

March 2020 Calendar | SOME Senior Wellness Center

This month's wellness focus: National Nutrition Month

March Trips

Friday March 6th: Walmart

Monday March 9th: Roses

Thursday March 13th: Burlington

Friday March 20th: Golden Corral

Friday March 27th:

Shopper Food Warehouse & Dollar Store



Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
1	2	3	4	5	6	7
	10:00 - 10:30	10:00- 10:30	10:00 -10:30	10:00- 10:30	TRIP	Bingo w/
	Coffee &Chat	Coffee & Chat	Sing Along w/	Coffee & Chat	1111	Kiesha
	w/ Group	w/Eddie	Heather	w/Elizabeth		
	Lucky Seat [©]				Walmart	
		10:30-11:45	10:15-11:00	10:30-12:00	, , 65222602	
	10:15-11:00	TRIP-Line	TRIP-Senior	Cooking Demo		
	TRIP-Senior	Dancing/	Walk Club at	w/Dawit	Lunch on	
	Walk Club at	Walking at	Hillcrest Rec		WOULD OTTIN	
	Hillcrest Rec	Hillcrest	Center	12:00 - 1:00	your own	
				Lunch		
	10:30 -11:15	10:30 -12:00	10:30-11:15 Rec.			
	Health and	DC Shares	Soc Bingo	1:00-2:00		
	Wellness w/Ms.	Presentation		Advocacy w/		
	Minor		11:15 -12:00	Betty		
		12:00 – 1:00	Exercise			
	11:15- 12:00	Lunch	(Body Wise)			
	Exercise					
	(Body wise)	1:00 -2:00	12:00 -1:00			
	12:00 - 1:00	Health Goals	Lunch			
	Lunch	w/Dawit				
	1:00-2:00		1:00-2:00			
	Senior Center		Soc/Rec Bingo			
	Meeting-Sign up					
	for Trips					



Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
8	9	10	11	12	13	14
		10:00- 11:00				
	TRIP	Coffee & Chat w/	10:00 -10:30	10:00- 10:30	Trip	Game Day
		Rosa	Coffee & Chat	Coffee & Chat	111 p	w/ Teresa
	Roses		w/Group	w/Fannie		
		10:30-11:45	-		Burlington	
	Lunch on	TRIP-Line	10:15-11:00	10:30-12:00	Durington	
	your	Dancing/	TRIP-Senior	Film Fest		
		Walking at	Walk Club at		Box Lunch	
	own	Hillcrest	Hillcrest Rec	12:00 – 1:00	DOX Lanch	
			Center	Lunch		
		11:00-12:00:				
		Healthy Topics	10:30-11:15 Rec.	1:00-2:00		
		w/DC Smart	Soc Bingo	Activity Corner		
			8	(Board Games,		
		12:00 – 1:00	11:15-12:00	Word Search,		
		Lunch	Exercise	Coloring		
			(Body wise)	Mediation)		
		1:00 -2:00		,		
		United Health	12:00 -1:00			
		Care Presentation	Lunch			
			1:00- 2:00 Soc/			
			Rec (BINGO)			
Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
15	16	17	18	19	20	21
	10:00 - 10:30	10:00 –10:30	10:00 –10:30	TRIP		
	Coffee &Chat	Coffee & Chat w/	Coffee & Chat	GIANT	TRIP	Food Delivery
	w/ Group	Cecelia	w/James	GIANI	Golden	w/
	10.15.11.00	10.15.11.00	10.15.11.00	10.00 10.20		Denise
	10:15-11:00	10:15-11:00	10:15-11:00	10:00- 10:30	Corral	Demse
	TRIP-Senior	TRIP-	TRIP-Senior Walk Club at	Coffee & Chat		
	Walk Club at	Line Dancing at	Hillcrest	w/ Madora		
	Hillcrest Rec	Hillcrest Rec	Hillerest	10 20 12 00		
		Center	10:30-11:15 Rec.	10:30-12:00		
	10:30 -12:00	10.00.10.00	Soc Bingo	ST Jude's		
	Cooking Demo	10:00 -12:00	-	Project-		
	w/ Dawit	Chronic Health	11:15-12:00	Parkinson		
	11 15 10 00	Workshop	Exercise	Disease		
	11:15- 12:00	12.00 1.00 I1	(Body wise)	12:00 – 1:00		
	Exercise	12:00- 1:00 Lunch		12:00 – 1:00 Lunch		
	(Body wise)	1:00 -2:00	12:00 -1:00	Lunch		
	12:00 – 1:00	Celebrating St.	Lunch	1:00 – 2:00		
	12:00 – 1:00 Lunch	Patrick's		Blood Pressure		
	Lunch	Day/Birthday	1:00- 2:00 Soc /	Checks w/		
	1:00 – 2:00	Party	Rec (BINGO)			
	Craft-Crochet	(Wear your		Nurse Eileen		
	Cran-Crothet	Green)	Lucky Seat®			
		GICCII)				
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Sun 22	Monday 23	Tuesday 24	Wednesday 25	Thursday 26	Friday 27	Saturday 28
	10:00 – 10:30	10:00 -10:30	10:00 -10:30	10:00- 10:30	TRIP	
	Coffee &Chat	Coffee & Chat	Coffee & Chat	Coffee & Chat		
	w/ Group	w/Group	w/Group	w/Group	Shopper	
	52334				Food	
	10:15-11:00	10:00 -12:00	10:15-11:00	10:30-12:00	Warehouse	
	TRIP-Senior	Chronic Health	TRIP-Senior	Health		
	Walk Club at	Workshop	Walk Club at	Article/Video	&	
	Hillcrest Rec	P	Hillcrest	Presentation	Dollar Tree	
		10:15-11:00		(Multiple	Box Lunch	
	10:30 -11:15	TRIP-	10:30-11:15 Rec.	Sclerosis)		
	National	Line Dancing at	Soc Bingo	Sciel obis)		
	Nutrition	Hillcrest Rec		12:00 – 1:00		
	Month	Center	11:15–12:00	Lunch		
	Activities	Center	Exercise	Lanch		
	Activities	12:00- 1:00 Lunch	(Body wise)	1:00 – 2:00		
	11:15- 12:00	12.00- 1.00 Lunch		Create Your		
	Exercise	1.00 2.00	12:00 -1:00	Own Holiday		
	(Body wise)	1:00 -2:00	Lunch	Activity		
	(body wise)	Senior Medicare		Activity		
	12:00 – 1:00	Patrol	1:00- 2:00 Soc /			
	12:00 – 1:00 Lunch		Rec (BINGO)			
	Lunch					
	1:00 – 2:00					
	Family Feud					
	Activity					
Sun	Monday	Tuesday		7		
29	30	31				
	10:00 – 10:30	10:00 –10:30				
	Coffee &Chat	Coffee & Chat			1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	
	w/ Group	40.00.40.00				
	40.45.44.00	10:00 -12:00				
	10:15-11:00	Chronic Health				
	TRIP-Senior	Workshop				
	Walk Club at					
	Hillcrest Rec	10:15-11:00				
		TRIP-				
	10:30 -11:15	Line Dancing at				
		Hillcrest Rec				
	11:15- 12:00	Center				
	Exercise					
	(Body wise)	12:00- 1:00 Lunch				
	12:00 – 1:00	1:00 -2:00				
	Lunch	Health & Wellness				
		w/ Nurse				
	1:00 - 2:00					
	Beginners					
	Spanish w/Riley					
	1					



Kuehner House Senior Center

1667 Good Hope Rd. S.E. Washington, DC 20020 Phone: 202-797-8806

Senior Center hours: Monday- Friday 10:00am-2:00pm

Staff

Denise Stoney, Wellness Manager 202-235-1492 Dawit Tesfamichael, Program Support Specialist 202-381-1873 Joan Williams, Senior Director of Senior Services

March Birthdays



Happy Birthday! Arlene Fox March 29th Elizabeth Mensah March 3rd **Green: Health Promotion**

Blue: Rec/Soc

Purple: Counseling

Recipe of the Month: Turkey and Veggie Chili



Nutrition Facts

Serving Size: 1 cup

- Calories 235
- Carbohydrate 27g
- Protein 20g
- Fat 5.0g
- Saturated Fat 1.4g

<u>Ingredients</u>

cooking spray

1 small onion, diced

2 medium carrots, diced

1 medium zucchini (6 ounces), diced

1 clove garlic, minced

16 oz lean ground turkey

1 (14.5 oz) can, no-salt-added diced

tomatoes

1 (28 oz) can, no-salt-added crushed

- Sugars 8g
- Dietary Fiber 8g
- Cholesterol 45mg
- Sodium 170mg
- Potassium 935mg

tomatoes

1 (15.8 oz) can great Northern beans,

rinsed and drained

1 (15.25 oz) can no-salt-added kidney

beans, rinsed and drained

1/2 tsp ground black pepper

1 Tbsp chili powder

1 tsp cumin

1 tsp garlic powder



Instructions

- 1. Spray a large soup pot with cooking spray. Add the onions, carrots, and zucchini, and sauté over medium-high heat for 3-4 minutes or until the onions turn clear. Add the garlic and sauté 30 more seconds.
- 2. Add the ground turkey and cook until brown. Add the remaining ingredients; mix well and bring the chili to a boil. Reduce the heat and simmer for 15-20 minutes.

Recipe Cost = \$10.00

Choices/Exchanges: 1 Starch, 2 Nonstarchy Vegetable, 2 Lean Protein **MAKE IT GLUTEN-FREE:** Confirm all ingredients are gluten-free and this dish can be made gluten-free.