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# Gary & Diana Ditto's Newsletter

Spring 2017

## S.P.I.R.I.T. Club — Fitness for All in Kensington

The very next evening after moving into their new gym on Metropolitan Avenue, the SPIRIT Club was in action, with two lively groups exercising with trainers.

SPIRIT Club has opened a 3,000 square-foot ability-integrated Fitness Club at 10417-B Metropolitan Avenue here in Kensington.

The SPIRIT Club's mission is to provide supportive and accommodating programs to increase the health and wellness of people of all abilities, including people with disabilities, mental health and substance abuse disorders, and age-related diseases.

The Club's name stands for Social, Physical, Interactive, Respectful, Integrated, Teamwork — S.P.I.R.I.T.

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**THE DITTO GROUP**  
experience • knowledge • community



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– *SPIRIT Club continued*

According to the Centers for Disease Control and Prevention “people with disabilities are 58% more likely to be obese than the general population in America.” Among the causes are the side effects of medication and a sedentary life style. Most fitness programs do not accommodate the needs of people with disabilities.

Jared Ciner became very aware of the need. After graduating in 2012 from the University of Maryland with a BA in psychology, Jared worked at Jubilee Association of Maryland, as a support counselor with adults with developmental disabilities and also as a personal trainer at a gym. Becoming more physically fit was the goal of everyone Jared was counseling, but he could not find any programs for them in which they could participate.

So in April 2013 Jared Ciner teamed up with Sam Smith, marathon runner and self-advocate with autism, to offer a SPIRIT Club exercise class for a group of people with developmental disabilities, at Jubilee in Kensington on Howard Avenue.

That class took off, as did two weekly classes at the Sport and Health gym in Tenleytown, and Ciner decided to make Spirit Club a separate organization and run it full-time. The interest is great. SPIRIT Club now offers classes in Brookeville, Gaithersburg, Chevy Chase, Takoma Park, Upper Marlboro as well as Kensington.

Over 160 people with a variety of abilities participate, including people with autism, Down syndrome, intellectual disabilities, stroke survivors and people who use wheelchairs.

In addition to being certified personal trainers, the Club’s trainers have additional certification to work with people who have disabilities. Sam Smith now teaches 6 or 7 classes and leads two of them.

The SPIRIT Fitness classes focus on body awareness, balance, flexibility, functional movement, strength, speed, agility, endurance and nutrition. SPIRIT Plus classes are designed for members to attend with a staff or volunteer supporter; SPIRIT X-treme classes are for those who perform at a high level; SPIRIT Zumba is a high energy fitness and dance class and SPIRIT Yoga is slower-paced.

One mother, a volunteer supporter of a participant, was so skilled at supporting other class members that, at Ciner’s suggestion, she became a certified personal trainer herself.

In 2015 the Spirit Club Foundation was created to support low-income people with disabilities and other related health challenges to have greater access to health and wellness programs.

The Foundation raises funds for scholarships, specialized equipment, transportation costs, and employment training to support people with disabilities to become certified fitness professionals.

By the end of 2016, Spirit Club Foundation had provided 350 scholarships for low-income people with disabilities to participate in a range of fitness and wellness programs offered by partnering organizations.

Over the next 3 years, SPIRIT Club envisions a broad expansion of offerings in the Washington Metropolitan area. SPIRIT Club will continue to partner with service providers, gyms, and other organizations that serve people with disabilities. A SPIRIT Club program is planned to open at the Under Armour Performance Center in Baltimore in March.

An April event is being planned to celebrate the opening. The community is invited to help celebrate a truly integrated fitness center where people of all abilities can exercise and bond together

*Many thanks to Steve Allen and Jared Ciner for all the help with the article and the terrific photos!*



### **4th Annual Kensington Car Show**

Sunday, April 9th, 2017

The Kensington Car Show returns to Howard Avenue with gleaming cars, motorcycles, live music, a monster truck, prizes for the top cars and motorcycles, food, and fun for the children. Updates at [www.kensingtoncarshow.com](http://www.kensingtoncarshow.com)

Details of the opening celebration, the schedule of classes, great video clips and photos, trainer profiles, news stories and more, are at [www.spirit-club.com](http://www.spirit-club.com).



Phone: 303-883-4364; email: [jciner@spirit-club.com](mailto:jciner@spirit-club.com)  
10417-B Metropolitan Ave Kensington, MD 20895.  
The entrance is on Kensington Parkway.

### Host Families Needed for Native American Interns

Volunteer host families are needed for several Native American student interns for some or all of the summer.

Each summer, the NIH/National Institute of Neurological Disorders and Stroke hosts several Native American Students from reservations in South Dakota and the Arizona/New Mexico border. The students attend, or have attended St. Michaels School in Arizona or Red Cloud High School in South Dakota.

If you think you can help out, please contact Dr. Rita Devine, Summer Internship Coordinator, by phone: 301-728-3970, or by email: [rita.devine@nih.gov](mailto:rita.devine@nih.gov).

*The British Players present:*

## Pygmalion

March 24 – April 8, 2017

Kensington Town Hall, 3701 Mitchell Street

George Bernard Shaw's play *Pygmalion* is both romantic comedy and social critique. Professor Henry Higgins hears Eliza Doolittle's thick Cockney speech and, to prove a point, he bets a friend that he can turn the grubby young Covent Garden flower seller into a lady and introduce her into society. The lessons learned have profound consequences.

Performances are at 8 p.m. on Fridays and Saturdays, and at 2 p.m. March 26th, April 1st & 2nd. Tickets can be bought online at [www.britishplayers.com](http://www.britishplayers.com).

### E-Mail Updates from The Ditto Group—

Sign up for either or both of these updates:

- Our Monthly Sold Reports, sent via e-mail
- Our weekly "Open House" e-mail

You choose what to sign up for and you can always unsubscribe. Sign up on our home page: [www.thedittogroup.com](http://www.thedittogroup.com).

For dates and news of more events, be sure to visit the Community Activities Calendar on the web site:

[www.thedittogroup.com](http://www.thedittogroup.com)

Gary and Diana Ditto's Newsletter welcomes ideas and news items from community members. Many thanks to Jared Ciner, Steve Allen and the SPIRIT Club! The editor is Antoinette Kranenburg of Kensington, assisted by Cherry Wunderlich.

Kensington Arts Theatre presents:

## *The Fantasticks*

Kensington Town Hall / Armory  
3710 Mitchell Street, Kensington

This lighthearted musical allegory tells the story of two neighboring fathers who pretend to feud in order to trick their children into falling in love. The children discover the deception, reject the arranged love match, and separate. They go out into the world, experience many challenges, and then return to each other to renew their vows.

Performances are May 12, 13, 14 (Sunday), 19, 20, 21 (Sunday), 26 and 27, 2017. Evening shows are at 8:15 p.m. and Sunday shows at 2 p.m. For details and tickets, please go to [www.katonline.org](http://www.katonline.org).

Kensington Celebrates

### The International Day of the Book Street Festival — *Rain or Shine!*

Sunday, April 23, 2017, 11 a.m.-4 p.m.

Howard Avenue, Kensington

For the twelfth year, Kensington will celebrate the International Day of the Book with its fabulous Day of the Book Festival. There will be author readings, storytellers, open mic poetry readings, children's activities, live music, great food and many many books in Old Town Kensington.

In conjunction with the Festival, Gala will hold the *4th Annual Gala CREST Craft Fair* with fabulous local artists and one-of-a-kind and unusual arts and crafts!

The Festival is created by the community for the community! Our wonderful volunteers are crucial to the success and continuation of the festival. If you are interested in volunteering, please email [kensingtonbookfestival17@gmail.com](mailto:kensingtonbookfestival17@gmail.com). To support the festival as a sponsor go to [www.dayofthebook.com](http://www.dayofthebook.com).

### *How To Grow a Grown-Up — Vicki Hoefle at PEP:* March 31 – April 1

Vicki Hoefle, parent educator, parent coach and author returns to PEP, the Parent Encouragement Program, with her sellout two-day parenting workshop! Friday, March 31, 6:30 – 9 p.m. and Saturday, April 1, 8 a.m. – 3:30 p.m. The cost is \$275/parent, \$400/couple. Preregistration is required. Please call 301.929.8824 or register online at [www.PEPparent.org](http://www.PEPparent.org).

*Congratulations, Holy Cross Students!*

### Holy Cross Helps the Homeless

Holy Cross School students prepared 1,000 packaged meals on January 30th for *Cup of Joe*, which serves men and women in area Catholic Charities shelters. Food and supplies were bought with part of the proceeds the school raised with the 5K run held on October 29th. Students in second grade through eighth grade worked together to assemble the packaged meals.

"I like this activity because we are working together to help others." said Katie Zalewski, seventh grader at Holy Cross School. "We hope the people that receive these meals know that people are praying for them and care about them." Holy Cross School is a co-educational school in Garrett Park for students in Pre-Kindergarten through Eighth grade. To learn more about Holy Cross School, please visit [www.hcross.org](http://www.hcross.org).



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**The Ditto Group Real Estate Activity**



**SOLD**

**3404 Legation Street, NW**  
**Washington/Chevy Chase**  
**\$ 1,217,000 - November 2016**



**SOLD**

**9624 Old Spring Road**  
**Kensington/Rock Creek Hills**  
**\$ 890,000 - November 2016**



**SOLD**

**9604 Old Spring Road**  
**Kensington/Rock Creek Hills**  
**\$ 889,000 - October 2016**



**SOLD**

**4018 Glenridge Street**  
**Kensington/ Chevy Chase View**  
**\$ 745,000 - November 2016**



**SOLD**

**9302 East Parkhill Drive**  
**Bethesda/Parkhill**  
**\$ 672,500 - November 2016**



**6001 Wilmett Road**  
**Bethesda/Hendry Estates**  
**Coming Soon**



**SOLD**

**5117 Bangor Drive**  
**Kensington/Garrett Park Est**  
**\$ 629,000 - November 2016**



**SOLD**

**10518 Ewell Avenue**  
**Kensington/Kensington Terrace**  
**\$ 524,000 - January 2017**



**SOLD**

**4402 Franklin Street**  
**Kensington/Parkwood**  
**\$ 640,000 - February 2017**  
*Represented Buyer*



**SOLD**

**3118 Fayette Road**  
**Kensington/Homewood**  
**\$ 465,000 - February 2017**

**The Woman's Club of Chevy Chase**  
**Annual Art Show & Sale**

**March 31 - April 2, 2017**  
**7931 Connecticut Avenue, Chevy Chase, MD 20815**

Attend the show and enjoy interesting original art. Over 150 local artist will exhibit works in watercolor, oil, pastel, acrylic, photography and sculpture. Bring your checkbook!

*This is a benefit to support scholarships for art students at Montgomery College.*

**Be an Art Scholarship Patron**

Support art students at Montgomery College.  
 Free entry to the Friday reception  
 \$ 12 for one person, \$ 18 for two persons  
 Be listed in the Patron Honor Roll  
 Get a Patron Card on the website

**[www.wccmaryland.org](http://www.wccmaryland.org)**

Questions? Contact Elaine El-Khawas  
 ([elkhawas@gwu.edu](mailto:elkhawas@gwu.edu))



**Show Hours:**  
 free and open to the public  
**Friday:** 2 - 5 pm  
**Saturday:** 11 am - 5 pm  
**Sunday:** 1-5 PM

**Champagne Reception**  
**\$ 5 at the door**  
 Friday, March 31 7-9 pm  
 8 pm Judge's commentary