




# August 2018 Calendar | SOME Senior Center

This month's wellness focus: National Immunization Awareness Month


<b>Kuehner House Senior Center</b> 1667 Good Hope Rd. S.E. Washington, DC 20020 Phone: 202-797-8806 Senior Center hours: Monday- Friday 10:00am-2:00pm			<b>Staff</b> Latoya Irvine, Wellness Manager 202-797-8806 ext. 1306 Denise Stoney, Program Support Specialist 202-797-8806 ext. 1301 Brittany Kitt, Senior Director of Senior Services			
<b>August Trips</b>  <b>August 3<sup>rd</sup>: Walmart</b> <b>August 10<sup>th</sup>: Martha's Market</b> <b>August 15<sup>th</sup>: Navy Yard Harris Teeter and Waterfront</b> <b>August 27<sup>th</sup>: Amish Market</b> <b>August 24<sup>th</sup>: Roses</b> <b>August 31<sup>st</sup>: Wegmans</b>			<b>Wednesday</b> <b>1</b>  10:00 –10:30 <b>Sing Along w/ Heather</b> Coffee & Chat w/ Group  <b>10:15-11:00 TRIP- Senior Walk Club at Hillcrest</b>  10:30-11:15 <b>Rec. Soc Bingo</b>  11:15– 12:00 <b>Exercise (Body wise)</b>  12:00 -1:00 Lunch  1:00- 2:00 <b>Soc/ Rec (BINGO)</b>	<b>Thursday</b> <b>2</b>  <b>GIANT TRIP</b> 10:00- 10:30 <b>Coffee &amp; Chat w/ group</b> <b>10:30-12:00 Snack &amp; Chat</b> <b>*Bring something to share with the group! (a reading, poem, verse, story, news article)</b> 12:00 – 1:00 <b>Lunch</b>  1:00 – 2:00 <b>Nutrition Education &amp; Cooking Demos w/SNAPed</b>	<b>Friday</b> <b>3</b>  <b>Trip</b>  <b>Walmart</b>  <b>Box Lunch</b>	<b>Sat</b> <b>4</b>
<b>Sun</b> <b>5</b>	<b>Monday</b> <b>6</b>  10:00 – 10:30 <b>Coffee &amp; Chat w/ group</b> <b>10:15-11:00 TRIP- Senior Walk Club at Hillcrest Rec Center</b>  <b>10:30-11:15 Nutrition Video from Ms. Minor</b>  11:15- 12:00 <b>Exercise ( Body wise)</b>  12:00 – 1:00 <b>Lunch</b> 1:00 – 2:00 <b>Monday Meditation</b>  <b>Cognitive Activities</b>	<b>Tuesday</b> <b>7</b>  10:00 –10:30 <b>Coffee &amp; Chat w/ group</b> <b>10:15-11:00 TRIP- Line Dancing at Hillcrest Rec Center</b>  10:30- 12:00 <b>Senior Center Meeting w/ Denise</b>  12:00- 1:00 Lunch  1:00 – 2:00 <b>Health Article with Latoya</b>	<b>Wednesday</b> <b>8</b>  10:00 –10:30 <b>Coffee &amp; Chat w/ Group</b>  <b>10:15-11:00 TRIP- Senior Walk Club at Hillcrest</b>  10:30-11:15 <b>Rec. Soc Bingo</b>  11:15– 12:00 <b>Exercise (Body wise)</b>  12:00 -1:00 Lunch  1:00- 2:00 <b>Soc/ Rec (BINGO)</b>	<b>Thursday</b> <b>9</b>  10:00- 10:30 <b>Coffee &amp; Chat w/ group</b>  <b>10:30-12:00 Trip to Arcadia Farmers Market- Congress Heights</b>  <b>Activity Choice: Board Games</b>  12:00 – 1:00 <b>Lunch</b>  1:00 – 2:00 <b>Health Goals w/Denise</b>	<b>Friday</b> <b>10</b>  <b>TRIP Martha's Market</b> 	<b>Sat</b> <b>11</b>



<p>Sun 12</p>	<p>Monday 13</p> <p>10:00 –10:30 Coffee &amp; Chat w/ Group</p> <p>10:15-11:00 TRIP-Senior Walk Club at Hillcrest</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>Tuesday 14</p> <p>10:00 –10:30 Coffee &amp; Chat w/group</p> <p>10:15-11:00 TRIP- Line Dancing at Hillcrest Rec Center</p> <p>10:30-12:00: Breakfast &amp; Activities with Socoya</p> <p>12:00- 1:00 Lunch</p> <p>1:00- 2:00 Blood Pressure Checks w/ Nurse Eileen Board Games and Cognitive Activities</p>	<p>Wednesday 15</p> <p><b>Trip Harris Teeter Navy Yard &amp; Waterfront Box Lunch</b></p>	<p>Thursday 16</p> <p>10:00- 10:30 Coffee &amp; Chat w/ group</p> <p>10:30-12:00 Activities with Volunteers</p> <p>12:00 – 1:00 Lunch</p> <p>1:00 – 2:00</p> <p>Nutrition Education &amp; Cooking Demos w/SNAPed</p>	<p>Friday 17</p> <p><b>Trip Amish Market</b></p> <p><b>Box Lunch</b></p>	<p>Sat 18</p> <p>Food Delivery w/ Latoya</p> 
<p>Sun 19</p>	<p>Monday 20</p> <p>10:00 – 10:30 Coffee &amp; Chat w/ Ms. Alease</p> <p>10:15-11:00 TRIP-Senior Walk Club at Hillcrest Rec</p> <p>10:30-11:15 Activity Choice: Board Games, Cognitive Activities</p> <p>11:15– 12:00 Exercise (Body wise)</p> <p>12:00 -1:00 Lunch</p> <p>1:00- 2:00 National Senior Citizens Day Celebration</p>	<p>Tuesday 21</p> <p><b>National Senior Citizens Day</b></p> <p>10:00 –10:30 Coffee &amp; Chat w/ Ms. Mary</p> <p>10:15-11:00 TRIP- Line Dancing at Hillcrest Rec Center</p> <p>11:15-12:00: Healthy Topics with DC Eat Smart</p> <p>12:00- 1:00 Lunch</p> <p>1:00 -2:00 Advocacy w/ Betty</p>	<p>Wednesday 22</p> <p>10:00 –10:30 Coffee &amp; Chat w/ Ms. Linda</p> <p>10:15-11:00 TRIP- Senior Walk Club at Hillcrest</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 23</p> <p>10:00- 10:30 Coffee &amp; Chat w/ group</p> <p>10:30-12:00 Trip to Arcadia Farmers Market- Congress Heights</p> <p>12:00 – 1:00 Lunch</p> <p>1:00 – 2:00 Health Goals w/Denise</p>	<p>Friday 24</p> <p><b>TRIP</b></p> <p><b>Roses</b></p> <p><b>Box Lunch</b></p>	<p>Sat 25</p>



Sun 26	Monday 27	Tuesday 28	Wednesday 29	Thursday 30	Friday 31
	10:00 – 10:30 <b>Coffee &amp; Chat w/ group</b>	<b>TRIP Senior Citizens Day at Unique Thrift Store</b>	10:00 – 10:30 <b>Coffee &amp; Chat w/ Ms. Linda</b>	10:00- 10:30 <b>Coffee &amp; Chat w/ group</b>	<b>TRIP</b>  <b>Wegmans Box Lunch</b>
	10:15-11:00 <b>TRIP-Senior Walk Club at Hillcrest Rec</b>		10:15-11:00 <b>TRIP-Senior Walk Club at Hillcrest</b>	10:30-12:00 <b>Nutrition Education &amp; Cooking Demos w/SNAPed</b>	
	10:30-11:15 <b>Healthy Treats on the Roof</b>	<b>BOX LUNCH</b>	10:30-11:15 <b>Rec. Soc Bingo</b>	12:00 – 1:00 <b>Lunch</b>	
	11:15– 12:00 <b>Exercise (Body wise)</b>		11:15– 12:00 <b>Exercise (Body wise)</b>	1:00 – 2:00 <b>Snack &amp; Chat *Bring something to share with the group! (a reading, poem, verse, story, news article)</b>	
	12:00 -1:00 <b>Lunch</b>		12:00 -1:00 <b>Lunch</b>		
	1:00- 2:00 <b>Monday Gratitude</b>		1:00- 2:00 <b>Soc/ Rec (BINGO)</b>		

<b>Green: Health Promotion</b> <b>Blue: Rec/Soc</b> <b>Purple: Counseling</b>	<b>August Birthdays</b>   <b>Happy Birthday!</b> <b>Alease Smith August 25<sup>th</sup></b> <b>James Champion August 16<sup>th</sup></b>
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Recipe of the Month:

**Marinated Three-Bean Salad**

Yield: 4 servings

**Ingredients**

- 1 can lima beans (8.5 ounce)
- 1 can cut green beans (8 ounce)
- 1 can red kidney beans (8 ounce)
- 1 onion (medium, thinly sliced and separated into two rings)
- 1/2 cup bell pepper (chopped sweet green)
- 8 ounces Italian salad dressing (fat-free)

**Preparation:**

1. Drain the canned beans.
2. Peel and slice the onion and separate into rings
3. In a large bowl, combine the lima beans, green beans, kidney beans, onion rings, and green bell pepper.
4. Pour the Italian dressing over the vegetables and toss lightly.
5. Cover the bowl and marinate in the refrigerator for at least one hour. The salad can be left in the refrigerator overnight.
6. Drain before serving.



# Senior Citizens Day in the United States

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*National Senior Citizens Day recognizes contributions senior citizens make in communities across the United States. It is annually observed on August 21.*



Senior citizens in the USA are recognized for their achievements on Senior Citizens Day. ©iStockphoto.com/digitalskillet

## What Do People Do?

Various events and activities are organized on Senior Citizens Day to raise awareness of supporting older people and recognizing their achievements. Some people raise awareness through social media and news stories, while others organize special community gatherings inviting senior citizens, their families, friends and volunteers. Some businesses give special discounts or deals to senior citizens on or around August 21.

## Public Life

National Senior Citizens Day is an observance and not a public holiday in the US.

## Background

Some people celebrate Senior Citizens Day on August 14 as it was the day past US president Franklin Roosevelt signed the Social Security Act in 1935. However, in 1988 Ronald Reagan, who was the US president at the time, declared August 21 to be National Senior Citizens Day.

This observance was established in honor of senior citizens in the US who made positive contributions in their communities. The day was also created to bring awareness of social, health, and economic issues that affect senior citizens.