













August is National Wellness Month









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

Senior Center Zoom Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>Vincent Sands 8/1 Rosa Richardson 8/5 Timothy Barksdale 8/12 James Christwell 8/20 Alfred Green 8/20 Clifton Crump 8/16 Alease Smith 8/25</p>	<h2>National Wellness Month</h2> <p>Encourages individuals to make self-care a priority, build healthy routines, and support their mental, physical, and emotional well-being. Whether you're focusing on hydration, movement, mindfulness, or simply slowing down, this month is your reminder to put yourself first.</p> 	<h2>Self-Care Tips</h2> <ol style="list-style-type: none"> 1. Drinking lots of water 2. Get your sleep (8 Hours) 3. Exercise 4. Relaxing Activity 5. Practice Gratitude and Positivity 		<p>1</p> <p>Summer Peach Cobbler and Lemonade Event w/Karin House</p>  <p>Transportation to Kuehner House</p>
<p>4</p> <p>10:00-11:00 Positive Affirmations 11 – 11:30 Nutrition Ed w/ Ms. Minor 11:30 – 12:00 Yoga Monday-w/Mr. Williams 12:00 – 1:00 – Lunch 1:00 – 2:00 Snap Education with Lynnitta</p>  <p>2:00-4:00 Spades Tournament</p>	<p>5</p> <p>10:00 – 11:00 Group Coffee in Chat- 11:00-12:00 Get Over It -workshop w/Markesha -Iylana Vanzant 12:00 – 1:00 – Lunch 1:00 – 2:00 Self Defense Class w/Mr. Z Session 1</p> 	<p>6</p> <p>10:00-11:00 Senior Center Meeting (Lucky Seat) 11:00-12:00 Strength Training w/Mr. Williams 12:00 – 1:00 – Lunch 1:00 – 2:00 Line Dancing w/Chantaya</p>  <p>GOTTA DANCE</p>	<p>7</p> <p>10:00-11:00 Morning Inspiration 11:00– 12:00– DIY- Glass Mosaic Tiles w/ Markesha</p>  <p>12:00 – 1:00 – Lunch 1:00 – 2:00 Stroke Prevention Presentation w/Medstar</p>	<p>8</p> <h2>TRIP Amish Market</h2> 

<p>11</p> <p>10:00-11:00 Group Coffee -n- Chat (Music Therapy) 11:00 – 12:00 Yoga Monday – w/ Mr. Williams 12:00 – 1:00 – Lunch 1:00 – 2:00- Fire Safety Prevention</p>  <p>2:00-4:00- Social Circle</p>	<p>12</p> <p>10:00-11:00 Group Coffee-n-Chat (Current Events) 11 – 12:00 Get Over It -workshop w/Markesha -Iylana Vanzant 12:00 – 1:00-Lunch 1:00-2:00 – Self Defense Class w/Mr. Z Session 2</p> 	<p>13</p> <p>10:00-11:00 Meditation Coloring/Music</p>  <p>11:00- 12:00 Strength Training – w/ Mr. Williams 12:00 – 1:00 – Lunch 1:00 – 2:00 DIY Beach Solar Light Jars</p> 	<p>14</p> <p>TRIP Virginia Beach Orientation</p> 	<p>15</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>18</p> <p>10:00-11:00 Group Coffee -n- Chat 11:00 – 12:00 Yoga Monday – w/ Mr. Williams 12:00 – 1:00 – Lunch 1:00 – 2:00 Healthy Food Demo w/ Markesha</p> 	<p>19</p> <p>10:00-11:00 Group Coffee in Chat- 11:00– 12:00 Get Over It -workshop w/Markesha -Iylana Vanzant 12:00 – 1:00 – Lunch 1:00 – 2:00 Self Defense Class w/Mr. Z Session 3</p> 	<p>20</p> <p>10:00-11:00 Group Coffee in Chat- 11:00– 12:00 Strength Training – w/ Ms. Maria 12:00 – 1:00 – Lunch Bingo for Prizes 1:00 – 2:00</p> 	<p>21</p> <p>10:00-11:00 Morning Inspiration 11:00– 12:00 Co-current programming</p>  <p>12:00 – 1:00 – Lunch 1:00 – 2:00 Family Feud w/Markesha</p>  <p>3:00-4:00 Divine Mind Therapeutic Workshop w/Stephanie</p>	<p>22</p> <p>TRIP Thrift Store</p> 

<p>25</p> <p>10:00-11:00 Activity Corner 11:00-12:00 Yoga Monday – w/ Mr. Williams 12:00 – 1:00 – Lunch 1:00 – 2:00 Legal Counsel for the Elderly Presentation</p>  <p>2:00-4:00 Spades Tournament</p>	<p>26</p> <p>10:00-11:00 Group Coffee in Chat- (Current Events) 11:00– 12:00 Get Over It -workshop w/Markesha -Iylana Vanzant Strength Training – w/UDC Body Wise Instructor 12:00 – 1:00 – Lunch 1:00 – 2:00 Self Defense Class w/Mr. Z Session 4</p> 	<p>27</p> <p>10:00-11:00 Group Morning Meditation 11:00– 12:00 Strength Training – w/Mr. Williams 12:00 – 1:00 – Lunch 1:00 – 2:00 Solar Presentation w/ Grid Alternatives</p> 	<p>28</p> <p>10:00-11:00 Positive Affirmations w/Markesha 11:00 – 12:00 How to stop Overthinking Workshop w/Denise 12:00 – 1:00 – Lunch August Birthday Celebration 1:00 – 2:00</p>  <p>2:00 – 4:00 Social Circle- (What's New)</p> 	<p>29</p> <p>10:00-12:00 MOVIE DAY 11:00-12:00 12:00 – 1:00 – Lunch 1:00 – 2:00 Continue: MOVIE</p> 
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RECIPE FOR THE MONTH:

Blueberry-Banana Smoothie



Ingredients

- 1 ripe banana, peeled and cut into chunks
- ½ cup frozen blueberries
- 1 tablespoon sugar
- 4 ice cubes
- 1 cup buttermilk

Directions

1. Combine banana, blueberries, sugar, ice cubes, and buttermilk in a blender. Blend until smooth.

