



















April Is National Autism Awareness Month



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

Senior Center Zoom Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>Focus Topic Of The Month: Stress Management</p> 	<p>1</p> <p>10:00-12:00 Divine Mind Therapeutics Sip & Paint w/ Stefanie Jackson</p>  <p>12:00 – 1:00 Lunch</p> <p>1:00 – 2:00 Music Through Time w/ OT Intern Tracey</p>	<p>2</p> <p>10:00-11:00 Senior Center Meeting w/ Markesha</p> <p>11:00– 12:00 Strength Training w/Mr. Williams</p> <p>12:00 – 1:00 Lunch</p> <p>1:00 – 2:00 Fall Prevention and Home Safety w/OT Intern Tracey</p>  <p>2:00-4:00 DIY Word Search Puzzles (Extended Programming)</p>	<p>3</p> <p>TRIP PG PLAZA MALL</p>  <p>2:00-3:00 Words Of Wisdom Workshop w/ Ms. Ruby (Kuehner House Senior Center)</p>
<p>6</p> <p>10:00-11:00 Coffee & Conversation</p> <p>11:00– 11:30 Nutrition Ed Safety & Trivia w/ Ms. Minor</p> <p>11:30 – 12:00 Yoga Monday – w/ Mr. Williams</p> <p>12:00 – 1:00 Lunch</p> <p>1:00 – 2:00 DC Health Nutrition Education w/ Ms. Lynitta</p> <p>2:00-4:00 Connect Four Game Challenge (Extended Programming)</p>	<p>7</p> <p>10:00-12:30 Diabetes Workshop w/ Living Well DC Project</p> <p>12:00 – 1:00 Lunch</p> <p>1:00-2:00 TRUST Book Club w/Markesha -Iylana Vanzant</p> 	<p>8</p> <p>10:00-11:00 Social Circle & Coffee</p> <p>11:00-12:00 Strength Training – w/ Mr. Williams</p> <p>12:00 – 1:00 Lunch</p> <p>1:00 – 2:00 DIY Activity Packets</p>	<p>9</p> <p>10:00-11:00 Morning Motivational Chat (Positive Affirmations)</p> <p>11:00– 12:00 Readers Digest w/ Markesha</p> <p>12:00 – 1:00 Lunch</p> <p>1:00 – 2:00 Vision Board w/OT Intern Tracey</p> <p>2:00-4:00 Table Board Games (Extended Programming)</p> 	<p>10</p> <p>TRIP Air & Space Museum</p>  <p>2:00-3:00 Words Of Wisdom Workshop w/ Ms. Ruby (Kuehner House Senior Center)</p>

<p style="text-align: right;">13</p> <p>10:00-11:00 Activity Connection w/ Markesha 11:00-12:00 Yoga Monday Outside w/ Mr. Williams</p>  <p>12:00-1:00 Lunch 1:00-2:00 Club Memory Presentation w/ Sibley Memorial Hospital 2:00-4:00 Puzzle Game Challenge (Extended Programming)</p>	<p style="text-align: right;">14</p> <p>10:00-11:00 Group Morning Meditation 11:00 – 12:00 Strength Training w/Mr. Williams 12:00 – 1:00 Lunch 1:00-2:00- Spring Gnome Snow Globes w/ Markesha</p> 	<p style="text-align: right;">15</p> <p>10:00-12:00 Divine Mind Therapeutics Sip & Paint w/ Stefanie Jackson</p>  <p>12:00 – 1:00 Lunch 1:00 – 2:00 Understanding Autism Presentation w/Markesha</p> 	<p style="text-align: right;">16</p> <p>10:00-2:00 Spades Tournament & Games w/ Karin House at Kuehner House (Transportation Provided for Kuehner Senior Center Community Participants)</p>  <p>2:00-4:00 Self-Engaged Activities (Extended Programming)</p>	<p style="text-align: right;">17</p> <p style="text-align: center;">Food Delivery <i>(Kuehner House)</i></p> <p style="text-align: center;">No In-Person Activity On This Day</p>  <p style="text-align: center;">2:00-3:00 Words Of Wisdom Workshop w/ Ms. Ruby (Kuehner House Senior Center)</p>
<p style="text-align: right;">20</p> <p>10:00-11:00 Mandatory Kuehner House Community Meeting 11:00– 12:00 Strength Training – w/ Mr. Williams 12:00 – 1:00 Lunch 1:00-2:00 Stress Management: Mindful Movement and Serene Synergy w/Markesha 2:00-4:00 Color by the Numbers (Extended Programming)</p>	<p style="text-align: right;">21</p> <p>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- Brain Games Activities w/Markesha</p> 	<p style="text-align: right;">22</p> <p>10:00-11:00 DIY Indoor Garden Kit w/Markesha</p>  <p>11:00– 12:00 Strength Training – w/ Mr. Williams 12:00 – 1:00 Lunch 1:00 – 2:00 Family Feud Challenge w/Markesha</p> 	<p style="text-align: right;">23</p> <p>10:00-12:00 Self-Care Day w/ Staff & Seniors</p>  <p>12:00-1:00 Lunch 1:00 – 2:00 Self-Engaged Activities 2:00-4:00 Checkers Game (Extended Programming)</p>	<p style="text-align: right;">24</p> <p style="text-align: center;">MANDATORY ALL STAFF MEETING</p> <p style="text-align: center;">No In-Person Activity on This Day</p> 

27

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
Senior Medicare Patrol (Legal
Counsel for the Elderly)



2:00-4:00
DIY Activity Packets (Extended
Programming)

28

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
BINGO FOR PRIZES!



29

10:00-11:00
Coffee & Conversation
11:00- 12:00
Strength Training – w/ Mr.
Williams
12:00 – 1:00
Lunch
1:00 – 2:00
Motown Trivia & Music
w/Markesha



30

TRIP
MILLER FARMS



Anthony Brown
04/03
Iris Hopkins
04/08
Naomi Smith
04/12
Rosa Hill
04/27

Recipe

Mixed Berries and Banana Smoothie



Ingredients

- 1 cup frozen mixed berries
- 3/4cup orange juice
- 1/4 cup low-fat vanilla yogurt
- 1 frozen ripe banana
- 1 teaspoon honey, optional

Toppings for a Smoothie Bowl

- 1/4 cup fresh blueberries
- 1/4 cup fresh raspberries
- 2 dollops low-fat vanilla yogurt
- 2 to 3 tablespoons granola
- 1 teaspoon chia seeds

Directions

1. For the smoothie: Combine the berries, orange juice, yogurt, banana, and honey, if using, in a blender and puree until smooth.
2. For the toppings: Pour the smoothie into a bowl. Top with the blueberries, raspberries, vanilla yogurt, and granola. Sprinkle with the chia seeds.