



September is Healthy Aging 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>2</p>  <p>(Senior Center Closed)</p>	<p>3</p> <p>10:00-12:00 Forgiveness workshop w/ Markesha- (Iylana Vanzant) Current Events w/Markesha 12:00 – 1:00 – Lunch 1:00 – 2:00– DIY- Fall Jars</p> 	<p>4</p> <p>10:00-12:00 Respiratory Vaccination Clinic (Community Room) 12:00 – 1:00 Lunch 1:00 – 2:00– Bingo for Prizes</p>	<p>5</p> <p>10:00-11:00 Senior Center Meeting 11:00 – 12:00 Group Social Circle 12:00 – 1:00 – Lunch 1:00 – 2:00 Green Scape Energy Presentation w/Solar Energy</p>	<p>6</p> <p>TRIP Walmart</p> 
<p>9</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– Nutrition Education and Cooking Class SNAP Education</p> 	<p>10</p> <p>10:00-11:00 Group Coffee n- Chat 11:00-12:00 Rodent/ Pest Control 12:00 – 1:00 – Lunch 1:00 – 2:00 Maya Angelou I Know Why The Caged Bird sings</p> 	<p>11</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– Quilt Project</p> 	<p>12</p> <p>10:00 – 11:00 Lyrically Correct Trivia Card Game Challenge/Markesha</p>  <p>11:00-12:00 12:00 – 1:00 – Lunch 1:00 – 2:00 Bingo for Prizes</p> 	<p>13</p> <p>10:00-12:00 "MOVIE DAY" 12:00- Lunch 1:00-2:00 "Cont MOVIE DAY"</p> 

16

10:00-11:00
Coffee-n-Chat
 11:00 – 12:00
 Yoga Monday – w/ Ms. Maria
 12:00 – 1:00-
 1:00 – 2:00
Healthy Food Demo w/Markesha



17

10:00-12:00
Forgiveness workshop w/ Markesha- (Iylana Vanzant)
 12:00 – 1:00-**Lunch**
 1:00-2:00
 Immune Booster presentation w/ Physician Doctor



18

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
Game Day



19

TRIP
Golden Corral



20

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



23

10:00-11:00
Group Coffee -n- Chat (Music Therapy)
 11:00– 12:00
 Strength Training – w/ Ms. Maria
 12:00- 1:00 **Lunch**
 1:00 – 2:00
Game Day-Activities (Spades Tournament)



24

10:00-11:00
Activities Connection w/ Markesha
 11:00– 12:00
MedStar Health Burn Prevention Education
 12:00 – 1:00 – **Lunch**
 1:00 – 2:00
DIY Pumpkin Painting



25

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
Family First Life Presentation w/ Brian Brisco



26

TRIP-To Kuehner House
 10:00-11:00
Group Coffee-n-Chat
 11:00– 12:00-
 Co-current programming (Participants Choice)
 12:00 – 1:00 – **Lunch**
 1:00 – 2:00
August Birthday Celebration



27

TRIP
African American Museum



Healthy Aging Month 2024: Shaping the Future of Aging

9:30-12:00

Mind Matters Movement
Breakfast and Bingo
Event



12:00 – 1:00 – Lunch

1:00 – 2:00

Group Social Circle



AGING and HEALTH

- 68% of people aged 65 and older have at least one chronic condition.
- 70% of people aged 65 and older have at least two chronic conditions.
- 80% of people aged 65 and older have at least three chronic conditions.

SENIORS AND HEALTH

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Some Tips for Positive Aging

Care for Your Body
Engage in regular exercise or physical activity to help maintain functional mobility, eat a healthy diet, and get regular checkups from a physician.

Strengthen Relationships
Connections with other people can help prevent loneliness and isolation, especially in old age.

Seek Support from a Mental Health Professional
If positive aging doesn't come naturally to you, there is no shame in seeking professional help.



Healthy Aging

While genetics plays a role in longevity, there are things everyone can do to ensure they stay healthy as they age.

- 1. Eat healthfully
- 2. Be physically active
- 3. Stay mentally active
- 4. Get regular eye and dental care
- 5. Undergo routine screenings
- 6. Keep socially connected

OSF HEALTHCARE

6 WAYS TO HELP SENIORS STAY HEALTHY AS THEY AGE

1. STAY ACTIVE
2. DRINK PLENTY OF WATER
3. PRACTICE BREATHING EXERCISES
4. LIMIT PROCESSED FOODS
5. STAY SOCIALLY ACTIVE
6. CONTINUE TO CHALLENGE YOUR BRAIN

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RECIPE FOR THE MONTH: LENTIL SO



Ingredients

- ¼ 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
- ½ cup spinach, rinsed and thinly sliced
- 2 tablespoons vinegar
- salt to taste
- ground black pepper to taste

Directions

Step 1

Heat oil in a large soup pot over medium heat. Add onions, carrots, and celery; cook and stir until onion is tender, 3 to 5 minutes.

Step 2

Stir in garlic, bay leaf, oregano, and basil; cook for 2 minutes.

Step 3

Stir in lentils and add water and tomatoes. Bring to a boil. Reduce heat and let simmer until lentils are tender, at least 1 hour.

Step 4

When ready to serve, stir in spinach and cook until it wilts.

Step 5

Stir in vinegar and season with salt and pepper; taste and adjust as needed.

Step 6

Serve hot and enjoy!