












May is Older American's Month



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

Senior Center Zoom Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
 			<div>1</div> <p>10:00-11:00 Group Coffee-n-Chat 11:00– 12:00 DIY-Activity Packets 12:00 – 1:00 – Lunch 1:00 – 2:00 Self-Care w/ OT Intern</p> <p>2:00-3:00 Spades Tournament Snacks</p>	<div>2</div> <p>TRIP Walmart</p> 
<div>5</div> <p>10:00-11:00 Social Circle 11 – 12:00 Nutrition Ed w/ Ms. Minor 11:00 – 12:00 Yoga Monday – w/ Ms. Maria 12:00 – 1:00 – Lunch 1:00 – 2:00 SNAP-ED w/DOH 2:00-4:00 Spades Tournament</p>	<div>6</div> <p>10:00 – 11:00 Group Coffee n- Chat 11:00-12:00 Get Over It -workshop w/Markesha -Iylana Vanzant 12:00 – 1:00- Lunch 1:00-2:00- B I N G O</p>	<div>7</div> <p>10:00-11:00 Senior Center Meeting (Lucky Seat for Prize) 11:00-12:00 Strength Training – w/ Ms. Maria 12:00 – 1:00 – Lunch 1:00 – 2:00 Bead Making w/ Markesha</p>	<div>8</div> <p>TRIP TO (Karin House) Mother's Day Brunch & Bingo</p>	<div>9</div> <p>10:00-11:00 Group Coffee-n-Chat 11:00– 12:00 Meditation Coloring 12:00 – 1:00 – Lunch 1:00 – 2:00 DIY-Activity Packets 2:00-3:00 Spades Tournament Snacks</p>

<p>12</p> <p>10:00-2:00</p> <p>PASSPORT TO INDIA w/Monica</p> <p>12:00 – 1:00 – Lunch</p> 	<p>13</p> <p>10:00-11:00</p> <p>Group Morning Meditation</p> <p>11:00 – 12:00</p> <p>Get Over It- Workshop w/Markesha- By Iylana Vanzant</p> <p>12:00 – 1:00 – Lunch</p> <p>1:00-2:00-</p> <p>Emergency Preparedness Session w/ Homeland Security</p> 	<p>14</p> <p>10:00-12:00</p> <p>Group Coffee-n-Chat</p> <p>11:00-12:00</p> <p>Strength Training – w/ Ms. Maria</p> <p>12:00 – 1:00 – Lunch</p> <p>1:00 – 2:00</p> <p>Spring Butterfly Magnet Painting</p> 	<p>15</p> <p>10:00-11:00</p> <p>Morning Motivational Chat</p> <p>11:00– 12:00</p> <p>Social Circle</p> <p>12:00 – 1:00 – Lunch</p> <p>1:00 – 2:00</p> <p>DIY-Activity Packets</p> <p>2:00-4:00</p> <p>Co-Current Programming (Participant’</p> <p>3:00-4:00</p> <p>Divine Mind Therapeutic Group w/ Stephanie</p>	<p>16</p> <p>Food Delivery (Kuehner House)</p> 
<p>19</p> <p>10:00-11:00</p> <p>Social Hour</p> <p>Breaking News</p> <p>11:00– 12:00</p> <p>Strength Training – w/ Ms. Maria</p> <p>12:00 – 1:00-</p> <p>Lunch</p> <p>1:00-2:00</p> <p>Cognitive Activities</p> <p>2:00-4:00</p> <p>Spades Tournament</p>	<p>20</p> <p>10:00-11:00</p> <p>Current News & Events</p> <p>11:00– 12:00</p> <p>Get Over It Workshop w/Markesha- By Iylana Vanzant</p> <p>12:00 – 1:00-</p> <p>1:00-2:00-</p> <p>DC Central Kitchen Food Presentation and Services</p>	<p>21</p> <p>Senior Fest Block Party</p> <p>(Transportation by DACL)</p> 	<p>22</p> <p>10:00-11:00</p> <p>Morning Motivational Chat (Positive Affirmations)</p> <p>11:00– 12:00</p> <p>Book Club Discussion</p> <p>12:00 – 1:00 – Lunch</p> <p>1:00 – 2:00</p> <p>Ward 8 Special Election Voter Outreach</p> <p>2:00-4:00</p> <p>Healthy Cooking w/ Markesha</p>	<p>23</p> <p>Movie Day At Kuehner House</p> 

<div data-bbox="436 103 464 131" data-label="Text">26</div> <div data-bbox="94 183 367 391" data-label="Section-Header"> <h1>Happy Memorial Day</h1> </div> <div data-bbox="94 396 405 605" data-label="Image"> </div> <div data-bbox="94 610 405 643" data-label="Text"> <p>(Senior Center Closed)</p> </div>	<div data-bbox="840 103 867 131" data-label="Text">27</div> <div data-bbox="497 183 861 305" data-label="Section-Header"> <h1>TRIP Bible Museum</h1> </div> <div data-bbox="489 469 814 581" data-label="Text"> <p>3:00-4:00 Divine Mind Therapeutic Workshop w/ Stephanie</p> </div>	<div data-bbox="1230 103 1257 131" data-label="Text">28</div> <div data-bbox="896 183 1215 589" data-label="Text"> <p>10:00-11:00 Social Circle (What's New) (Lucky Seat for Prize) 11:00– 12:00 Strength Training – w/ Ms. Maria 12:00 – 1:00 – Lunch 1:00 – 2:00 Dementia Workshop w/ DACL Session 2</p> </div>	<div data-bbox="1648 103 1675 131" data-label="Text">29</div> <div data-bbox="1312 151 1669 540" data-label="Section-Header"> <h1>TRIP Celebrating Older America's Month w/East of River</h1> </div> <div data-bbox="1302 558 1627 670" data-label="Text"> <p>3:00-4:00 Divine Mind Therapeutic Workshop w/ Stephanie</p> </div>	<div data-bbox="2026 103 2053 131" data-label="Text">30</div> <div data-bbox="1707 147 2022 545" data-label="Text"> <p>10:00-11:00 Social Circle 11:00– 12:00 Arts-n-Crafts w/ Markesha 12:00 – 1:00 – Lunch 1:00 – 2:00 Pre-Drawn Canvas Painting w/ Markesha (Birthday Celebration)</p> </div> <div data-bbox="1707 552 2062 787" data-label="Image"> </div> <div data-bbox="1707 839 2022 946" data-label="Text"> <p>Barbara Ann Moses 5/16 Anthony Curtis Eddie Paige 5/21</p> </div>
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RECIPE

One-pot lemon-broccoli Pasta with Parmesan



INGREDIENTS

- 2 tablespoons extra-virgin olive oil

- 1 medium shallot, minced
- 2 cloves garlic, minced
- 8 ounces whole-wheat rotini or farfalle pasta
- 1 $\frac{3}{4}$ cups water
- 1 $\frac{1}{2}$ cups low-sodium vegetable broth or chicken broth
- 1 tablespoon lemon zest
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{2}$ teaspoon ground pepper
- 1 (10-ounce) package of frozen broccoli florets, thawed and coarsely chopped
- $\frac{1}{3}$ cup grated Parmesan cheese
- 4 teaspoons lemon juice, or more to taste

Directions

- Heat oil in a large saucepan over medium heat. Add shallot and cook, stirring, until starting to soften, about 2 minutes. Add garlic and cook, stirring, until fragrant, about 30 seconds. Add pasta, water, broth, lemon zest, salt and pepper. Cover and bring to a boil. Uncover, reduce heat to medium-high and cook, stirring frequently, for 10 minutes. Add broccoli and cook, stirring, until heated through, 2 to 3 minutes. Remove from heat and stir in Parmesan and lemon juice.

Sources:

[New FDMB: Historic Anacostia Walking Tour with Historian John Muller \(youtube.com\)](#)

[Bing Videos](#)