

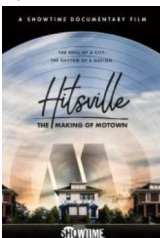
September is Healthy Aging Month



Zoom local# - (301) 715-8592

Meeting ID - 816 7131 7461

Senior Center Zoom Calendar

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 	1 10:00 – 11:00 Coffee Social & Chat 11:00-12:00 Getting To Know You w/Stefan (Social Circle) 12:00 – 1:00 Lunch 1:00 – 2:00 Trivia Challenge w/Stefan 	2 10:00-11:00 Senior Center Meeting 11:00-12:00 Strength Training w/Mr. Williams  12:00 – 1:00 Lunch 1:00 – 2:00 Craft Corner w/Markesha	3 10:00 – 11:00 Morning Ice Breakers 11:00-12:00 Family Feud w/Markesha 12:00 – 1:00 Lunch 1:00 – 2:00 Hitsville The Making Of Motown (Full Documentary) 	4 *Trip* Glory's Top Fashion 	5
7 SENIOR CENTER CLOSED 	8 10:00 – 11:00 Group Coffee & Chat 11:00-12:00 Nutrition Discussion w/Stefan  12:00 – 1:00 Lunch 1:00 – 2:00 Family Feud Challenge w/Stefan 	9 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 Health Presentation: Addressing Suicide Causes with Awareness & Prevention Strategies w/ Markesha 	10 10:00-11:00 Morning Inspiration Topics 11:00– 12:00- Readers Digest w/Markesha 12:00 – 1:00 Lunch 1:00 – 2:00 Name That Tune w/Markesha *FRESHFARM PRODUCE DELIVERY AT KUEHNER HOUSE* 	11 *TRIP* Walmart Supercenter 	12 Reclaiming Our Community Event (Fort Dupont Park) Transportation will be provided 

14 10:00-11:00 Coffee & Conversation 11:00– 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 DC Health Nutrition Education w/ Ms. Lynitta 2:00-4:00 Connect Four Game Challenge (Extended Programming)	15 10:00-11:00 Social Circle & Coffee 11:00– 12:00 DIY Activity Packets 12:00 – 1:00- Lunch 1:00-2:00 Self-Engaged Activities 	16 10:00-12:00 Divine Mind Therapeutics: Held in the Light Understanding Suicide, Breaking the Silence and Choosing Connection w/ Stefanie Jackson  12:00 – 1:00 Lunch 1:00 – 2:00 Brain Games/Trivia Challenge w/Markesha	17 10:00-11:00 Positive Affirmations w/Markesha 11:00 – 12:00 Meditation Coloring 12:00 – 1:00 Lunch 12:15 – 2:15 Story Tapestries Concert w/ Alison Crockett At Kuehner House (Transportation Provided For Community Participants) 2:00 – 4:00 Co-Current Programming (Participant Choice)	18 Food Delivery (Kuehner House) No In-Person Activity On This Day 	19 Community Food Delivery
21 *TRIP* Falls Prevention Event (Transportation Provided) 	22 10:00-11:00 Group Coffee & Chat 11:00– 12:00 Jeopardy Challenge w/Markesha 12:00 – 1:00 Lunch 1:00 – 2:00 Club Memory Presentation w/ Sibley Memorial Hospital 	21 10:00-11:00 Social Hour & Coffee 11:00 – 12:00 Strength Training w/ Mr. Williams 12:00 – 1:00 Lunch 1:00 – 2:00 Health Presentation: Unseen Doesn't Mean Unreachable: Recognizing Warning Signs and Responding w/Markesha 	24 10:00-11:00 Apple Cider Social 11:00– 12:00 DIY Pumpkin Painting  12:00 – 1:00 Lunch 1:00 – 2:00 Fall Trivia w/Prizes *FRESHFARM PRODUCE DELIVERY AT KUEHNER HOUSE* 	25 10:00-12:00 Movie Day At Kuehner House (Seniors Choice) 12:00 – 1:00 Lunch 1:00 – 2:00 Continue: MOVIE 	26

28 10:00-11:00 Activity Corner 11:00-12:00 Yoga Monday – w/ Mr. Williams  12:00 – 1:00 Lunch 1:00 – 2:00 Brain Games/Did You Know? w/Markesha 2:00-4:00 Extended Programming (Spades Tournament)	29 10:00-11:00 Current News & Events 11:00– 12:00 Fall Arts & Crafts w/Markesha  12:00 – 1:00 Lunch 1:00-2:00 SOME Dental Clinic w/Kuehner House 	30 10:00-12:00 Divine Mind Therapeutics: Held in the Light Understanding Suicide, Breaking the Silence and Choosing Connection w/ Stefanie Jackson  12:00 – 1:00 Lunch 1:00 – 2:00 BINGO FOR PRIZES! 	 Margaret McDow 9/1 Maxine Jordan 9/10 Alfreda Hughes 9/17 Keith Knedd 9/20 Marlena Richardson 9/22 Fannie Broadus 9/22 Barbara Grayer 9/28	
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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.