
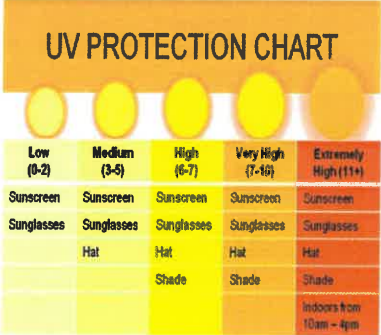








# July is UV Safety Awareness Month

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

Monday=	Tuesday	Wednesday	Thursday	Friday																														
 <p>Carl Goldstein 7/3 Linora Champion 7/21 Joyce Silla 7/31 Please Note That Activities Are Subject to Change</p>	 <table border="1"> <thead> <tr> <th>Low (0-2)</th> <th>Medium (3-5)</th> <th>High (6-7)</th> <th>Very High (7-10)</th> <th>Extremely High (11+)</th> </tr> </thead> <tbody> <tr> <td>Sunscreen</td> <td>Sunscreen</td> <td>Sunscreen</td> <td>Sunscreen</td> <td>Sunscreen</td> </tr> <tr> <td>Sunglasses</td> <td>Sunglasses</td> <td>Sunglasses</td> <td>Sunglasses</td> <td>Sunglasses</td> </tr> <tr> <td></td> <td>Hat</td> <td>Hat</td> <td>Hat</td> <td>Hat</td> </tr> <tr> <td></td> <td></td> <td>Shade</td> <td>Shade</td> <td>Shade</td> </tr> <tr> <td></td> <td></td> <td></td> <td></td> <td>Indoors from 10am - 4pm</td> </tr> </tbody> </table>	Low (0-2)	Medium (3-5)	High (6-7)	Very High (7-10)	Extremely High (11+)	Sunscreen	Sunscreen	Sunscreen	Sunscreen	Sunscreen	Sunglasses	Sunglasses	Sunglasses	Sunglasses	Sunglasses		Hat	Hat	Hat	Hat			Shade	Shade	Shade					Indoors from 10am - 4pm			
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				Indoors from 10am - 4pm																														
<p>3</p> <p>10:00-11:00 Senior Center Meeting 11:00 – 12:00 Nutrition Ed w/Ms. Minor Yoga Monday – w/ Ms. Maria 12:00 – 1:00 – Lunch 1:00 – 2:00– <b>Cooking Demo w/ SNAP Education (Lynnitta)</b></p> 	<p>4</p>  <p><b>SENIOR CENTER CLOSED</b></p>	<p>5</p> <p>10:00-11:00 Group Coffee n- Chat 11:00 – 12:00 Strength Training – w/ Ms. Maria 12:00 – 1:00 – Lunch 1:00 – 2:00– Bingo for Prizes</p> 	<p>6</p> <p>10:00 – 11:00 Group Coffee n-Chat 11:00-12:00 Legal Counsel for the Elderly (Tenant Rights) 12:00 – 1:00 – Lunch 1:00 – 2:00 Activity Corner- (Self Engaged) (Board Games, Cards, Word Search)</p> 	<p>7</p> <p><b>TRIP</b> <b>Golden Corral</b></p>																														

10


**10:00-11:00**  
**Group Coffee -n- Chat**  
**(Positive Affirmations**  
**w/Denise)**  
**11:00 – 12:00**  
**Yoga Monday – w/ Ms.**  
**Maria**  
**12:00 – 1:00-Lunch**  
**1:00 – 2:00**  
**DIY-Loop it Blanket**  
**Activity w/Terri**



BEGINNER FINGER KNIT BLANKET  
 How to make a - beginner finger knit - no knitting at all method  
 Make: EndPurl.com

11

**TRIP**  
**Hawaiian Lua**  
**w/Episcopal**  
**Diocese of**  
**Hawaii Youth**  
**Delegation**  
**(Karin House)**



12

**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**  
**TYE DYE w/Markesha**



13

**10:00-11:00**  
**Group Coffee -n- Chat**  
**11:00 – 12:00**  
**KH Activity w/Markesha**  
**Stress Management**  
**Presentation w/Denise**  
**(Karin House Residents)**  
**12:00 – 1:00 – Lunch**  
**1:00-2:00- Family Feud**  
**Game w/Markesha**



14

**TRIP**  
**Amish**  
**Market**

17

**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 w/Markesha**  
**Michelle Obama's**  
**"Becoming"**

18

**10:00-11:00**  
**Morning Ice Breakers**  
**w/Denise**  
**11:00– 12:00**  
**DC Board of Elections**  
**12:00 – 1:00 – Lunch**  
**1:00 – 2:00**  
**Healthy Food Demo**  
**w/Markesha**



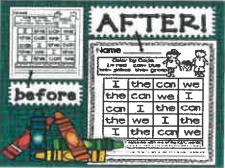
19

**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**  
**DIY-“ Cont” Loop it**  
**BlanketActivity w/Terri**



20




**10:00-11:00**  
**Group Coffee -n- Chat**  
**11:00 – 12:00**  
**Meditation Coloring**  
**Yoga Monday – w/ Ms. Maria**  
**12:00 – 1:00 – Lunch**  
**1:00-2:00-**  
**DIY-Activity Package**  
**Cognitive Brain Games)**



21

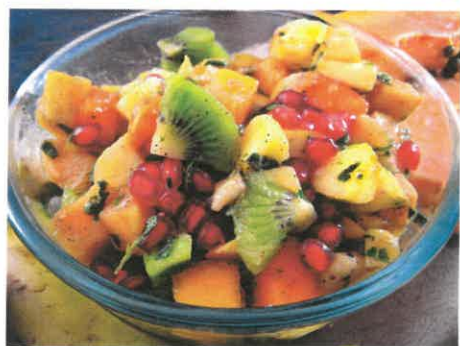
**11:00 – 12:00**  
**Trivia for prizes**  
**Food Delivery**  
**(Kuehner House)**  
**No in-person**  
**activity on this**  
**day.**



<p style="text-align: right;">24</p> <p><b>10:00-11:00</b>  <b>Group Coffee -n- Chat</b>  <b>(Music Therapy)</b>  <b>11 – 12:00</b>  <b>Yoga Monday</b> – w/ Ms. Maria  <b>12:00 – 1:00 – Lunch</b>  <b>1:00 – 2:00</b>  <b>Book club w/Markesha</b>  <b>(Michelle Obama’s</b>  <b>Becoming”</b></p>	<p style="text-align: right;">25</p> <p><b>10:00-11:00</b>  <b>Meditation Coloring</b>  <b>11:00– 12:00</b>  <b>Family First Life</b>  <b>12:00 – 1:00 - Lunch</b></p> <p><b>1:00 – 2:00</b>  <b>Bingo for Prizes</b></p> 	<p style="text-align: right;">26</p> <p><b>10:00-11:00</b>  <b>Senior Scams Presentation</b>  <b>w/Denise</b>  <b>11:00– 12:00</b>  <b>Strength Training</b> – w/ Ms. Maria</p> <p><b>12:00 – 1:00 – Lunch</b></p> <p><b>1:00 – 2:00</b>  <b>DIY-Gem Keychains w/ Denise</b></p> 	<p style="text-align: right;">27</p> <p><b>10:00-11:00</b>  <b>Morning Ice Breakers</b>  <b>w/Markesha</b>  <b>11:00-12:00</b>  <b>UHC Ice Cream Social</b>  <b>w/Donna</b>  <b>12:00 – 1:00 – Lunch</b></p> <p><b>1:00 – 2:00</b>  <b>Group Quilt Activity</b></p> 	<p style="text-align: center;">28</p> <p style="text-align: center;"><b>TRIP</b>  <b>PG. Plaza</b></p>
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## RECIPE FOR THE MONTH:

### Fresh Fruit Salad



#### Lime Yogurt Dressing (optional)

- 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.

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## **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.