








September is National Preparedness Month,



Zoom local# - (301) 715-8592
Meeting ID - 816 7131 7461

Senior Center Zoom Calendar

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1  (Senior Center Closed)	2 10:00 – 11:00 Group Coffee in Chat- 11:00-12:00 Get Over It -workshop w/Markesha -Iylana Vanzant 12:00 – 1:00 – Lunch 1:00 – 2:00 Self-Defense Class-Closing Session	3 10:00-11:00 Senior Center Meeting (Lucky Seat) 11:00-12:00 Strength Training w/Mr. Williams 12:00 – 1:00 – Lunch 1:00 – 2:00 Comedy Hour w/Markesha	4 10:00 – 11:00 Social Chat (Getting to Know you) 11:00-12:00 Family Feud w/Markesha 12:00 – 1:00 – Lunch 1:00 – 2:00 Memory Lane (Share your favorite memories)	5 TRIP Walmart	6
8 10:00-11:00 Positive Affirmations 11 – 11:30 Nutrition Ed w/ Ms. Minor 11:30 – 12:00 Yoga Monday-w/Mr. Williams 12:00 – 1:00 – Lunch 1:00 – 2:00 Snap Education with Lynnitta  2:00-4:00 Spades Tournament	9 10:00 – 11:00 Group Coffee in Chat- 11:00-12:00 Get Over It -workshop w/Markesha -Iylana Vanzant 12:00 – 1:00 – Lunch 1:00 – 2:00 Stroke Prevention Presentation w/Medstar	10 10:00-11:00 Meditation Coloring/Music 11:00-12:00 Strength Training w/Mr. Williams 12:00 – 1:00 – Lunch 1:00 – 2:00 Obstetrics & Gynecology Division of Urogynecology Presentation with Howard University	11 10:00-11:00 Morning Inspiration 11:00– 12:00- How to stop Overthinking Workshop w/Denise 12:00 – 1:00 – Lunch 1:00 – 2:00 DIY- Fall Leaf Picture Frames w/Markesha 2:00-4:00 Activity Corner	12 10:00-12:00 MOVIE DAY 11:00-12:00 12:00 – 1:00 – Lunch 1:00 – 2:00 Continue: MOVIE 	13 Reclaiming Our Community Event (Fort Dupont Park) Transportation will be provided

<p>15</p> <p>10:00-11:00 Group Coffee -n- Chat (Music Therapy) 11:00 – 12:00 Yoga Monday – w/ Mr. Williams 12:00 – 1:00 – Lunch 1:00 – 2:00- DIY-3D Pumkin Painting 2:00-4:00- Social Circle</p> 	<p>16</p> <p>10:00-11:00 Group Coffee-n-Chat (Current Events) 11 – 12:00 Get Over It -workshop w/Markesha -Iylana Vanzant 12:00 – 1:00-Lunch 1:00-2:00 – Bingo for Prizes</p> 	<p>17</p> <p>10:00-11:00 Group Coffee in Chat- 11:00- 12:00 Strength Training – w/ Mr. Williams 12:00 – 1:00 – Lunch 1:00 – 2:00 Emergency Preparedness Presentation Information Session w/ Homeland Security</p>	<p>18</p> <p>10:00-11:00 Positive Affirmations w/Markesha 11:00 – 12:00 Line Dancing w/Chantaya 12:00 – 1:00 – Lunch 1:00 – 2:00 DIY-Fall Gnome Ceramic Paintin 2:00 – 4:00 Co-current Programming (Participant Choice)</p>	<p>19</p> <p>Trip Target Event @ Karin House</p>	<p>20</p>
<p>22</p> <p>10:00-11:00 Group Coffee -n- Chat 11:00 – 12:00 Yoga Monday – w/ Mr. Williams 12:00 – 1:00 – Lunch 1:00 – 2:00 September Birthday Celebration</p>  <p>2:00-4:00 Healthy Food Demo w/ Markesha</p> 	<p>23</p> <p>10:00-11:00 Group Coffee in Chat- 11:00– 12:00 Get Over It -workshop w/Markesha -Iylana Vanzant 12:00 – 1:00 – Lunch 1:00 – 2:00 Community Skinterventions Presentation</p>	<p>24</p> <p>10:00-11:00 Group Coffee in Chat- 11:00– 12:00 Strength Training – w/ Mr. Williams 12:00 – 1:00 – Lunch 1:00 – 6:00 TRIP Financial Empowerment Workshop @ SOME Center for Employment Training 4430 Benning Road NE Transportation will be provided</p>	<p>25</p> <p>TRIP Falls Prevention Awareness @ Howard University</p>	<p>26</p> <p>11:00 – 12:00 Trivia for prizes! Food Delivery (Kuehner House)</p> <p>No in-person activity on this day.</p> 	<p>27</p> <p>Community Food Delivery</p>

29

10:00-11:00

Activity Corner

11:00-12:00

Yoga Monday – w/ Mr. Williams

12:00 – 1:00 – Lunch

1:00 – 2:00

Fall Medicare Open Enrollment w/ Senior Medicare Patrol

2:00-4:00

Spades Tournament

30

TRIP Bible Museum

Home Safety Tips

- Create an emergency phone tree
- Consider purchasing a medical alert system if you or someone you care for are concerned about falls risks
- Home security systems can help prevent theft and allow you to communicate better with visitors



Margaret McDow
9/1

Maxine Jordan
9/10

Marlena Richardson
9/15

Alfreda Hughes
9/17

Keith Knedd
9/20

Barbara Grayer
9/28

RECIPE FOR THE MONTH:

Harvest Salad



Ingredients

- ¼ cup fresh orange juice
- 1 small shallot, minced (about 2 Tbsp.)
- 1 tablespoon distilled white vinegar
- 1 tablespoon pure maple syrup
- 1 tablespoon Dijon mustard
- 2 ½ teaspoons kosher salt, divided
- ½ teaspoon black pepper, divided
- ⅓ cup plus 2 Tbsp. extra-virgin olive oil, divided
- 1 (1 ½-lb.) kabocha squash, seeded and cut into 2-inch-long x ¾-inch-wide wedges
- 1-pound fresh Brussels sprouts, trimmed and halved lengthwise
- 2 bunches Lacinato kale, stemmed and chopped (about 12 cups)
- 1 medium Honeycrisp apple, thinly sliced (about 1 ½ cups)

- ½ cup toasted pecans, chopped
- 1 ounce Parmesan cheese, shaved (about ½ cup)

Directions

1. Preheat oven to 450°F. Whisk together orange juice, shallot, vinegar, maple syrup, mustard, 1 ½ teaspoons of the salt, and ¼ teaspoon of the pepper in a small bowl. Gradually whisk in ⅓ cup of the olive oil until liquid is smooth and combined. Set aside.
2. Toss together squash, Brussels sprouts, and remaining 1 teaspoon salt, ¼ teaspoon pepper, and 2 tablespoons olive oil on a large rimmed baking sheet until combined. Roast in preheated oven until tender and browned, about 20 minutes, rotating baking sheet halfway through cook time.
3. Using your hands, massage kale and ¼ cup vinaigrette in a large bowl until kale softens, 1 minute. Add apple and roasted vegetables; toss to combine. Transfer to a platter. Sprinkle with pecans and Parmesan. Drizzle with remaining vinaigrette.