Roma Candace Thomas	Gwellnar Banks Frances Brock Albert Lee Brock Stewart Fitzgerald Jeanne Fox Alston Judith Fykes Kaye Henson James Jackson Robert Robinson Mary Terrell Felix Theodore Loren Walker Angela Walker-Suttles Betty Wilkins Marilyn Williams

**Newsletter Committee**

Betty Wilkins, Eddie Witten



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