



March 2020 Calendar | SOME Senior Wellness Center

This month's wellness focus: National Nutrition Month

March Trips

Friday March 6th: Walmart

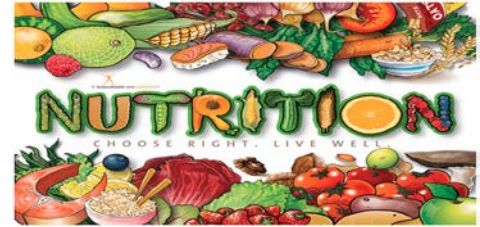
Monday March 9th: Roses

Thursday March 13th: Burlington

Friday March 20th: Golden Corral

Friday March 27th:

Shopper Food Warehouse & Dollar Store





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




<p>Sun 8</p>	<p>Monday 9</p> <p>TRIP</p> <p>Roses Lunch on your own</p>	<p>Tuesday 10</p> <p>10:00- 11:00 Coffee & Chat w/ Rosa</p> <p>10:30-11:45 TRIP-Line Dancing/ Walking at Hillcrest</p> <p>11:00-12:00: Healthy Topics w/DC Smart</p> <p>12:00 – 1:00 Lunch</p> <p>1:00 -2:00 United Health Care Presentation</p>	<p>Wednesday 11</p> <p>10:00 –10:30 Coffee & Chat w/Group</p> <p>10:15-11:00 TRIP-Senior Walk Club at Hillcrest Rec Center</p> <p>10:30-11:15 Rec. Soc Bingo</p> <p>11:15– 12:00 Exercise (Body wise)</p> <p>12:00 -1:00 Lunch</p> <p>1:00- 2:00 Soc/ Rec (BINGO)</p>	<p>Thursday 12</p> <p>10:00- 10:30 Coffee & Chat w/Fannie</p> <p>10:30-12:00 Film Fest</p> <p>12:00 – 1:00 Lunch</p> <p>1:00 – 2:00 Activity Corner (Board Games, Word Search, Coloring Mediation)</p>	<p>Friday 13</p> <p>Trip</p> <p>Burlington Box Lunch</p>	<p>Sat 14</p> <p>Game Day w/ Teresa</p>
<p>Sun 15</p>	<p>Monday 16</p> <p>10:00 – 10:30 Coffee & Chat w/ Group</p> <p>10:15-11:00 TRIP-Senior Walk Club at Hillcrest Rec</p> <p>10:30 -12:00 Cooking Demo w/ Dawit</p> <p>11:15- 12:00 Exercise (Body wise)</p> <p>12:00 – 1:00 Lunch</p> <p>1:00 – 2:00 Craft-Crochet</p>	<p>Tuesday 17</p> <p>10:00 –10:30 Coffee & Chat w/ Cecelia</p> <p>10:15-11:00 TRIP- Line Dancing at Hillcrest Rec Center</p> <p>10:00 -12:00 Chronic Health Workshop</p> <p>12:00- 1:00 Lunch</p> <p>1:00 -2:00 Celebrating St. Patrick's Day/Birthday Party (Wear your Green)</p>	<p>Wednesday 18</p> <p>10:00 –10:30 Coffee & Chat w/James</p> <p>10:15-11:00 TRIP-Senior Walk Club at Hillcrest</p> <p>10:30-11:15Rec. Soc Bingo</p> <p>11:15– 12:00 Exercise (Body wise)</p> <p>12:00 -1:00 Lunch</p> <p>1:00- 2:00 Soc/ Rec (BINGO)</p> <p>Lucky Seat☺</p>	<p>Thursday 19</p> <p>TRIP GIANT</p> <p>10:00- 10:30 Coffee & Chat w/ Madora</p> <p>10:30-12:00 ST Jude's Project- Parkinson Disease</p> <p>12:00 – 1:00 Lunch</p> <p>1:00 – 2:00 Blood Pressure Checks w/ Nurse Eileen</p>	<p>Friday 20</p> <p>TRIP Golden Corral</p>	<p>Saturday 21</p> <p>Food Delivery w/ Denise</p> 



Sun 22	Monday 23	Tuesday 24	Wednesday 25	Thursday 26	Friday 27	Saturday 28
Sun 29	<p>Monday 30</p> <p>10:00 – 10:30 Coffee & Chat w/ Group</p> <p>10:15-11:00 TRIP-Senior Walk Club at Hillcrest Rec</p> <p>10:30 -11:15 National Nutrition Month Activities</p> <p>11:15- 12:00 Exercise (Body wise)</p> <p>12:00 – 1:00 Lunch</p> <p>1:00 – 2:00 Family Feud Activity</p>	<p>Tuesday 31</p> <p>10:00 –10:30 Coffee & Chat</p> <p>10:00 -12:00 Chronic Health Workshop</p> <p>10:15-11:00 TRIP- Line Dancing at Hillcrest Rec Center</p> <p>12:00- 1:00 Lunch</p> <p>1:00 -2:00 Senior Medicare Patrol</p>				
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<p><u>Kuehner House Senior Center</u> 1667 Good Hope Rd. S.E. Washington, DC 20020 Phone: 202-797-8806 Senior Center hours: Monday- Friday 10:00am-2:00pm</p>	<p><u>Staff</u> Denise Stoney, Wellness Manager 202-235-1492 Dawit Tesfamichael, Program Support Specialist 202-381-1873 Joan Williams, Senior Director of Senior Services</p>
<p><u>March Birthdays</u>  <u>Happy Birthday!</u> Arlene Fox March 29th Elizabeth Mensah March 3rd</p>	<p>Green: Health Promotion Blue: Rec/Soc Purple: Counseling</p>

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

Ingredients

- | | |
|--|---|
| <ul style="list-style-type: none"> 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 | <ul style="list-style-type: none"> 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 |
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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.