



June is National Nutrition 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>Joann Buford 6/16 Florence Canada 6/17 Laura Grant 6/25 Lillian McCloud 6/25 Doris McJunkin 6/24</p>	<p>Good nutrition is a critical part of health and development. According to the World Health Organization (WHO) better nutrition is related to improved health at all ages, a lower risk of diseases, and longevity.</p> 		<p>TRIP Old Maryland Farm</p> 	<p>All SOME STAFF DAY Senior Center Closed (Lunch will be provided)</p>
<p>5</p> <p>10:00-11:00 Senior Center Meeting Nutrition Ed w/ Ms. Minor 11:00 – 12:00 Yoga Monday – w/ Ms. Maria 12:00 – 1:00 – Lunch 1:00 – 2:00– Cooking Demo w/ SNAP Education (Lynnitta)</p> 	<p>6</p> <p>10:00 – 12:30 DC Living Well – Chronic Health Workshop- DC HEALTH ***In-person & Phone call) In-person Group 10:00-12:30 Virtual Group 11-12 pm 12:00 – 1:00-Lunch 1:00-2:00 -- Activity w/Markesha (Jewelry Making)</p>	<p>7</p> <p>TRIP Spa Day at Fort Stanton Rec</p> 	<p>8</p> <p>10:00 – 11:00 Group Coffee -n- Chat (Activity Connection) 11:00-12:00 MOVIE DAY 12:00 – 1:00 – Lunch 1:00 – 2:00 Continue: MOVIE</p> 	<p>9</p> <p>TRIP Walmart</p> 

12
10:00 – 12:00
HEALTH FAIR
w/Community
Outreach
Agencies

12:00 – 1:00
(Lunch will be provided)

1:00 – 2:00
Social Circle Activities



13
10:00 – 12:30
DC Living Well – Chronic
Health Workshop-
DC HEALTH
*****In-person & Phone call)**
In-person Group
10:00-12:30
Virtual Group

12:00 – 1:00-Lunch
1:00-2:00 –
TYE DYE w/Markesha



14
10:00-2:00
Father's Day
Luncheon
w/Terri
(Lunch will be provided)



15
10:00-11:00
Morning Ice Breakers
11:00-12:00
Bingo for Prizes -KH
Stress Management
Presentation w/Denise
Karin House Residents

12:00 – 1:00 – Lunch
1:00 – 2:00
Bingo for Prizes



16
11:00 – 12:00
Trivia for prizes
Food Delivery
(Kuehner House)
No in-person
activity on this day.



19
10:00-11:00
Group Coffee -n- Chat
(Music Therapy)
11 – 11:30
Nutrition Ed w/ Ms. Minor
11:30 – 12:00
Yoga Monday – w/ Ms.
Maria
12:00 – 1:00 -- Lunch

1:00 – 2:00
Intro to book club
w/Jennifer



20
10:00 – 12:30
DC Living Well – Chronic
Health Workshop-
DC HEALTH
*****In-person & Phone call)**
In-person Group
10:00-12:30
Virtual Group
11-12 pm
12:00 – 1:00-Lunch
1:00-2:00-
Rock Painting w/Denise



21
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
Jeopard game w/Markesha



22
10:00-11:00
News Chronicle Doughnut
Social w/Markesha

11:00-12:00
Summer craft painting
w/Denise

12:00 – 1:00 -- Lunch

1:00 – 2:00
Dual Health Plan w/UHC

23
TRIP
Haines Point
Summer Kick
Off w/Karin
House



<p>26</p> <p>10:00-11:00 Group Coffee -n- Chat (Music Therapy) 11 – 11:30 Nutrition Ed w/ Ms. Minor 11:30 – 12:00 Yoga Monday – w/ Ms. Maria 12:00 – 1:00 – Lunch</p> <p>1:00 – 2:00 Family Feud Game w/Markesha</p> 	<p>27</p> <p>10:00-11:00 Meditation Coloring 11:00– 12:00 HEALTHY FOOD DEMO w/ SOME Wellness Program 12:00 – 1:00 - (Lunch will be provided)</p> <p>1:00 – 2:00 Bingo for Prizes</p> 	<p>28</p> <p>10:00-11:00 Group Coffee in Chat- (Current events)</p> <p>11:00– 12:00 Strength Training – w/ Ms. Maria</p> <p>12:00 – 1:00 – Lunch</p> <p>1:00 – 2:00 DIY-Gem Keychains w/ Denise</p> 	<p>29</p> <p>10:00-11:00 Morning Ice Breakers w/Markesha 11:00-12:00 Senior Scams Presentation w/Denise</p> <p>12:00 – 1:00 – Lunch</p> <p>1:00 – 2:00 Quilt Activity</p> 	<p>30</p> <p>TRIP Bowling</p> 
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RECIPE FOR THE MONTH: Seasoned Tilapia Fillets



INGREDIENTS

- 2 tilapia fillets (6 ounces each)
 - 1 tablespoon butter, melted.
 - 1 teaspoon Montreal steak seasoning
 - 1/2 teaspoon dried parsley flakes
 - 1/4 teaspoon paprika
 - 1/8 teaspoon pepper

 - 1/4 teaspoon dried thyme
 - 1/8 teaspoon onion powder
 - 1/8 teaspoon salt
 - Dash garlic powder
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DIRECTIONS

1. Preheat oven to 425°. Place tilapia in a greased 11x7-in. baking dish; drizzle with butter. In a small bowl, mix remaining ingredients; sprinkle over fillets.
2. Bake, covered, 10 minutes. Uncover; bake until fish just begins to flake easily with a fork, 5-8 minutes.