

















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> 

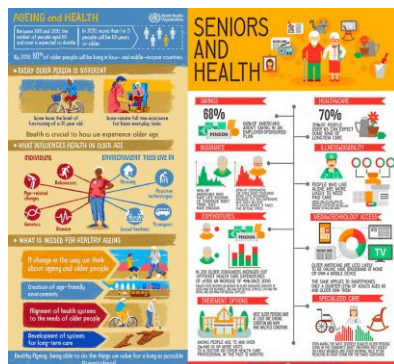
<p>16</p> <p>10:00-11:00 Coffee-n-Chat 11:00 – 12:00 Yoga Monday – w/ Ms. Maria 12:00 – 1:00- 1:00 – 2:00 Healthy Food Demo w/Markesha</p> 	<p>17</p> <p>10:00-12:00 Forgiveness workshop w/ Markesha- (Iylana Vanzant) 12:00 – 1:00-Lunch 1:00-2:00 Immune Booster presentation w/ Physician Doctor</p> 	<p>18</p> <p>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</p> 	<p>19</p> <p>TRIP Golden Corral</p> 	<p>20</p> <p>11:00 – 12:00 Trivia for prizes Food Delivery (Kuehner House) No in-person activity on this day.</p> 
<p>23</p> <p>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)</p> 	<p>24</p> <p>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</p> 	<p>25</p> <p>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</p> 	<p>26</p> <p>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</p> 	<p>27</p> <p>TRIP African American Museum</p> 

Mind Matters Movement Breakfast and Bingo Event



1:00 – 2:00

Group Social Circle



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.



6 WAYS TO HELP SENIORS STAY HEALTHY

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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!