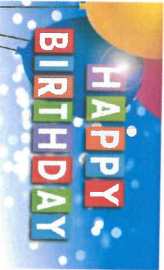

























**Zoom local# - (301) 715-8592**  
**Meeting ID - 816 7131 7461**

# September is National Preparedness Month

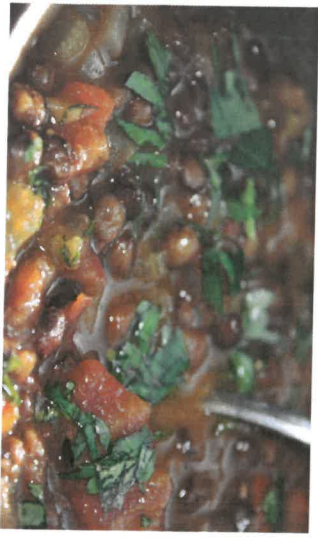
Kuehner House  
 1667 Good Hope Road SE  
 Senior Center Zoom Calendar

Monday=	Tuesday	Wednesday	Thursday	Friday
 <p>Gladys Smith 9/9            Maxine Jordan 09/10            Doris Day 9/20            Fannie Broadus 9/22</p>	 <p>Emergency preparedness starts with you  <b>be prepared</b>  <b>ALERT</b></p>			<p><b>TRIP</b>  <b>Marshalls</b></p>
<p>4</p> <p><b>Senior Center Closed</b></p> 	<p>5</p> <p>10:00-11:00  <b>Senior Center Meeting</b>            11:00-12:00  <b>Rodent Control w/DC Health</b>            12:00 – 1:00 -- Lunch            1:00 – 2:00--  <b>Button Ball activity w/Terri</b></p> 	<p>6</p> <p>10:00-12:00  <b>Vaccination Clinic</b>  <i>(Community Room)</i>            12:00 – 1:00 <b>Lunch</b>            1:00 – 2:00--  <b>Bingo for Prizes</b></p> 	<p>7</p> <p><b>SENIOR SERVICES CAMP ORIENTATION</b>  <b>Senior Center Closed</b>            12:00 – 1:00 – Lunch will be served in the community room.  <b>(EOTR Friendship Café)</b></p> 	<p>8</p> <p><b>TRIP</b>  <b>Amish Market</b></p>

<p>10:00-11:00 <b>Nutrition Ed w/ Ms. Minor</b> 11:00 – 12:00 <b>Yoga Monday</b> – w/ Ms. Maria 12:00 – 1:00 – Lunch</p> <p>1:00 – 2:00– <b>Cooking Demo w/ SNAP Education</b> (Lynnitta)</p> 	<p>10:00-12:00 <b>Movie Matinee</b> 12:00 – 1:00–<b>Lunch</b> 1:00 – 2:00 “Continue Movie Matinee”</p> 	<p>10:00-11:00 <b>Morning Ice Breakers</b> 11:00 – 12:00 <b>Strength Training w/Ms. Maria</b> 12:00 – 1:00–<b>Lunch</b> 1:00-2:00 <b>Book club w/Markesha</b></p> 	<p>10:00-11:00 <b>Meditation Coloring</b> 11:00– 12:00 <b>Jeopardy Game w/Markesha</b> 12:00 – 1:00 - Lunch 1:00 – 2:00 <b>Activity w/Denise</b> (Flowers Moon Beach Diamond Painting Picture)</p> 	<p>11:00 – 12:00 <b>Trivia for prizes Food Delivery (Kuehner House)</b> <b>No in-person activity on this day.</b></p> 
<p>10:00-11:00 <b>Group Coffee-n-Chat</b> 11:00 – 12:00 <b>Yoga Monday</b> – w/ Ms. Maria 12:00 – 1:00 --- Lunch 1:00 – 2:00 <b>Yarn Balls Activity w/Terri</b></p> 	<p>10:00-11:00 <b>Morning Ice Breakers w/Denise</b> 11:00– 12:00 <b>Nutrition education w/ American University Health Department</b> 12:00 – 1:00 – Lunch 1:00 – 2:00 <b>Healthy Food Demo w/Markesha</b></p> 	<p><b>TRIP</b> <b>Senior Spa Day</b> <b>Relax. Refresh Renew.</b> (Fort Stanton Recreation)</p> 	<p>10:00-11:00 <b>Group Coffee in Chat-</b> 11:00-12:00 <b>Strength Training w/Ms. Maria</b> 12:00 – 1:00 – <b>Lunch</b> 1:00 – 2:00 <b>Fall Wreath Decorations with Markesha</b></p> 	<p><b>TRIP</b> <b>Senior Fellowship</b> <b>w/Central Union Mission</b></p> 

<p>25</p> <p>10:00-11:00 <b>Group Coffee-n-Chat (Music Therapy)</b> 11 – 12:00 Yoga Monday – w/ Ms. Maria 12:00 – 1:00 – Lunch 1:00 – 2:00 <b>Book club w/Markesha</b></p> 	<p>26</p> <p>10:00-11:00 <b>Meditation Coloring (Mind and Body Balance)</b> 11:00– 12:00 <b>Fruit Stamping on Tea Towels with Markesha</b> 12:00 – 1:00 - Lunch 1:00 – 2:00 <b>Bingo for Prizes</b></p> 	<p>27</p> <p>10:00-11:00 <b>Positive Affirmations (Morning Chat)</b> 11:00 – 12:00 Strength Training w/Ms. Maria 12:00 – 1:00 – Lunch 1:00 – 2:00 <b>Sip-n-Paint Activity w/Markesha</b></p> 	<p>28</p> <p>10:00-11:00 <b>Morning Social Circle</b> 11:00– 12:00 Lyrically Trivia w/Markesha 12:00 – 1:00 - Lunch 1:00 – 2:00 <b>Just Bead It (Making Bracelets w/Markesha)</b></p> 	<p>29</p> <p><b>TRIP ROSS</b></p>
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**RECIPE FOR THE MONTH: LENTIL SOUP**



## INGREDIENTS:

- 1/4 cup olive oil
- 1 onion, chopped
- 2 carrots, diced
- 2 stalks celery, chopped
- 2 cloves garlic, minced.
- 1 bay leaf
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- 2 cups dry lentils
- 8 cups water
- 1 (14.5 ounce) can crushed tomatoes
- 1/2 cup spinach rinsed and thinly sliced.
- 2 tablespoons vinegar

## DIRECTIONS

1. Begin by sauteing chopped vegetables in olive oil over medium heat, then add in aromatics.
2. Next, stir in lentils, tomatoes, and water. Reduce heat and allow the mixture to simmer until the lentils are perfectly tender.
3. Add in spinach last, gently wilting the greens and reseasoning soup before serving if necessary.