











February is American Heart Month



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

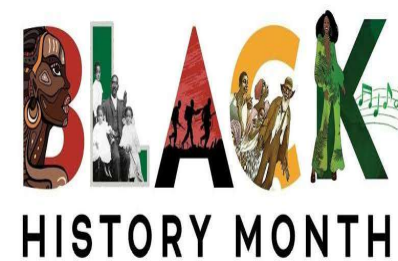
Senior Center Zoom Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
<p>10:00-11:00 News &Views (Current events) w/Markesha 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 Snacks</p>	<p>10:00-11:00 Forgiveness workshop w/Markesha -Iylana Vanzant 11:00 – 12:00 Social Circle 12:00 – 1:00 – Lunch 1:00 – 2:00 Book Club Maya Angelou I Know Why the Caged Bird sings</p> 	<p>10:00-11:00 Activity Connection w/Markesha 11:00– 12:00 Strength Training – w/ Ms. Maria 12:00 – 1:00 – Lunch 1:00 – 2:00 DIY-Clay Hands w/ Markesha</p>  <p>Black History Month Bead Keychain Making w/Markesha</p>	<p>10:00-11:00 DIY-Heart Coasters w/Markesha 11:00– 12:00 Health Presentation w/ United Health Care 12:00 – 1:00 – Lunch 1:00 – 2:00 Black History Trivia</p>  <p>2:00-4:00 Spades Tournament Snacks</p>	<p>TRIP Amish Market</p> 
10	11	12	13	14
<p>TRIP Valentine’s Day Event w/ Karen House at Kuehner House</p> <p>Transportation will be provided to the community participants</p>	<p>10:00 – 11:00 Group Coffee in Chat 11:00-12:00 Activities w/Chantaya 12:00 – 1:00- Lunch 1:00-2:00- Book Club Maya Angelou I Know Why the Caged Bird sings</p> 	<p>10:00-12:00 Heart & Health Brain Bingo w/Georgetown 12:00 – 1:00 – Lunch 1:00 – 2:00</p> 	<p>10:00-11:00 Group Coffee in Chat 11:00– 12:00 Mindfulness w/Denise 12:00 – 1:00 – Lunch 1:00 – 2:00 Seasonal Affective Disorder w/OT Intern 2:00-4:00 Co-current Programming</p>	<p>TRIP Red, White & Blue Valentine’s Day Event (DACL) (Deanwood)</p>

<p style="text-align: right;">17</p> <p style="text-align: center;">Senior Center Closed President's Day</p>	<p style="text-align: right;">18</p> <p>10:00-11:00 Forgiveness workshop w/Markesha -Iylana Vanzant 11:00 – 12:00 Cognitive Activities 12:00 – 2:00 – Cultural Awareness Working Lunch w/Shay</p>	<p style="text-align: right;">19</p> <p>10:00-12:00 Vaccination Clinic 11:00-12:00 Strength Training – w/ Ms. Maria 12:00 – 1:00 – Lunch 1:00 – 2:00 Therapeutic flower Arranging w/ Plants-n-Bloom REIMAGINED</p> 	<p style="text-align: right;">20</p> <p>10:00-11:00 Group Morning Engagement 11:00– 12:00 Increasing Strength and mobility w OT/intern 12:00 – 1:00 – Lunch 1:00 – 2:00 Utility Scams w/DC Public Service Commission 2:00-4:00 Spades Tournament & Board Games Snacks</p>	<p style="text-align: right;">21</p> <p>11:00 – 12:00 Trivia for prizes! (Zoom) Food Delivery (Kuehner House)</p> <p style="text-align: center;">No in-person activity on this day.</p>
<p style="text-align: right;">24</p> <p>10:00-11:00 Group Morning Engagement 11:00– 12:00 Strength Training – w/ Ms. Maria 12:00 – 1:00-Lunch 1:00-2:00- Abstract Heart Painting 2:00-4:00 Spades Tournament Snacks</p>	<p style="text-align: right;">25</p> <p>10:00-11:00 Forgiveness workshop w/Markesha -Iylana Vanzant 11:00– 12:00 Dexterity w/ OT intern (Improving Hand Functioning) 12:00 – 1:00- 1:00-2:00- Medication Safety w/Medstar</p>	<p style="text-align: right;">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 style="text-align: right;">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 Healthy Cooking Demo w/Markesha (Cherry Almond Pie Cups) 2:00-4:00 Spades Tournament Snacks</p>	<p style="text-align: right;">28</p> <p style="text-align: center;">TRIP Della J's Restaurant</p>



Rosalind Lindsey 02/06
Muriel Weathington 02/21



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.