







September is Healthy Aging Month



Senior Center Zoom Calendar

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>SEPTMBER IS Healthy Aging MONTH</p> <p>STAFF Brenda Badillo - Program Support Specialist 202-381-1938 Denise Stoney - Wellness Manager 202-235-1492 Joan Williams - Senior Director of Senior Services</p>	<p>Happy Birthday</p> <p>Gladys Smith 09/09 Jordan Maxine 09/10 Doris Day 09/20 Kenneth Beard 09/20 Madora Dunston 09/21 Fannie Broadus 09/22</p>		<p>11 – 11:30 Senior Center Meeting 12:00 – 1:00 – Lunch 1:00 – 2:00 Activity Corner</p> 	<p>2</p> <p>Trip: Crossroads Place Shopping Plaza Giant, TJ Maxx, Burlington, and HomeGoods</p> <p>**Transportation will be provided (Sign up by Wednesday, August 31st)</p>
<p>5</p> <p>Senior Center Closed</p> <p>HAPPY Labor Day</p>	<p>6</p> <p>11:00 – 12:00 Spanish BINGO with <i>Brenda</i> 12:00 – 1:00 – Lunch 1:00 – 2:00 Bracelets w/ Brenda</p> 	<p>7</p> <p>11 – 11:30 Computer class Part 2 w/ Brenda 11:30 – 12:00 Strength Training – w/ Ms. Maria 12:00 – 1:00 – Lunch 1:00-2:00 Quilt Project</p> 	<p>8</p> <p>11:00 – 12:00 Legal Counsel for the Elderly – Open enrollment Medicare 12:00 – 1:00 – Lunch 1:00 – 2:00 Caramel Apple Dippers</p> 	<p>9</p> <p>Trip: Roses Discount Store</p>  <p>**Transportation will be provided (Sign up by Wednesday, September 7th)</p>

12

11:00-11:30:
Ms. Minor Presentation
11:30 – 12:00
Yoga Monday – w/ Ms. Maria (in-person)
12:00 – 1:00 – Lunch
1:00 – 2:00
Nutrition Education w/ Lily Speechler




13

Senior Center Closed

Staff Meeting


14

11 – 11:30
Stretching w/ Hannah
11:30 – 12:00
Strength Training – w/ Ms. Maria
12:00 – 1:00 – Lunch
1:00-2:00
Quilt Project




15

11:00 – 12:00
Financial Literacy Workshop - Credit
12:00 – 1:00 – Lunch
1:00 – 2:00
Sunflower Seed Card



16

Trip:
Movie Theatre



****Transportation will be provided**
(Sign up by Wednesday, September 14th)


19

11:00-12:00
Line Dancing – w/ Ms. Maria (in-person)
12:00 – 1:00 – Lunch
1:00 – 2:00
Autumn Harvest Punch



20

11:00 – 12:00
STI/STD Prevention Presentation
12:00 – 1:00 – Lunch/ Fall Prevention Trivia with DACL
1:00 – 2:00
Pot Holder DIY/ Terri West



21

11 – 11:30
Computer class Part 2 w/ Brenda
11:30 – 12:00
Strength Training – w/ Ms. Maria
12:00 – 1:00 – Lunch
1:00 – 2:00
BINGO
with *Brenda*

22

11:00 – 12:00
Financial Literacy Workshop - Savings
12:00 – 1:00 – Lunch
1:00 – 2:00
Fall Wreath



23

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

11:00-12:00
Yoga Monday – w/ Ms. Maria (in-person)

12:00 – 1:00 – Lunch

1:00 – 2:00

Healthy Snack Tour



Senior Center Health Fair

11-2pm

Food will be provided



11 – 11:30
Senior Center Meeting
11:30 – 12:00
Strength Training – w/ Ms. Maria
12:00 – 1:00 – Lunch
1:00 – 2:00
DIY Mason Jar – Leaf Lantern w/ Terri West



11:00 – 12:00
Financial Literacy Workshop – Digital Banking
12:00 – 1:00 – Lunch
1:00 – 2:00
Apple Pie Bites



Trip: Karin House End of Summer Cookout



****Transportation will be provided**
(Sign up by Wednesday, September 28th)



Chicken Cutlets with Sun-Dried Tomato Cream Sauce



Ingredients:

- 1 *Pound* chicken cutlets
- $\frac{1}{4}$ *Teaspoon* salt (split)
- $\frac{1}{4}$ *Teaspoon* ground pepper (split)
- $\frac{1}{2}$ *Cup* of sun-dried tomatoes
- $\frac{1}{2}$ *Cup* of finely chopped shallots
- $\frac{1}{2}$ *Cup* dry white wine
- $\frac{1}{2}$ *Cup* heavy cream
- 2 *Tablespoons* chopped fresh parsley

Nutrition Facts:

Serving Size: 3oz Chicken and $\frac{1}{4}$ cup sauce

Per Serving:

324 calories; protein 25g; carbohydrates 8.4g; dietary fiber 1g; sugars 1.8g; fat 18.9g; saturated fat 8.4g; cholesterol 96.6mg; vitamin a iu 1030IU; vitamin c 18.3mg; folate 17.3mcg; calcium 50.7mg; iron 1.6mg; magnesium 42.9mg; potassium 532.4mg; sodium 249.5mg.



Directions:

1. Sprinkle chicken with 1/8 teaspoon each salt and pepper.
2. Heat sun-dried tomato oil in a large skillet over medium heat. Add the chicken and cook, turning once, until browned and an instant-read thermometer inserted into the thickest part registers 165 degrees F, about 6 minutes total. Transfer to a plate.
3. Add sun-dried tomatoes and shallots to the pan. Cook, stirring, for 1 minute.
4. Increase heat to high and add wine. Cook, scraping up any browned bits, until the liquid has mostly evaporated, about 2 minutes.
5. Reduce heat to medium and stir in cream, any accumulated juices from the chicken and the remaining 1/8 teaspoon each salt and pepper; simmer for 2 minutes.
6. Return the chicken to the pan and turn to coat with the sauce. Serve the chicken topped with the sauce and parsley.

References:

Chicken Cutlets with Sun-Dried Tomato Cream Sauce, EatingWell

<https://www.eatingwell.com/recipe/276341/chicken-cutlets-with-sun-dried-tomato-cream-sauce/>

