



February is American Heart Month



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

Senior Center Zoom Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>10:00-11:00 Activity Corner w/Markesha 11 – 11:30 Nutrition Ed w/ Ms. Minor 11:00 – 12:00 Yoga Monday – w/ Mr. Williams 12:00 – 1:00 – Lunch 1:00 – 2:00 DC Health Nutrition Education w/ Lynnitta 2:00-4:00 Spades Tournament</p>	<p>3</p> <p>10:00-11:00 Coffee-n-Chat 11:00 – 12:00 Trust workshop w/Markesha -Iylana Vanzant 12:00 – 1:00 – Lunch 1:00 – 2:00 B I N G O</p>	<p>4</p> <p>10:00-11:00 Group-Morning Ice Breakers 11:00– 12:00 Strength Training w/ Mr. Williams 12:00 – 1:00 – Lunch 1:00 – 2:00 Occupational Therapy Overview w/Howard University Intern (Tracey)</p>	<p>5</p> <p>10:00-11:00 Current Events w/Markesha 11:00– 12:00 Cognitive & Words Occupational Therapy w/Howard University Intern (Tracey) 12:00 – 1:00 – Lunch 1:00 – 2:00 Healthy Cooking Demo w/Markesha 2:00-4:00 Co-Current Programming Participants Choice</p>	<p>6</p> <p>TRIP RED LOBSTER</p>
<p>9</p> <p>10:00-11:00 Group Coffee-n-Chat 11:00 – 12:00 Yoga Monday – w/ Mr. Williams 12:00 – 1:00 – Lunch 1:00 – 2:00 CLUB Memory Presentation w/Sibley Memorial Hospital 2:00-4:00 Activity Corner</p>	<p>10</p> <p>10:00-11:00 Meditation Coloring 11:00 – 12:00 Trust workshop w/Markesha -Iylana Vanzant 12:00 – 1:00 – Lunch 1:00 – 2:00 DIY Black History Keychains w/Markesha</p>	<p>11</p> <p>TRIP DACL RED WHITE & YOU EVENT</p>	<p>12</p> <p>10:00-11:00 Fall Prevention & Home Safety Occupational Therapy w/Howard University Intern (Tracey) 11:00– 12:00 Activity w/ Chantaya 12:00 – 1:00 – Lunch 1:00 – 2:00 DIY Valentine's Candy Jar w/Markesha 2:00-4:00 Chess Tournament</p>	<p>13</p> <p>11:00 – 12:00 Trivia for prizes! Food Delivery (Kuehner House) No in-person activity on this day.</p>

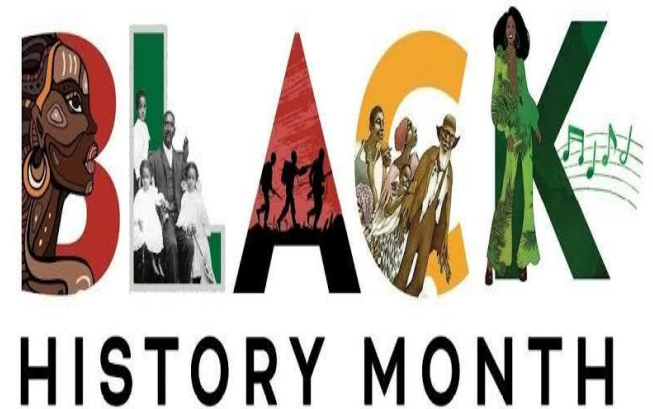
<p>16</p> <p>Senior Center Closed</p> <p>President's Day</p>	<p>17</p> <p>10:00-11:00 Group Social Circle 11:00 – 12:00 Trust workshop w/Markesha -Iylana Vanzant 12:00 – 1:00 – Lunch 1:00-2:00 MEDSTAR HEALTH PRESENTATION</p>	<p>18</p> <p>10:00-11:00 Group Coffee in Chat- 11:00– 12:00 Strength Training w/ Mr. Williams 12:00 – 1:00 – Lunch 1:00 – 2:00 Heart Health Occupational Therapy w/Howard University Intern (Tracey)</p>	<p>19</p> <p>10:00-11:00 Fine Motor Skills & Hand Function Occupational Therapy w/Howard University Intern (Tracey)</p> <p>MOVIE DAY 12:00 – 1:00 – Lunch 1:00 – 2:00 Continue: MOVIE</p> 	<p>20</p> <p>HBHS ALL Staff Meeting</p> <p>Senior Center Closed</p>
<p>23</p> <p>10:00 – 11:00 Group Coffee-n-Chat 11:00 – 12:00 Yoga Monday – w/ Mr. Williams 12:00 – 1:00- Lunch 1:00 – 2:00 Alzheimer's Presentation 2:00-4:00 Spades Tournament</p>	<p>24</p> <p>TRIP AFRICAN AMERICAN MUSEUM</p>	<p>25</p> <p>10:00-11:00 Chair Zumba/Movement Occupational Therapy w/Howard University Intern (Tracey) 11:00-12:00 Strength Training w/ Mr. Williams 12:00 – 1:00 – Lunch 1:00 – 2:00 February Birthday Celebration</p> 	<p>26</p> <p>10:00-11:00 Group Coffee-n-Chat 11:00– 12:00 Games, social hour, and discussions Occupational Therapy w/Howard University Intern (Tracey) 12:00 – 1:00 – Lunch 1:00 – 2:00 Plants-n-Bloom Therapeutic Workshop w/ Kaifia 2:00-4:00 Chess Tournament</p>	<p>27</p> <p>TRIP Della J's Restaurant</p>



Kenneth Beard 2/6
Rosalind Lindsey 02/06
Beverly Bryant 2/13
William Harrison 2/19
Muriel Weathington 2/21

Recipe

Butternut Squash Soup



INGREDIENTS

- 2 tablespoons butter
- 1 small onion, chopped
- 1 stalk celery, chopped
- 1 medium carrot, chopped
- 2 medium potatoes, cubed
- 1 medium butternut squash - peeled, seeded, and cubed
- 1 (32 fluid ounce) container chicken stock
- salt and freshly ground black pepper to taste

INSTRUCTIONS

1. Gather all ingredients.
2. Melt butter in a large pot over medium heat, and cook onion, celery, carrot, potatoes, and squash until lightly browned, about 5 minutes. Pour in enough chicken stock to cover vegetables.
3. Bring to a boil over medium-high heat. Reduce heat to low, cover pot, and simmer until all vegetables are tender, about 40 minutes.
4. Transfer soup to a blender and process until smooth. Return to the pot and mix in any remaining stock to reach desired consistency. Season with salt and pepper.
5. Serve hot and enjoy!

Resources

[Butternut Squash Soup Recipe](#)