





October 2019 Calendar | SOME Senior Center

This month's wellness focus: **Breast Cancer Awareness Month**

<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				<u>Staff</u> Denise Stoney, Wellness Manager 202 235-1492 Brittany Kitt, Senior Director of Senior Services		
<u>October Trips</u> October 4th: Walmart October 11th: Arts-n-Crafts at Ingleside w/ Bunty October 18th: Amish Market October 25th: National Harbor						
Sun	Monday	Tuesday 1	Wednesday 2	Thursday 3	Friday 4	Sat 5
		10:00 –10:30 Coffee & Chat w/ Group 10:30 -12:00 Living Well Workshop w/ Chronic Conditions 10:15-11:00 TRIP- Line Dancing at Hillcrest Rec Center 12:00- 1:00 Lunch 1:00 – 2:00 Senior Center Meeting w/ Denise (Sign up for Trips)	10:00 –10:30 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/ Group 10:30-12:00 Emergency Preparedness w/ Serve DC (Active Shooter) 12:00 – 1:00 Lunch 1:00 – 2:00 Social Circle Getting to know you Icebreakers	TRIP Walmart Box Lunch	Bingo w/Keisha




Sun 6	Monday 7 10:00 –10:30 Sing Along w/Heather Coffee & Chat w/ Group 10:15-11:00 TRIP- Senior Walk Club at Hillcrest Rec Center 10:30-11:15 Nutrition Education with Ms. Minor 11:15- 12:00 Exercise (Body wise) 12:00 – 1:00 Lunch 1:00 – 2:00 Mediation Coloring	Tuesday 8 10:00 –10:30 Coffee & Chat w/ Mr. Champion 10:30 -12:00 Film Documentary 10:15-11:00 TRIP- Line Dancing at Hillcrest Rec Center 12:00- 1:00 Lunch 1:00-2:00 Film Documentary	Wednesday 9 10:00 –10:30 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)	Thursday 10 10:00- 10:30 Coffee & Chat w/ Ms. Elizabeth 10:30-12:00 Activity Choice: Board Games & Puzzles 12:00 – 1:00 Lunch 1:00 – 2:00 Health & Wellness w/Nurse Eileen (Blood Pressure Checks)	Friday 11 TRIP Arts n- Crafts at Ingleside BOX LUNCH	Sat 12 Game Day w/Teresa
Sun 13	Monday 14 10:00 –10:30 Coffee & Chat w/ Ms. Mary 10:15-11:00 TRIP- Senior Walk Club at Hillcrest Rec Center 11:15- 12:00 Exercise (Body wise) 12:00 -1:00 Lunch 1:00- 2:00 Department of Energy (Solar Presentation)	Tuesday 15 10:00 –10:30 Coffee & Chat w/ Ms. Mary 11:00 -12:00 Nutrition Ed w/ Snaped 10:15-11:00 TRIP- Line Dancing at Hillcrest Rec Center 12:00- 1:00 Lunch 1:00 -2:00 Advocacy w/ Betty	Wednesday 16 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) Senior Center Birthday Celebration	Thursday 17 GIANT 10:00- 10:00 Coffee & Chat w/ group 10:00-12:00 United Health Care/Medicaid and Medicare Benefits. 12:00 – 1:00 Lunch 1:00 – 2:00 Health Goals w/Dawit	Friday 18 TRIP AMISH MARKET BOX LUNCH	Sat 19 Food Delivery w/ Denise 



Sun 20	Monday 21 10:00 – 10:30 Coffee & Chat w/ group 10:15-11:00 TRIP-Senior Walk Club at Hillcrest Rec 10:00-11:00 Arts-n- Crafts w/Kia 11:15– 12:00 Exercise (Body wise) 12:00 -1:00 Lunch 1:00- 2:00 Taboo/Brain Game Activity	Tuesday 22 10:00 –10:30 Coffee & Chat w/ group 10:30 -12:00 Health Article w/ Dawit 10:00-11:00 TRIP- Line Dancing at Hillcrest Rec Center 1:00 – 2:00 Memory Lane Bring in your favorite memories to share for prize	Wednesday 23 10:00 –10:30 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)	Thursday 24 10:00- 10:30 Coffee & Chat w/ group 10:00-11:00 Domestic Violence Presentation 12:00 – 1:00 Lunch 1:00 – 2:00 Health & Wellness w/Nurse Eileen (Health Presentation)	Friday 25 TRIP NATIONAL HARBOR BOX LUNCH	Sat 26
Sun 27	Monday 28 10:00 – 10:30 Coffee & Chat w/ group 10:15-11:00 TRIP-Senior Walk Club at Hillcrest Rec 10:30-11:15 Beginners Spanish w/ Riley 11:15– 12:00 Exercise (Body wise) 12:00 -1:00 Lunch 1:00- 2:00 Mediation Coloring	Tuesday 29 10:00 –10:30 Coffee & Chat w/ group 10:00 -12:00 Grief @Loss w/care team 10:00-11:00 TRIP- Line Dancing at Hillcrest Rec Center 1:00 – 2:00 Film Documentary	Wednesday 30 10:00 –10:30 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)	Thursday 31 10:00- 10:30 Coffee & Chat w/ group 10:30-12:00 Nutrition Education & Cooking Demos w/SNAPed 12:00 – 1:00 Lunch 1:00 – 2:00 October Fest Celebration Bring your favorite dish.		



Green: Health Promotion Blue: Rec/Soc Purple: Counseling	<u>October Birthdays</u>  <u>Happy Birthday!</u> Linda Chambers October 3 rd Mary Smith October 23 rd

Recipe of the month: White Beans and Veggies with Couscous

Ingredients

- 1 tablespoon olive oil
- 1 medium zucchini, quartered lengthwise and thinly sliced
- 1 medium onion, finely chopped
- 4 garlic cloves, minced
- 1 can (15 ounces) cannellini beans, rinsed and drained
- 1 can (14-1/2 ounces) diced tomatoes, undrained
- 1/2 teaspoon dried basil
- 1/4 teaspoon dried rosemary, crushed
- 1/4 teaspoon pepper
- 1/8 teaspoon salt
- **COUSCOUS:**
- 1-1/2 cups water
- 1 tablespoon butter
- 1/4 teaspoon salt
- 1 cup uncooked couscous

Instructions

1. In a large pot combine lentils, chicken, water and chicken bullion.
2. Bring to a boil, covered over medium-low heat until chicken is cooked, about 20 minutes.
3. Remove the chicken and shred, return to the pot
4. Meanwhile, in a chopper or by hand, mince the onions, scallions, cilantro, garlic, and tomato.
5. Add to the lentils with garlic powder, cumin, oregano and annato and cook, covered until the lentils are soft, about 25 more minutes, adding more water as needed if too thick.
6. Adjust salt to taste as needed.



What is Breast Cancer Awareness Month? It is a worldwide annual campaign taking place in October, involving thousands of organisations, to highlight the importance of breast awareness, education and research.

During Breast Cancer Awareness Month, **Breast Cancer Now** aim to get as many people as possible involved in raising awareness and funds to help support our life-saving research and life-changing support.

As the UK's largest breast cancer research charity, along with our supporters, we do this through campaigning, raising money, an array of events across the UK as well as, of course, wearing it pink with all of you!

This Breast Cancer Awareness Month do something great – make life-saving research happen by supporting wear it pink.

What else can you do? There are plenty of other ways to get involved and support our work during Breast Cancer Awareness Month and beyond.

From campaigning to help women get access to the breast cancer drugs they need, to sharing information women need to know about checking their breasts, your support will help to reach the day when breast cancer has claimed its last life.