

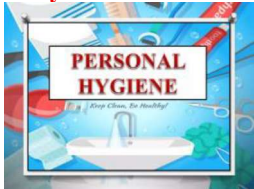
August is History Month

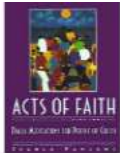


Zoom local# - (301) 715-8592
Meeting ID - 816 7131 7461

Senior Center Zoom Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
 Vincent Sands 8/1 Eric Moore 8/5 Clifton Crump 8/16 James Christwell 8/20 Hugh Howard 8/21				
3 10:00-11:00 Positive Affirmations 11:00-11:30 Nutritious Pantry w/ Ms. Minor 11:30 – 12:00 Yoga Monday-w/Mr. Williams 12:00 – 1:00 Lunch 1:00 – 2:00 DC Health Education w/ Ms. Lynnitta 2:00-4:00 Spades Tournament	4 10:00 – 11:00 Senior Center Meeting w/Markesha 11:00-12:00 Lyrically Correct Trivia w/Markesha  12:00 – 1:00 Lunch 1:00 – 2:00 DIY Activity Packets	5 10:00-12:00 Divine Mind Therapeutics: Desire Has No Expiration Date w/ Stefanie Jackson  12:00 – 1:00 Lunch 1:00 – 2:00 Sel-Engaged Activities	6 *TRIP* Amish Market 	7 10:00 – 11:00 Coffee & Meditation Coloring 11:00-12:00 Marvin Gaye Biography (Full Documentary)  12:00 – 1:00 Lunch 1:00 – 2:00 Comedy Shows (Seniors Choice)

10 10:00-11:00 Group Coffee & Chat (Music Therapy) 11:00 – 12:00 Yoga Monday – w/ Mr. Williams 12:00 – 1:00 Lunch 1:00 – 2:00- Family Feud w/ Markesha  2:00-4:00- Extended Programming (Connect Four Game)	11 10:00-11:00 Group Coffee-n-Chat (Current Events) 11:00– 12:00 Metro Access Presentation  12:00 – 1:00 Lunch 1:00-2:00 DIY Duck Snow Globes w/Markesha	12 10:00-11:00 Meditation Coloring & Coffee 11:00- 12:00 Strength Training – w/ Mr. Williams 12:00 – 1:00 Lunch 1:00 – 2:00 DIY Sunflower Paint Tote Bags w/Markesha 	13 *TRIP* PG Plaza  *FRESHFARM PRODUCE DELIVERY AT KUEHNER HOUSE*  2:00 – 4:00 Extended Programming (Cards/Checkers Game)	14 *Trip* To Orientation For Summer Camp Orientation At St. Benedict Church 
17 10:00-11:00 Coffee & Classical Music 11:00 – 12:00 Yoga Monday – w/ Mr. Williams 12:00 – 1:00 Lunch 1:00 – 2:00 Health Presentation w/Markesha: Daily Habits & Body Cleanliness  2:00-4:00 Extended Programming (Board Games)	18 *TRIP* AMC RIVERTOWNE 21 MOVIE THEATER (THE ODYSSEY) 	19 10:00-12:00 Divine Mind Therapeutics: Desire Has No Expiration Date w/ Stefanie Jackson  12:00 – 1:00 Lunch 1:00 – 2:00 Afternoon Self-Care w/Markesha 	20 10:00-11:00 Morning Inspirational Discussion w/Markesha 11:00– 12:00 Icebreaker Activity/Brain Games w/ Edenbridge Pace  12:00 – 1:00 Lunch 1:00 – 2:00 Craft Corner w/Markesha 2:00-4:00 Extended Programming (Table Games)	21 Food Delivery (Kuehner House) No in-person activity on this day. 

24 10:00-11:00 Activity Corner 11:00-12:00 Yoga Monday – w/ Mr. Williams 12:00 – 1:00 Lunch 1:00 – 2:00 Name That Tune w/Markesha  2:00-4:00 Extended Programming (Checkers Game)	25 10:00-11:00 Coffee Hour (Current Events) 11:00– 12:00 Acts Of Faith Book Club w/ Markesha  12:00 – 1:00 Lunch 1:00 – 2:00 BINGO FOR PRIZES! 	26 10:00-11:00 Social Circle & Coffee 11:00– 12:00 Strength Training – w/Mr. Williams 12:00 – 1:00 Lunch 1:00 – 2:00 Chuck Brown Biography (Full Documentary) 	27 10:00-11:00 Coffee Social & Jazz Music 11:00 – 12:00 DIY Word Search Puzzles 12:00 – 1:00 Lunch 1:00 – 2:00 Self-Engaged Activities 2:00 – 4:00 Extended Programming (Domino's Game)	28 10:00-11:00 Coffee Hour & Chat 11:00– 12:00 News & Views 12:00 – 1:00 Lunch 1:00 – 2:00 Test Your Knowledge/Brain Games w/Markesha *FRESHFARM PRODUCE DELIVERY AT KUEHNER HOUSE* 
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10:00-11:00

Social Circle & Coffee

11:00-12:00

Yoga Monday – w/ Mr.
Williams

12:00 – 1:00

Lunch

1:00 – 2:00

Health Presentation
w/Markesh: Hair
Loss/Causes & Treatments

2:00-4:00

Extended Programming
(Domino's Game)

RECIPE FOR THE MONTH: Berry Frozen Yogurt Bites



Ingredients

1 Cup vanilla yogurt

¼ Cup blueberries

¼ Cup raspberries

Instructions

1. Scoop yogurt into the cupcake liners, until they are 3/4 of the way full. You can also use silicone ice cube trays.
2. Place a couple berries in each cup, gently pressing them partially into the yogurt so they'll stay in place when frozen.
3. Once all the muffin cups are filled, place them on a baking sheet and put the pan into the freezer for 2-3 hours.
4. When ready to enjoy, remove cups from freezer and peel away the cupcake liners.