






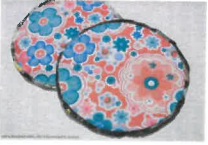





August is National Immunization Awareness Month

Kuehner House
1667 Good Hope Road SE
Senior Center Zoom Calendar

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

Monday=	Tuesday	Wednesday	Thursday	Friday
 <p>Rosa Richardson 8/5 Alease Smith 8/25</p>	<p>1</p> <p>10:00-11:00 Group Coffee-n-Chat (Positive Affirmations w/ Markesha) 11:00 – 12:00 TYE DYE w/Markesha 12:00 – 1:00 – Lunch 1:00 – 2:00 Health Care Ombudsman & Bill of Rights</p>	<p>2</p> <p>10:00-11:00 Senior Center Meeting 11:00 – 12:00 Strength Training w/Ms. Maria 12:00 – 1:00 – Lunch 1:00 – 2:00 Group Shop Talk (This & That)</p>	<p>3</p> <p>10:00-11:00 Group Coffee n- Chat (Current Events) 11:00 – 12:00 12:00 – 1:00 – Lunch 1:00 – 2:00 Activity Corner</p>	<p>4</p> <p>TRIP G&M Restaurant</p> 
<p>7</p> <p>10:00-11:00 Nutrition Ed w/Ms. Minor 11:00-12:00 Yoga Monday w/Ms. Maria 12:00 – 1:00 – Lunch 1:00 – 2:00– Cooking Demo w/ SNAP Education (Lynnitta)</p> 	<p>8</p> <p>10:00-11:00 Meditation Coloring</p>  <p>11:00-12:00 Hypertension Presentation w/ Nurse V 12:00 – 1:00 – Lunch 1:00 – 2:00 Medication Management w/Denise</p> 	<p>9</p> <p>10:00-11:00 Group Coffee n- Chat (Current Events) 11:00 – 12:00 Strength Training w/Ms. Maria 12:00 – 1:00 – Lunch 1:00 – 2:00– Bingo for Prizes</p> 	<p>10</p> <p>10:00 – 11:00 Lyrically Correct Trivia Card Game Challenge/Markesha</p>  <p>11:00-12:00 Mosaic Tile Coasters w/Denise</p>  <p>12:00 – 1:00 – Lunch 1:00 – 2:00 Intergenerational Game Activity w/Fendell Youth</p>	<p>11</p> <p>TRIP Haines Point Picnic w/Karen House</p> 

10:00-11:00
Family Feud Challenge
 w/Markesha

11:00 – 12:00

Yoga Monday – w/ Ms. Maria

12:00 – 1:00-Lunch

1:00 – 2:00

Loop it Activity w/Terri



14

10:00-11:00
Morning Ice Breakers
 (Positive Affirmations
 w/Markesha)

11:00 – 12:00??

12:00 – 1:00-Lunch

1:00-2:00

Bicycle Pokeno Playing Card
 Game w/Markesha



15

10:00-11:00
Morning Ice Breakers

11:00 – 12:00

Strength Training w/Ms. Maria

12:00 – 1:00-Lunch

1:00-2:00

Visual Health Presentation w/
 Mims Optical



16

TRIP Botanical Gardens



17

11:00 – 12:00
Trivia for prizes
Food Delivery
 (Kuehner House)
No in-person
activity on this
day.



18

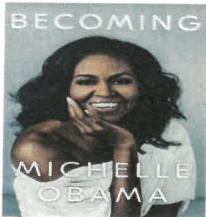
10:00-11:00
Group Coffee -n- Chat
 11:00 – 12:00

Yoga Monday – w/ Ms. Maria

12:00 – 1:00 – Lunch

1:00 – 2:00

(Book Club-Continued
 w/Markesha Michelle
 Obama "Becoming")



21

10:00-11:00
Morning Ice Breakers
 w/Denise

11:00– 12:00

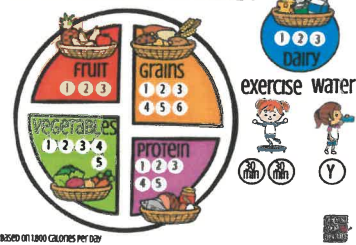
BP Screenings w/Nurse V

12:00 – 1:00 – Lunch

1:00 – 2:00

Healthy Food Demo
 w/Markesha

MY HEALTHY CHECKLIST



22

10:00-11:00
Group Coffee in Chat-
(Activity Connection)

11:00– 12:00

Strength Training – w/ Ms. Maria

12:00 – 1:00 – Lunch

1:00 – 2:00

“Cont” Loop it Activity w/Terri



23

10:00-11:00
Coffee and Paint Social
 w/Markesha

11:00-12:00

Elder Abuse Presentation w/
 (DC Office of The Inspector
 General)

12:00 – 1:00 – Lunch

1:00 – 2:00

Intergenerational Game
 Activity w/Fendell Youth



24

TRIP Walmart



25

<p>28</p> <p>10:00-11:00 Group Coffee -n- Chat (Music Therapy)</p> <p>11 – 12:00 Yoga Monday – w/ Ms. Maria</p> <p>12:00 – 1:00 – Lunch</p> <p>1:00 – 2:00 (Book Club-Continued w/Markesha Michelle Obama "Becoming")</p> 	<p>29</p> <p>10:00-11:00 Donut Social w/Markesha</p> <p>11:00– 12:00 Motown Melodies/Trivia w/Markesha</p> <p>12:00 – 1:00 - Lunch</p> <p>1:00 – 2:00 Bingo for Prizes</p> 	<p>30</p> <p>11:00-2:00</p> <p>Talent and Fashion Luncheon Show</p> <p>All talents and Fashion styles are welcomed.</p> 	<p>31</p> <p>10:00-11:00 Meditation Coloring</p> <p>11:00– 12:00 Strength Training w/Ms. Maria</p> <p>12:00 – 1:00 - Lunch</p> <p>1:00 – 2:00 Intergenerational Game Activity w/Fendell Youth</p> 	
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RECIPE FOR THE MONTH:

Strawberry-Pineapple Smoothie



INGREDIENTS

- 1 cup frozen strawberries

- 1 cup chopped fresh pineapple.
 - $\frac{3}{4}$ cup chilled unsweetened almond milk, plus more if needed
 - 1 tablespoon almond butter
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DIRECTIONS

1. Combine strawberries, pineapple, almond milk, and almond butter in a blender. Process until smooth, adding more almond milk, if needed, for desired consistency. Serve immediately.