



February 2019 Calendar | SOME Senior Center

This month's wellness focus: Heart Health

National African American History Month



Friday
1

National Wear Red Day



Walmart


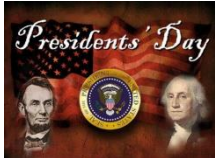

Box Lunch

Sat
2





Sun 3	Monday 4	Tuesday 5	Wednesday 6	Thursday 7	Friday 8	Sat 9
	10:00- 10:30 Coffee & Chat w/group 10:30-11:45 TRIP-Senior Walk Club Hillcrest 10:30 -11:30 Heart Health w/ Ms. Minor 11:15 -12:00 Exercise (Body Wise) 12:00 – 1:00 Lunch 1:00 -2:00 Coloring & Guided Meditation	10:00-10:30 Coffee & Chat w/group 10:30-11:45 TRIP-Rec Time at Hillcrest Black Cinema: "Fences":  12:00 – 1:00 Lunch	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 1:15 -12:00 Exercise (Body Wise) 12:00 -1:00 Lunch 1:00 – 2:00 Soc/Rec Bingo	10:00-11:00 Coffee & Chat w/group & African American History Facts 10:30-12:00 SNAP Ed Cooking Demonstrations & Nutrition Education 12:00 – 1:00 Lunch 1:00 – 2:00 Health Goals w/Denise	TRIP Martha's Market Fort Stanton Box Lunch	



<p>Sun 10</p>	<p>Monday 11</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>10:00 -11:15 Arts & Crafts w/Kia</p> <p>11:15- 12:00 Exercise (Body wise)</p> <p>12:00 – 1:00 Lunch</p> <p>1:00 – 2:00 Brain Gym: Cognitive Activities</p>	<p>Tuesday 12</p> <p>10:00- 10:30 Coffee & Chat 10:30-11:45 TRIP-Line Dancing/ Walking at Hillcrest</p> <p>10:30-12:00: Karaoke: Motown Edition!</p> <p>12:00 – 1:00 Lunch</p> <p>1:00 -2:00 Health & Wellness w/ Nurse Eileen</p>	<p>Wednesday 13</p> <p>10:00 –10:30 Sing Along w/ Heather</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 14</p>  <p>10:00-10:30 Coffee & Chat w/group</p> <p>10:30-12:00 SNAP Ed Cooking Demonstration & Nutrition Education</p> <p>12:00 – 1:00 Lunch</p> <p>1:00 – 2:00 Valentine's Day Celebration w/Latoya</p>	<p>Friday 15</p> <p>Trip Activities & Lunch w/ Bunty at Ingleside</p>	<p>Sat 16</p>
<p>Sun 17</p>	<p>Monday 18</p>  <p>Senior Center Closed</p>	<p>Tuesday 19</p> <p>10:00 –10:30 Coffee & Chat</p> <p>10:15-11:00 TRIP- Line Dancing at Hillcrest Rec Center</p> <p>10:30- 12:00 Living Black History: Bring something to share about yourself, or someone you admire! 12:00- 1:00 Lunch</p> <p>1:00 -2:00 Advocacy w/ Betty</p>	<p>Wednesday 20</p> <p>10:00 –10:30 Sing along with Heather</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>Thursday 21</p> <p>10:00-12:00 Memory Presentation w/ Sharon Sellars, Sibley Memorial Hospital</p> <p>12:00 – 1:00 Lunch</p> <p>1:00 – 2:00 Health Goals w/Denise</p>	<p>Friday 22</p> <p>TRIP Amish Market Box Lunch</p>	<p>Sat 23</p> <p>Food Delivery w/ Latoya</p> 



<p>Sun 24</p>	<p>Monday 25</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 -1:15 Black Cinema: “The Hate U Give”</p>  <p>11:15- 12:00 Exercise (Body wise)</p> <p>12:00 – 1:00 Lunch</p> <p>1:00 – 2:00 Social Hour</p>	<p>Tuesday 26</p> <p>TRIP Senior Spa Day Fort Stanton Rec Center</p>	<p>Wednesday 27</p> <p>10:00 –10:30 Sing along with Heather</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>Thursday 28</p> <p>Trip Black History Exhibition: Moving Out, Moving In, Moving Up <u>Montpelier Arts Center</u> 9652 Muirkirk Road Laurel, MD 20708</p>	<p><u>February Trips</u></p> <p>*2/18: Senior Center is closed for Presidents’ Day</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> 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</p>
<p><u>February Birthdays</u>  Elizabeth Adams 2/12 Alberta Jones 2/17 Muriel Weathington 2/21 <u>Happy Birthday!</u></p>	<p><u>February Observances</u></p> <ul style="list-style-type: none"> • Heart Month (American Heart Association)



February is African American History Month

As a Harvard-trained historian, Carter G. Woodson, like W. E. B. Du Bois before him, believed that truth could not be denied and that reason would prevail over prejudice. His hopes to raise awareness of African American's contributions to civilization was realized when he and the organization he founded, the Association for the Study of Negro Life and History (ASNLH), conceived and announced Negro History Week in 1925. The event was first celebrated during a week in February 1926 that encompassed the birthdays of both Abraham Lincoln and Frederick Douglass. The response was overwhelming: Black history clubs sprang up; teachers demanded materials to instruct their pupils; and progressive whites, not simply white scholars and philanthropists, stepped forward to endorse the effort.

By the time of Woodson's death in 1950, Negro History Week had become a central part of African American life and substantial progress had been made in bringing more Americans to appreciate the celebration. At mid-century, mayors of cities nationwide issued proclamations noting Negro History Week. The Black Awakening of the 1960s dramatically expanded the consciousness of African Americans about the importance of black history, and the Civil Rights movement focused Americans of all color on the subject of the contributions of African Americans to our history and culture. The celebration was expanded to a month in 1976, the nation's bicentennial. President Gerald R. Ford urged Americans to "seize the opportunity to honor the too-often neglected accomplishments of black Americans in every area of endeavor throughout our history." That year, fifty years after the first celebration, the association held the first African American History Month. By this time, the entire nation had come to recognize the importance of Black history in the drama of the American story. Since then each American president has issued African American History Month proclamations. And the association—now the Association for the Study of African American Life and History (ASALH)—continues to promote the study of Black history all year. *(Excerpt from an essay by Daryl Michael Scott, Howard University, for the Association for the Study of African American Life and History)*

About This Year's Theme

This year's theme "Black Women in American Culture and History" honors African American women and the myriad of roles they played in the shaping of our nation. The theme, chosen by the Association for the Study of African American Life and History urges all Americans to study and reflect on the value of their contribution to the nation.

<https://www.dol.gov/oasam/programs/crc/african-american-history-month.htm>