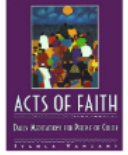


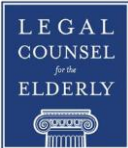
July Is Environmental Awareness Month



Senior Center Zoom Calendar

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

Monday	Tuesday	Wednesday	Thursday	Friday
	 Donna Short 7/1 Carl Goldston 7/3 Gregory Sims 7/8 Tyrone Marshall 7/12 Joyce Silla 7/31	1 10:00-11:00 Senior Center Meeting w/Markesha 11:00- 12:00 Strength Training- w/Mr. Williams 12:00 – 1:00 Lunch 1:00 – 2:00 Lyrically Trivia w/Markesha	2 *TRIP* Walmart Supercenter  *FRESHFARM PRODUCE DELIVERY AT KUEHNER HOUSE* 	3 SENIOR CENTER CLOSED 
6 10:00-11:00 Positive Affirmations 11:00 – 11:30 Scrumptious Watermelon Feast 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 Extended Programming (Table Games)	7 10:00 – 11:00 Group Coffee & Chat 11:00-12:00 Acts Of Faith Book Club w/Markesha-Iylana Vanzant  12:00 – 1:00 Lunch 1:00 – 2:00 Comedy Time w/Markesha 	8 10:00-12:00 Divine Mind Therapeutics Conflict Resolution & Understanding Anger w/ Stefanie Jackson  12:00 – 1:00 Lunch 1:00 – 2:00 Environmental Awareness Discussion w/Markesha: Reduce, Reuse and Recycle 	9 10:00-11:00 Coffee Social 11:00– 12:00 Strength Training w/Mr. Williams 12:00 – 1:00 Lunch 1:00 – 2:00 Meditation Coloring/Music 2:00-4:00 Extended Programming (Domino's Game)	10 *TRIP* Della J's Restaurant 

13 10:00-11:00 Coffee Social & (Music Therapy) 11:00 – 12:00 Yoga Monday w/ Mr. Williams 12:00 – 1:00 Lunch 1:00 – 2:00- Afternoon Self-Care w/Markesha  2:00-4:00- Extended Programming (Checkers Game)	14 10:00-11:00 Group Coffee & Chat (Current Events) 11:00 – 12:00 DIY Activity Packets 12:00 – 1:00 Lunch 1:00-2:00 Legal Counsel For The Elderly: Understanding the Difference Between Medicare and Medicaid 	15 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 Name That Tune w/Markesha 	16 10:00-11:00 Social Circle & Coffee 11:00 – 12:00 Readers Digest w/Markesha 12:00 – 1:00 Lunch 1:00-2:00 Environmental Awareness Presentation w/Markesha: Climate Change 2:00 – 4:00 Extended Programming (Spades Game) *FRESHFARM PRODUCE DELIVERY AT KUEHNER HOUSE* 	17 Food Delivery (Kuehner House) No in-person activity on this day 
20 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 Craft Corner w/Markesha DIY Plaster Painting Coastal Sea Figurines  2:00-4:00- Extended Programming (Board Games)	21 10:00-12:00 Breakfast & Nutrition Workshop w/Georgetown University  12:00 – 1:00 Lunch 1:00 – 2:00 DIY Painting Summer Gnomes w/Markesha 	22 10:00-12:00 Divine Mind Therapeutics Conflict Resolution & Understanding Anger w/ Stefanie Jackson  12:00 – 1:00 Lunch 1:00 – 2:00 DIY Tropical Beach Suncatcher Lanterns w/Markesha 	23 *TRIP* Mount Vernon Plaza 	24 10:00-12:00 Movie Day & Popcorn At Kuehner House: Michael Movie  12:00 – 1:00 Lunch 1:00 – 2:00 Continue: Movie 

27 10:00-11:00 Jazz Music & Coffee 11:00-12:00 Yoga Monday w/ Mr. Williams  12:00 – 1:00 Lunch 1:00 – 2:00 Family Feud Game Challenge w/Markesha  2:00-4:00- Extended Programming (Connect Four Game)	28 10:00-11:00 Coffee Hour & Chat 11:00– 12:00 News & Views 12:00 – 1:00 Lunch 1:00 – 2:00 Club Memory/Brain Games w/Sibley Memorial Hospital 	29 10:00-11:00 Morning Social Circle (Current Events) 11:00– 12:00 Strength Training w/Mr. Williams 12:00 – 1:00 Lunch 1:00 – 2:00 BINGO FOR PRIZES! 	30 10:00-11:00 Coffee & Chat 11:00 – 12:00 Cognitive Health & Dementia Discussion w/Markesha 12:00 – 1:00 Lunch 1:00 – 2:00 Jeopardy Challenge w/Markesha 2:00 – 4:00 Extended Programming (Cards/Checkers Game) *FRESHFARM PRODUCE DELIVERY AT KUEHNER HOUSE* 	31 *TRIP* ANACOSTIA MUSEUM 
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RECIPE FOR THE MONTH:

Fresh Fruit Salad



INGREDIENTS

Lime Yogurt Dressing (o

- 1 cup low-fat plain yogurt
- 1 tablespoon granulated sugar
- 2 teaspoons lime zest
- 2 teaspoons lime juice

Fruit Salad

- 2 cups diced fresh pineapple.
- 1-pound strawberries, hulled and sliced
- ½ pint blackberries, halved
- 4 ripe kiwis, peeled, halved, and sliced.

DIRECTIONS

1. **To prepare dressing:** Combine yogurt, sugar, lime zest and lime juice in a medium bowl.
2. **To prepare salad:** Combine pineapple, strawberries, blackberries and kiwi in a large bowl.
Serve with lime yogurt dressing, if desired.