






May is Older American's 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>1</p> <p>10:00-11:00 Group Coffee-n-Chat 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 Cooking Demo w/ SNAP Education (Lynnitta)</p>	<p>2</p> <p>10:00 – 11:00 Group Coffee -n- Chat (Music Therapy) 11:00-11:30 Senior Center Meeting 11:30-12:00 East River Satisfaction Survey 12:00 – 1:00 – Lunch 1:00-2:00 – Plant Potting w/ Denise</p> 	<p>3</p> <p>11 – 11:30 Senior Walk w/Denise & Ms. Maria 11:30-12:00 Strength Training – w/ Ms. Maria 12:00 – 1:00 – Lunch 1:00 – 2:00 Bingo for Prizes</p> 	<p>4</p> <p>11:00-2:00 OLDER AMERICAN'S MONTH CELEBRATION w/UHC (Lunch will be served)</p>	<p>5</p> <p>TRIP G&M Seafood</p>
<p>8</p> <p>10:00-11:00 Mother's Day Continental Breakfast 11:00 – 12:00 Yoga Monday – w/ Ms. Maria 12:00 – 1:00 – Lunch 1:00 – 2:00 DIY-Mother Day Picture Frames & Hanging Wood Ornaments</p>	<p>9</p> <p>10:00-2:00 May Founders Month w/Turner Construction Company (Bingo Party) (Lunch will be Served)</p>	<p>10</p> <p>10:00-11:00 Group Coffee in Chat- (Positive Affirmations) 11:00-12:00 Strength Training – w/ Ms. Maria 12:00 – 1:00 – Lunch 1:00 – 2:00 Quilt Project</p> 	<p>11</p> <p>10:00-11:00 Morning Ice Breakers 11:00-12:00 Bingo for Prizes -KH Anxiety vs Depression Virtual Presentation w/Denise Karin House Residents 12:00 – 1:00 – Lunch 1:00 – 2:00 UHC- Dual health plan</p>	<p>12</p> <p>TRIP PG Plaza</p>

<p style="text-align: right;">15</p> <p>10:00-11:00 Morning Social Activities</p> <p>11:30 – 12:00 Yoga Monday – w/ Ms. Maria</p> <p>12:00 – 1:00 – Lunch</p> <p>1:00 – 2:00- Mosaic Crafts w/Denise</p> 	<p style="text-align: right;">16</p> <p>10:00 – 12:30 DC Living Well – Chronic Health Workshop- DC HEALTH ***In-person & Phone call)</p> <p>In-person Group 10:00-12:30 Virtual Group 11-12 pm</p> <p>12:00 – 1:00-Lunch 1:00-2:00 – Activity w/Terri- DIY Loop it Blankets</p>	<p style="text-align: right;">17</p> <p>10:00-11:00 Group Coffee in Chat- 11:00- 12:00 Strength Training – w/ Ms. Maria</p> <p>12:00 – 1:00 – Lunch</p> <p>1:00 – 2:00 Ice Cream Social w/Denise</p> 	<p style="text-align: right;">18</p> <p style="text-align: center;">TRIP Amish Market</p>	<p style="text-align: right;">19</p> <p>11:00 – 12:00 Trivia for prizes!</p> <p>Food Delivery (Kuehner House)</p> <p>No in-person activity on this day.</p> 
<p style="text-align: right;">22</p> <p>10:00-11:00 Group Coffee -n- Chat (Music Therapy)</p> <p>11 – 11:30 Nutrition 101 w/ Ms. Minor</p> <p>11:30 – 12:00 Yoga Monday – w/ Ms. Maria</p> <p>12:00 – 1:00 – Lunch</p> <p>1:00 – 2:00 Activity w/Terri-DIY Loop it Blanket continued</p>	<p style="text-align: right;">23</p> <p>10:00 – 12:30 DC Living Well – Chronic Health Workshop- DC HEALTH ***In-person & Phone call)</p> <p>In-person Group 10:00-12:30 Virtual Group 11-12 pm</p> <p>12:00 – 1:00-Lunch</p> <p>1:00-2:00- Activity w/ Markesha</p>	<p style="text-align: right;">24</p> <p>10:00-11:00 Group Coffee in Chat- (What's New?)</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 style="text-align: right;">25</p> <p style="text-align: center;">TRIP Celebrating Older Americans Month w/Friendship Café (DACL)</p> <p style="text-align: center;">(Transportation will be provided)</p>	<p style="text-align: right;">26</p> <p style="text-align: center;">TRIP DC Strings Memorial Day Cookout at Karin House</p>

29

**Happy
Memorial Day
Senior Center
Closed**



30

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-

Jeopardy Game

31

**Senior Fest
Gateway DC
Pavilion
Transportation
will be provided**



Ruth Davis 5/17

Ruth Minor 5/22

Anthony Curtis 5/18

RECIPIE FOR THE MONTH

SAUTEED KALE



INGREDIENTS

- 2 tbsp extra-virgin olive oil
- 2 cloves garlic, minced.
- 1 large bunch kale stemmed and roughly chopped.
- Kosher salt
- Freshly ground black pepper
- Pinch crushed red pepper

DIRECTIONS

1. Heat olive oil in a large saucepan over medium-high heat. Add the garlic and cook until soft, but not colored. Raise heat to high, add the stock and kale and toss to combine. Cover and cook for 5 minutes. Remove cover and continue to cook, stirring until all the liquid has evaporated. Season with salt and pepper to taste and add vinega