May 2019 Calendar | SOME Senior Center

This month's wellness focus: Older Americans Month & Mobility Awareness Month

			Wednesday 1	Thursday 2	Friday 3	Sat 4
			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 **Rec. Soc Bingo**	10:00- 10:30 **Coffee & Chat w/ Group** **10:30-12:00** **Spring Party!** 12:00 – 1:00 **Lunch** 1:00 – 2:00 **Social Hour**	**Trip Walmart** **Box Lunch**	
Sun 5	Monday 6	Tuesday 7	Wednesday 8	Thursday 9	Friday 10	Sat 11
	10:00- 10:15 **Coffee &Chat w/ Group** 10:15 – 11:15 **Topics with Ms. Minor: Older American's Month & Nutrition for the Seniors** 11:15- 12:00 **Exercise** (Body wise) 12:00 – 1:00 **Lunch** 1:00 – 2:00 **Health Goals w/ Denise**	10:00- 10:30 **Coffee &Chat w/ Group** 10:30- 11:30 **Current Events w/ Denise** 10:30-11:45 **TRIP-Line Dancing/ Walking at Hillcrest** 12:00 – 1:00 **Lunch** 1:00 -2:00 **Blood Pressure Checks w/ Nurse Eileen** **Cognitive Activities & Board Games**	**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)**	**Trip Mayor's Older Americans Month Breakfast**	**Trip Martha's Market** **Box Lunch**	

Sun 12	Monday 13	Tuesday 14	Wednesday 15	Thursday 16	Friday 17	Sat 18
	10:00 – 10:30 Coffee & Chat w/ Ms. Dorothy **10:15-11:00** **TRIP-Senior Walk Club at Hillcrest** **Movie Monday** 11:15- 12:00 **Exercise** **(** Body wise) 12:00 – 1:00 **Lunch** 1:00 – 2:00 Social Hour	10:00 –12:00 **Boots on the Ground program with Darnetta Mascomb** 12:00- 1:00 Lunch **1:00 -2:00** **Advocacy w/ Betty**	10:00 –10:30 **Sing Along w/ Heather** Coffee & Chat w/ Group **10:15-11:00 TRIP-Senior Walk Club at Hillcrest** 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/ Rosa** **10:30-12:00** **Nutrition Education & Cooking Demos w/SNAPed** 12:00 – 1:00 **Lunch** 1:00 – 2:00 **Health Goals w/Denise** **Senior Center Birthday Party**	**TRIP** Potomac Yards Shopping Center	Food Delivery w/ Denise

Sun 19	Monday 20	Tuesday 21	Wednesday 22	Thursday 23	Friday 24	Sat 25
	10:00 – 10:30 **Coffee &Chat w/ Ms. Alease** **10:15-11:00** **TRIP-Senior Walk Club at Hillcrest Rec** **Arts and Crafts with Kia** 11:15– 12:00 Exercise **(Body wise)** 12:00 -1:00 **Lunch** 1:00- 2:00 **Social Hour**	**GIANT Trip** 10:00 –10:30 Coffee & Chat w/ Ms. Mary **10:15-11:00** **TRIP-** **Line Dancing at Hillcrest Rec Center** 10:30-12:00: **Current Events with Denise** 12:00- 1:00 Lunch 1:00 -2:00 **Health & Wellness w/ Nurse**	10:00 –10:30 Coffee & Chat w/ Ms. Linda **10:15-11:00 TRIP-Senior Walk Club at Hillcrest** 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)**	**2nd Annual Senior Services Memorial Day Cookout!** 	**TRIP** **Amish Market** **Box Lunch**	

Sun 26	Monday 27	Tuesday 28	Wednesday 29	Thursday 30	Friday 31
	Memorial Day **Senior Center Closed**	**TRIP Older Americans Month Event** **Barry Farms Rec Center**	10:00 –10:30 Coffee & Chat w/ Ms. Laura **10:15-11:00 TRIP- Senior Walk Club at Hillcrest** 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/ Ms. Maxine** **10:30-12:00 Nutrition Education & Cooking Demos w/SNAPed** 12:00 – 1:00 **Lunch** 1:00 – 2:00 **Health Goals w/Denise**	**TRIP** **Hains Point** **Box Lunch**

Kuehner House Senior Center	**Staff**
1667 Good Hope Rd. S.E. Washington, DC 20020 Phone: 202-797-8806 Senior Center hours: Monday- Friday 10:00am-2:00pm	Denise Stoney, Program Support Specialist 202-235-1492 Brittany Kitt, Senior Director of Senior Services
May Birthdays **Happy Birthday!** **Ruth Davis May 17th** **Eddie Paige May 21st** **Ruth Minor May 22nd** **Green: Health Promotion** **Blue: Rec/Soc** **Purple: Counseling**	**May Observances** Asthma and Allergy Awareness Month Mental Health Month Military Appreciation Month National Foster Care Month National Mobility Awareness Month Physical Fitness and Sports Month Skin Cancer Awareness Month

Oven- Barbecued Chicken

Who doesn't like barbecued chicken? A serving of this recipe will go great with a side of greens and some rice. The best part? This dish will only cost you $0.50 per serving.

Prep Time: 20 minutes

Nutrition Facts

Serving Size:
3 ounces (about 1/2 of a chicken breast)

- Calories 150
- Carbohydrate 9 g
- Protein 19 g
- Fat 4 g
- Saturated Fat 0.5 g
- Dietary Fiber 0 g
- Cholesterol 50 mg
- Sodium 370 mg

Ingredients

1/4 cup white vinegar
¼ cup water
1 tablespoon corn oil
1/2 cup ketchup
3 tablespoons Worcestershire sauce
2 tablespoons finely diced onion
2 tablespoons brown sugar (light or dark)
1/8 teaspoon garlic powder
2 teaspoons dry mustard
1/4 teaspoon salt
1/8 teaspoon coarse ground black pepper
4, 6-ounce boneless, skinless chicken breasts
Cooking spray

Instructions

1. Preheat oven to 350º F. Combine all sauce ingredients in a small saucepan and simmer for 15 minutes over medium-low heat, stirring occasionally.
2. Place chicken in a 9x13-inch baking dish coated with cooking spray. Cover chicken evenly with 1 cup barbecue sauce.
3. Back for 20-25 minutes, baste with remaining sauce, and cook another 5-10 minutes (or until chicken is tender and no longer pink).