












March is National Nutrition Month



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

Senior Center Zoom Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <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>	<p>4</p> <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 DIY-Butterfly Snow globes w/Markesha</p> 	<p>5</p> <p>10:00-11:00 Senior Center Meeting 11:00– 12:00 Strength Training – w/ Ms. Maria 12:00 – 1:00 – Lunch 1:00 – 2:00 Increasing Strength and Mobility w OT/intern</p> 	<p>6</p> <p>10:00-11:00 DIY-Shamrock Wooden Picture Frames 11:00– 12:00 Self-Care w/OT Intern 12:00 – 1:00 – Lunch 1:00 – 2:00 How to Stop Overthinking workshop with/ Denise ????? 2:00-4:00 Spades Tournament Snacks</p>	<p>7</p> <p>TRIP Walmart</p> 
<p>10</p> <p>10:00-11:00 Social Circle 11:00 – 12:00 Yoga Monday – w/ Ms. Maria 12:00 – 1:00 – Lunch 1:00 – 2:00 B I N G O 2:00-4:00 Spades Tournament</p>	<p>11</p> <p>10:00 – 11:00 Group Coffee n- Chat 11:00-12:00 Activities w/Chantaya 12:00 – 1:00- Lunch 1:00-2:00- Legal Council for Elderly (Medicare Bingo Group Education Session)</p>	<p>12</p> <p>10:00-11:00 Group Coffee-n-Chat 11:00-12:00 Strength Training – w/ Ms. Maria 12:00 – 1:00 – Lunch 1:00 – 2:00 Increasing Strength and Mobility w OT/intern</p> 	<p>13</p> <p>10:00-11:00 Group Coffee in Chat 11:00– 12:00 Self-Care w/OT Intern 12:00 – 1:00 – Lunch 1:00 – 2:00 Healthy Cooking Demo w/Markesha 2:00-4:00 Co-current Programming</p>	<p>14</p> <p>TRIP Cracker Barrel</p> 

<p>17</p> <p>10:00-11:00 Social Circle 11:00 – 12:00 Yoga Monday – w/ Ms. Maria 12:00 – 1:00 – Lunch 1:00 – 2:00 Co-current 2:00-4:00 Spades Tournament</p>	<p>18</p> <p>10:00-11:00 Group Morning Meditation 11:00 – 12:00 Get Over It- Workshop w/Markesha- By Iylana Vanzant 12:00 – 1:00 – 1:00-2:00- Fire Safety/Blood Pressure Glucose Prevention</p> 	<p>19</p> <p>10:00-12:00 Activity Connection w/Markesha 11:00-12:00 Strength Training – w/ Ms. Maria 12:00 – 1:00 – Lunch 1:00 – 2:00 Increasing Strength and Mobility w OT/intern</p> 	<p>20</p> <p>TRIP Movie Theatre</p> 	<p>21</p> <p>11:00 – 12:00 Trivia for prizes! (Zoom) Food Delivery (Kuehner House)</p> <p>No in-person activity on this day.</p> 
<p>24</p> <p>10:00-11:00 Mosaic Coasters w/Markesha 11:00– 12:00 Strength Training – w/ Ms. Maria 12:00 – 1:00- Lunch 1:00-2:00 Hygiene Presentation w/Valerie 2:00-4:00 Spades Tournament</p>	<p>25</p> <p>10:00-11:00 Current News & Events 11:00– 12:00 Get Over It Workshop w/Markesha- By Iylana Vanzant 12:00 – 1:00- 1:00-2:00- ADA 101 Sensitivity Presentation w/Office of Disability (ODR)</p>	<p>26</p> <p>10:00-11:00 Social Circle (What's New) 11:00– 12:00 Strength Training – w/ Ms. Maria 12:00 – 1:00 – Lunch 1:00 – 2:00</p> 	<p>27</p> <p>10:00-11:00 Morning Motivational Chat (Positive Affirmations) 11:00– 12:00 Self-Care w/OT Intern 12:00 – 1:00 – Lunch 1:00 – 2:00 DIY-Activities Packet 2:00-4:00 Spades Tournament</p>	<p>28</p> <p>TRIP TJ Max Department Store</p> 



Elizabeth Mensah 03/03

Janice Simms 03/07

Andrea Johnson 03/23

Laverne Jenkins 03/23

Laverne Murrell 03/25

Arlene Fox 03/29

Recipe

Chicken & Spinach Skillet Pasta with Lemon



INGREDIENTS

- 8 ounces gluten-free penne pasta or whole-wheat penne pasta
- 2 tablespoons extra-virgin olive oil
- 1-pound boneless, skinless chicken breast or thighs, trimmed, if necessary, and cut into bite-size pieces
- ½ teaspoon salt
- 4 cloves garlic, minced
- ¼ teaspoon ground pepper
- Juice and zest of 1 lemon
- 10 cups chopped fresh spinach
- 4 tablespoons grated Parmesan cheese, divided
- INSTRUCTIONS

Cook pasta according to package directions. Drain and set aside. Meanwhile, heat oil in a large high-sided skillet over medium-high heat. Add chicken, salt and pepper; cook, stirring occasionally, until just cooked through, 5 to 7 minutes. Add garlic and cook, stirring, until fragrant, about 1 minute. Stir in wine, lemon juice and zest; bring to a simmer.

Remove from heat. Stir in spinach and the cooked pasta. Cover and let stand until the spinach is just wilted. Divide among 4 plates and top each serving with 1 tablespoon Parmesan.