






# April is National Stress Awareness Month






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

Senior Center Zoom Calendar

| Monday   | Tuesday  | Wednesday   | Thursday  | Friday   |
|--|--|---|---|--|
|   | <p>1</p> <p><b>10:00-11:00</b><br/><b>Group Coffee-n-Chat</b></p> <p><b>11:00 – 12:00</b><br/><b>Get Over It -workshop</b><br/><b>w/Markesha -Iylana Vanzant</b></p> <p><b>12:00 – 1:00 – Lunch</b></p> <p><b>1:00 – 2:00</b><br/><b>B I N G O</b></p>   | <p>2</p> <p><b>10:00-11:00</b><br/><b>Senior Center Meeting</b><br/><b>(Lucky Seat for Prize)</b></p> <p><b>11:00– 12:00</b><br/><b>Strength Training – w/ Ms. Maria</b></p> <p><b>12:00 – 1:00 – Lunch</b></p> <p><b>1:00 – 2:00</b><br/><b>Increasing Strength and</b><br/><b>Mobility w OT/intern</b></p>  | <p>3</p> <p><b>10:00-11:00</b><br/><b>Group Coffee-n-Chat</b></p> <p><b>11:00– 12:00</b><br/><b>Self-Care w/OT Intern</b></p> <p><b>12:00 – 1:00 – Lunch</b></p> <p><b>1:00 – 2:00</b><br/><b>Friendship Bench DC</b><br/><b>Presentation</b></p> <p><b>2:00-3:00</b><br/><b>Spades Tournament</b><br/><b>Snacks</b></p> <p><b>2:00-3:00</b><br/><b>Divine Mind Therapeutic</b><br/><b>Workshop w/Stephanie</b></p> | <p>4</p> <p><b>10:00-11:00</b><br/><b>Morning Motivational Chat</b></p> <p><b>11:00– 12:00</b><br/><b>Social Circle</b></p> <p><b>12:00 – 1:00 – Lunch</b></p> <p><b>1:00 – 2:00</b><br/><b>DIY-Activity Packets</b></p> <p><b>2:00-4:00</b><br/><b>Co-Current Programming</b></p> |
| <p>7</p> <p><b>10:00-11:00</b><br/><b>Social Circle</b></p> <p><b>11 – 12:00</b><br/><b>Nutrition Ed w/ Ms. Minor</b></p> <p><b>11:00 – 12:00</b><br/><b>Yoga Monday – w/ Ms. Maria</b></p> <p><b>12:00 – 1:00 – Lunch</b></p> <p><b>1:00 – 2:00</b><br/><b>SNAP-ED w/DOH</b></p> <p><b>2:00-4:00</b><br/><b>Spades Tournament</b></p> | <p>8</p> <p><b>10:00 – 11:00</b><br/><b>Group Coffee n- Chat</b></p> <p><b>11:00-12:00</b><br/><b>Get Over It -workshop</b><br/><b>w/Markesha -Iylana Vanzant</b></p> <p><b>12:00 – 1:00- Lunch</b></p> <p><b>1:00-2:00-</b><br/><b>Legal Council for Elderly</b><br/><b>(Medicare Part B vs</b><br/><b>Medicare Part D &amp;</b><br/><b>Pharmacy Fraud)</b></p> | <p>9</p> <p><b>10:00-11:00</b><br/><b>Self-Care w/OT Intern</b></p> <p><b>11:00-12:00</b><br/><b>Strength Training – w/ Ms. Maria</b></p> <p><b>12:00 – 1:00 – Lunch</b></p> <p><b>1:00 – 2:00</b><br/><b>Line Dancing</b><br/><b>w/Chantaya</b></p>  | <p>10</p> <p><b>10:00-11:00</b><br/><b>Morning Motivational Chat</b><br/><b>(Positive Affirmations)</b></p> <p><b>11:00– 12:00</b><br/><b>Self-Care w/OT Intern</b></p> <p><b>12:00 – 1:00 – Lunch</b></p> <p><b>1:00 – 2:00</b><br/><b>Stop Overthinking Workshop</b><br/><b>w/Denise</b></p> <p><b>2:00-4:00</b><br/><b>Spades Tournament</b></p>   | <p>11</p> <p><b>TRIP</b><br/><b>Glory's Top</b><br/><b>Fashion</b></p>   |

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| <p>14</p> <p><b>10:00-2:00</b></p> <p><b>Mad Hatters Tea Party/Easter Egg Hunt w/Karin House</b></p> <p>(Transportation will be available for community participants)</p>  | <p>15</p> <p><b>10:00-11:00</b><br/>Group Morning Meditation</p> <p><b>11:00 – 12:00</b><br/>Get Over It- Workshop w/Markesha- By Iylana Vanzant</p> <p><b>12:00 – 1:00 – Lunch</b><br/><b>1:00-2:00-</b></p>  | <p>16</p> <p><b>10:00-12:00</b><br/><b>Activity Connection w/Markesha</b></p> <p><b>11:00-12:00</b><br/>Strength Training – w/ Ms. Maria</p> <p><b>12:00 – 1:00 – Lunch</b><br/><b>1:00 – 2:00</b><br/>Increasing Strength and Mobility w OT/intern</p>  | <p>17</p> <p><b>10:00-11:00</b><br/>Morning Motivational Chat (Positive Affirmations)</p> <p><b>11:00– 12:00</b><br/><b>Self-Care w/OT Intern</b></p> <p><b>12:00 – 1:00 – Lunch</b><br/><b>1:00 – 2:00</b><br/><b>Healthy Cooking Demo w/Markesha</b></p> <p><b>2:00-3:00</b><br/>Spades Tournament</p> <p><b>3:00-4:00</b><br/><b>Divine Mind Therapeutic Workshop w/Stephanie</b></p> | <p>18</p> <p><b>TRIP</b><br/><b>Karin House Celebration</b></p> <p><b>Food Delivery (Kuehner House)</b></p> |
| <p>21</p> <p><b>10:00-11:00</b><br/><b>DIY SPRING GNOMES w/Markesha</b></p> <p><b>11:00– 12:00</b><br/>Strength Training – w/ Ms. Maria</p> <p><b>12:00 – 1:00- Lunch</b><br/><b>1:00-2:00</b><br/><b>Club Memory Presentation</b></p> <p><b>2:00-4:00</b><br/>Spades Tournament</p> | <p>22</p> <p><b>10:00-11:00</b><br/><b>Current News &amp; Events</b></p> <p><b>11:00– 12:00</b><br/>Get Over It Workshop w/Markesha- By Iylana Vanzant</p> <p><b>12:00 – 1:00- 1:00-2:00-</b><br/><b>Brain Games Activity</b></p>   | <p>23</p> <p><b>10:00-11:00</b><br/><b>Social (What's New)</b></p> <p><b>11:00– 12:00</b><br/>Strength Training – w/ Ms. Maria</p> <p><b>12:00 – 1:00 – Lunch</b><br/><b>1:00 – 2:00</b></p>   | <p>24</p> <p><b>10:00-11:00</b><br/>Morning Motivational Chat (Positive Affirmations)</p> <p><b>11:00– 12:00</b><br/><b>Self-Care w/OT Intern</b></p> <p><b>12:00 – 1:00 – Lunch</b><br/><b>1:00 – 2:00</b><br/><b>DIY SPRING WOODEN MAGNETS</b></p> <p><b>2:00-4:00</b><br/>Spades Tournament</p>   | <p>25</p> <p><b>TRIP</b><br/><b>Amish Market</b></p>  |

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| <div data-bbox="436 103 464 131" data-label="Text"><p>28</p></div> <div data-bbox="96 141 422 634" data-label="Text"><p><b>10:00-11:00</b><br/><b>Activity Corner</b><br/><b>w/Markesha</b><br/><b>11:00– 12:00</b><br/><b>Strength Training – w/ Ms. Maria</b><br/><b>12:00 – 1:00-</b><br/><b>Lunch</b><br/><b>1:00-2:00</b><br/><b>Cultural Awareness w/Shay (Trip to el-Salvadore)</b><br/><b>2:00-4:00</b><br/><b>Spades Tournament</b></p></div> | <div data-bbox="842 103 869 131" data-label="Text"><p>29</p></div> <div data-bbox="491 141 816 505" data-label="Text"><p><b>10:00-11:00</b><br/><b>Current News &amp; Events</b><br/><b>11:00– 12:00</b><br/><b>Get Over It Workshop w/Markesha- By Iylana Vanzant</b><br/><b>12:00 – 1:00-</b><br/><b>1:00-2:00-</b><br/><b>Co-current Programming (Participants Choice)</b></p><div data-bbox="491 537 869 764" data-label="Image"></div></div> | <div data-bbox="1249 103 1276 131" data-label="Text"><p>30</p></div> <div data-bbox="898 141 1224 475" data-label="Text"><p><b>10:00-11:00</b><br/><b>Social Circle (What's New) (Lucky Seat for Prize)</b><br/><b>11:00– 12:00</b><br/><b>Strength Training – w/ Ms. Maria</b><br/><b>12:00 – 1:00 – Lunch</b><br/><b>1:00 – 2:00</b></p><div data-bbox="898 516 1146 732" data-label="Image"></div></div> | <div data-bbox="1304 103 1650 375" data-label="Image"></div> <div data-bbox="1304 415 1577 537" data-label="Text"><p>Iris Hopkins 4/8<br/>Naomi Smith 4/12<br/>Anthony Brown 4/13</p></div> |  |
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## 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.