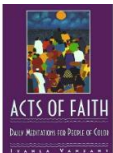
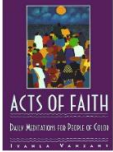
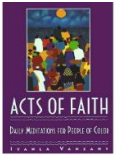
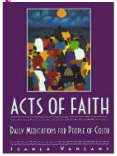


Zoom local# - (301) 715-8592
Meeting ID - 816 7131 7461



Senior Center Zoom Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
10:00-11:00 Group Coffee & Chat 11:00- 11:30 Readers Digest w/Markesha 11:30 – 12:00 Yoga Monday w/ Mr. Williams 12:00 – 1:00 Lunch 1:00 – 2:00 DC Health Nutrition Education w/ Ms. Lynitta 2:00-4:00 Extended Programming	10:00 – 12:30 Chronic Disease Workshop w/ Well Centric DC 12:00-1:00 Lunch 12:00 – 1:00 Acts Of Faith Book Club w/Markesha-Iylana Vanzant 	10:00-11:00 Senior Center Meeting w/ Markesha (Lucky Seat) 11:00- 12:00 Strength Training- w/ Mr. Williams 12:00 – 1:00 Lunch 1:00 – 2:00 Craft Corner w/Markesha	10:00-11:00 Morning Icebreakers 11:00- 12:00 DIY Activity Packets 12:00 – 1:00 Lunch 1:00 – 2:00 Social Circle 2:00-4:00 Extended Programming	<u>Trip</u> <u>10:00-2:00</u> <u>Amish Market</u> 
8	9	10	11	12
10:00-11:00 Coffee & Conversation 11:00- 11:30 Nutrition Ed w/ Ms. Minor 11:30 – 12:00 Yoga Monday w/ Mr. Williams 12:00 – 1:00 Lunch 1:00 – 2:00 Jeopardy Challenge w/Markesha 2:00-4:00 Extended Programming	10:00 – 12:30 Chronic Disease Workshop w/ Well Centric DC 12:00-1:00 Lunch 12:00 – 1:00 Acts Of Faith Book Club w/Markesha-Iylana Vanzant 	10:00-12:00 Divine Mind Therapeutics Rediscovering Passions & Sparking Creativity w/ Stefanie Jackson  12:00 – 1:00 Lunch 1:00 – 2:00 Post-Traumatic Growth Presentation w/ Markesha (Overcoming Trauma)	10:00-11:00 Group Coffee-n-Chat 11:00 – 12:00 Positive Affirmations w/Markesha 12:00 – 1:00 Lunch 1:00 – 2:00 Physical Therapy Presentation w/ APTA DC Chapter 2:00-4:00 Extended Programming	10:00-11:00 Group Coffee & Chat 11:00- 12:00- Mindfulness Discussion w/Markesha 12:00 – 1:00 Lunch 1:00 – 2:00 Plants & Blooms Therapeutic Workshop w/ Ms. Kaifa 

15 10:00-11:00 Group Coffee -n- Chat (Positive Affirmations) 11:00 – 12:00 Yoga Monday w/ Mr. Williams  12:00 – 1:00 Lunch 1:00 – 2:00 Comedy Hour w/Markesha 2:00 – 4:00 Extended Programming	16 10:00 – 11:00 Coffee & Social Circle 11:00-12:00 Arts & Crafts w/Markesha 12:00-1:00 Lunch 1:00 – 2:00 Acts Of Faith Book Club w/Markesha-Iylana Vanzant 	17 10:00-11:00 Current News & Events 11:00– 12:00 Strength Training w/ Mr. Williams 12:00 – 1:00 Lunch 1:00-2:00 Family First Life Insurance Presentation w/Brian Briscoe 	18 <u>TRIP</u> <u>10:00-2:00</u> Father's Day Event At Kuehner House *Transportation Provided*  2:00-4:00 Extended Programming	19 <u>SENIOR CENTER</u> <u>CLOSED</u> 
22 10:00-11:00 Group Coffee & Chat (Music Therapy) 11:00 – 12:00 Yoga Monday w/Mr. Williams 12:00 – 1:00 Lunch 1:00 – 2:00 DIY Mosaic Coasters w/Markesha 2:00 – 4:00 Extended Programming	23 10:00-11:00 Current News & Events 11:00– 12:00 Acts Of Faith w/Markesha- By Iylana Vanzant  12:00 – 1:00 Lunch 1:00-2:00 Club Memory Presentation w/ Sibley Memorial Hospital	24 10:00-12:00 Divine Mind Therapeutics Rediscovering Passions & Sparking Creativity w/ Stefanie Jackson  12:00 – 1:00 Lunch 1:00 – 2:00 The Roots of Pride Presentation w/Markesha 	25 <u>TRIP</u> <u>10:00-2:00</u> Senior Services Annual Talent Show At Kuehner House *Transportation Provided*  2:00-4:00 Extended Programming	26 Food Delivery (Kuehner House) No in-person activity on this day 

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10:00-11:00

Activity Corner
w/Markesha

11:00- 12:00

Strength
Training Outdoors w/ Mr.
Williams

12:00 – 1:00

Lunch

1:00-2:00

BINGO FOR PRIZES!



2:00-4:00

Extended Programming

30

TRIP
10:00-2:00
APPLEBEES



Lloyd Smothers 6/10

Joanne Buford 6/16

Anita Jones 6/20

Laura Grant 6/25

RECIPE FOR THE MONTH:

Seasoned Tilapia Fillets

INGREDIENTS:



- 2 tilapia fillets (6 ounces each)
- 1 tablespoon butter, melted.
- 1 teaspoon Montreal steak seasoning
- 1/2 teaspoon dried parsley flakes
- 1/4 teaspoon paprika
- 1/8 teaspoon pepper
- 1/4 teaspoon dried thyme
- 1/8 teaspoon onion powder
- 1/8 teaspoon salt
- Dash garlic powder

DIRECTIONS

1. Preheat oven to 425°. Place tilapia in a greased 11x7-in. baking dish; drizzle with butter. In a small bowl, mix remaining ingredients; sprinkle over fillets.
2. Bake, covered, 10 minutes. Uncover; bake until fish just begins to flake easily with a fork, 5-8 minutes.