




January Calendar | SOME Senior Center

This month's wellness focus: Health Goals for the New Year!

<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 Dawit Tesfamichael 202 381-1873				
<u>January Trips</u> <ul style="list-style-type: none">Jan 3: WalmartJan 10: BowlingJan17: RosesJan 24: Amish MarketJan 31: PG Plaza				Wednesday 1  New Years Day Senior Center Closed	Thursday 2 10:00- 10:30 Coffee & Chat w/ Group 10:30-12:00 Senior Center Meeting/Sign up for trips 12:00-1:00 Lunch 1:00 – 2:00 Advocacy w/Betty	Friday 3 Trip Walmart Lunch on your own	Sat 4
Sun 5	Monday 6 10:00 –10:30 Coffee & Chat w/ Mr. Champion 10:15-11:00 TRIP- Walk Club Hillcrest Rec Center 10:15-11:00 Health & Wellness w/Ms. Minor 11:15-12:00: Exercise (Body wise) 12:00- 1:00 Lunch 1:00- 2:00 Lincoln Heritage	Tuesday 7 10:00 –10:30 Coffee & Chat w/ Ms. Alease 10:15-11:00 TRIP- Line Dancing at Hillcrest Rec Center 10:30-12:00: Cooking Demo w/Dawit 12:00- 1:00 Lunch 1:00 – 2:00 Social Hour/Getting to know you	Wednesday 8 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 9 GIANT TRIP 10:00 –10:30 Coffee & Chat w/ Diane 10:30-12:00 Brain Games/Meditation Coloring 12:00 -1:00 Lunch 1:00- 2:00 Memory Lane Bring favorite Memories to share for prize	Friday 10 TRIP Bowling Box Lunch	Sat 11	

Sun 12	Monday 13 10:00 – 10:30 Coffee & Chat w/ group 10:00-11:30 Arts & Crafts w/Kia 11:15– 12:00 Exercise (Body wise) 12:00 -1:00 Lunch 1:00- 2:00 Beginners Spanish w/Riley	Tuesday 14 10:00 –10:30 Coffee & Chat w/ group 10:15-11:00 TRIP- Line Dancing at Hillcrest Rec Center 10:30- 12:00 Healthy Topics with DC Eat Smart: 12:00- 1:00 Lunch 1:00 -2:00 Health and Wellness w/Sis Eileen	Wednesday 15 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 16 10:00- 10:30 Coffee & Chat w/ group 10:30-11:00 Meditation Coloring/ Word Trivia 11:00-12:00 Senior Medicare Patrol 12:00-1:00 Lunch 1:00 – 2:00 Health Goals w/ Dawit	Friday 17 Roses Box Lunch	Sat 18 Food Delivery w/ Denise 
Sun 19	Monday 20 MLK Day  Senior Center closed	Tuesday 21 10:00 –10:30 Coffee & Chat w/ Rosa 10:15-11:00 TRIP- Line Dancing at Hillcrest Rec Center 11:00- 12:00 Cognitive Activities 12:00- 1:00 Lunch 1:00 -2:00 Game time! Taboo Activity w/Dawit	Wednesday 22 10:00 –10:30 Coffee and 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 23 10:00-10:30 Coffee & Chat w/ Elizabeth 10:30-12:00 Activity corner (Board Games, Word Trivia) 12:00-1:00 Lunch 1:00 – 2:00 Money Smart by Iona	Friday 24 Amish Market Lunch on your own	Sat 25

Sun 26	Monday 27	Tuesday 28	Wednesday 29	Thursday 30	Friday 31	
	10:00 –10:30 Coffee and Chat w/& Sing along w/Heather	10:00 –10:30 Coffee & Chat w/ group	10:00 –10:30 Coffee and Chat w/ group	10:00- 10:30 Coffee & Chat w/ group	TRIP PG Plaza	
	10:30-12:00 MOVIE MONDAY	10:15-11:00 TRIP- Line Dancing at Hillcrest Rec Center	10:15-11:00 TRIP-Senior Walk Club at Hillcrest	10:30-12:00 Cooking Demo w/ Dawit	BOX Lunch	
	12:00 -1:00 Lunch	11:00- 12:00 Cognitive Activities	10:30-11:15 Rec. Soc Bingo	12:00 –1:00 Lunch		
	1:00-2:00 MOVIE MONDAY	12:00- 1:00 Lunch	11:15– 12:00 Exercise (Body wise)	1:00 – 2:00 Social Hour/Getting to know you		
		1:00 -2:00 Blood Pressure Checks and Health Programmin g with Sis. Eileen	12:00 -1:00 Lunch			
			1:00- 2:00 Soc/ Rec (BINGO)			

January Birthdays



Shirley Hines

Diane Lipscomb

Green: Health Promotion

Blue: Rec/Soc

Purple: Counseling

Recipe of the Month: CHICKPEA, SPINACH & SWEET POTATO BROWN RICE BOWL

INGREDIENTS

- 1 can of chickpeas
- 1 sweet potato
- $\frac{2}{3}$ cups of brown rice
- 5 cups of tightly packed fresh spinach
- 1 tbsp garlic powder
- 1 tsp turmeric
- $\frac{1}{2}$ tsp cayenne pepper
- $\frac{1}{2}$ tsp cinnamon
- 2 cloves of garlic
- 2 tsp olive oil
- 2 tbsp tahini
- lime, juice
- 1 tsp maple syrup
- chili, salt, pepper



INSTRUCTIONS

1. Start by cooking brown rice. Add rice and 2 cups of water to a pot, season with salt and cook for 30-40 minutes or until soft.
2. Preheat oven to 180°C/350°F. Line a baking tray with parchment paper.
3. Rinse, drain, then dry chickpeas. Remove skins for an extra crunchy finish. Mix chickpeas with 1 teaspoon of oil, garlic powder, turmeric, cayenne, salt and pepper. Arrange chickpeas on one side of the baking tray in a single layer.
4. Cut sweet potatoes into bite sized pieces and place them on the baking tray too. Sprinkle with cinnamon and chili. Bake chickpeas and sweet potato for 25-30 minutes.
5. Heat up 1 teaspoon of olive oil in a large pan, add crushed garlic and sauté for 2 minutes. Add spinach, salt and pepper and cook for 3-5 minutes.
6. For the tahini dressing mix together tahini, lime juice, maple syrup with a little water.
7. Add rice, sweet potatoes, chickpeas and spinach to a big bowl and top with the tahini dressing. Enjoy!