
















April is National Stress Awareness Month



Senior Center Zoom Calendar

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>10:00-11:00 Spring tissue flower activity w/Denise 11 – 11:30 Nutrition Ed w/ Ms. Minor 11:30 – 12:00 Yoga Monday – w/ Ms. Maria 12:00 – 1:00 – Lunch 1:00 – 2:00 Cooking Demo w/ SNAP Education (Lynnitta)</p> 	<p>4</p> <p>10:00 – 11:00 Group Coffee -n- Chat (Current Events)</p> <p>12:00 – 1:00 – Lunch</p> <p>1:00-2:00 – Georgetown-Nursing Students-BP screening Easter Bunny Painting w/Denise (Concurrent Programming)</p>	<p>5</p> <p>10:00-12:00 Senior Walk @ Oxen Hill Run w/Denise & Ms. Maria (AARP)</p> <p>12:00 – 1:00 – Lunch at Center</p> <p>1:00 – 2:00 DIY-Easter Wooden Egg Ornaments w/Denise</p> 	<p>6</p> <p>10:00-12:00 Easter Egg Dye and Hunt for Golden Egg (Prize winner)</p>  <p>12:00 – 1:00 – Lunch</p> <p>1:00 – 2:00 DIY Easter Egg Vases w/Terri</p> 	<p>7</p> <p>TRIP Walmart</p> <p>Transportation will be provided.</p>
<p>10</p> <p>10:00-11:00 Senior Center Meeting</p> <p>11:00 – 12:00 Yoga Monday – w/ Ms. Maria 12:00 – 1:00 – Lunch</p> <p>1:00 – 2:00 Depression vs Anxiety Presentation w/Denise</p>	<p>11</p> <p>10:00 – 11:00 Art-n-Coffee Hour</p> <p>11:00-12:00 MOVIE DAY</p> <p>12:00 – 1:00 – Lunch</p> <p>1:00 – 2:00 Continue: MOVIE</p> 	<p>12</p> <p>10:00-11:00 Group Coffee in Chat-In-Person w/Howard Students</p> <p>11:00-12:00 Strength Training – w/ Ms. Maria</p> <p>12:00 – 1:00 – Lunch</p> <p>1:00 – 2:00 Quilt Project</p> 	<p>13</p> <p>10:00-11:00 Meditation Coloring</p> <p>11:00-12:00 Medicaid Renewal w/United Health Care</p> <p>12:00 – 1:00 – Lunch</p> <p>1:00 – 2:00 Pace Presentation w/Jasmine (Family Feud Game @ Snacks)</p>	<p>14</p> <p>SPRING FLING LUNCH</p> 

<p style="text-align: right;">17</p> <p>10:00-11:00 Group Coffee -n- Chat (Music Therapy) 11 – 11:30 Nutrition Ed w/ Ms. Minor</p> <p>11:30 – 12:00 Yoga Monday – w/ Ms. Maria</p> <p>12:00 – 1:00 – Lunch</p> <p>1:00 – 2:00- Mosaic Crafts w/Denise</p> 	<p style="text-align: right;">18</p> <p>10:00-11:00 Group Coffee-n-Chat Empowering yourself w/Denise</p> <p>11 – 11:30 Activity w/Alfred Street Baptist Church & St. John's College High School</p> <p>12:00 – 1:00-Lunch</p> <p>1:00-2:00 - Physical Therapy- Georgetown Nursing Students</p>	<p style="text-align: right;">19</p> <p>10:00-11:00 Group Coffee in Chat- In-Person w/Howard Students</p> <p>11:00- 12:00 Strength Training -- w/ Ms. Maria</p> <p>12:00 – 1:00 – Lunch</p> <p>1:00 – 2:00 Occupational Therapy – Howard University Students</p>	<p style="text-align: right;">20</p> <p>10:00-11:00 Morning Icebreakers</p> <p>11:00– 12:00 Cognitive Activities</p>  <p>12:00 – 1:00 – Lunch</p> <p>1:00 – 2:00 SOME Dental Clinic-(In-person)</p>	<p style="text-align: right;">21</p> <p>11:00 – 12:00 Trivia for prizes!</p> <p>Food Delivery (Kuehner House)</p> <p>No in-person activity on this day.</p> 
<p style="text-align: right;">24</p> <p>10:00-11:00 Group Coffee -n- Chat (Music Therapy) 11 – 11:30 Nutrition Ed w/ Ms. Minor</p> <p>11:30 – 12:00 Yoga Monday – w/ Ms. Maria</p> <p>12:00 – 1:00 – Lunch</p> <p>1:00 – 2:00 Bingo for Prizes</p> 	<p style="text-align: right;">25</p> <p>10:00-11:00 Group Coffee-n-Chat (Positive Affirmations)</p> <p>11 – 12:00 Stress Workshop w/Denise</p> <p>12:00 – 1:00-Lunch</p> <p>1:00-2:00- Physical Therapy- Georgetown Nursing Students</p> 	<p style="text-align: right;">26</p> <p>10:00-11:00 Group Coffee in Chat- (What's New?)</p> <p>11:00– 12:00 Strength Training -- w/ Ms. Maria</p> <p>12:00 – 1:00 – Lunch</p> <p>1:00 – 2:00 Occupational Therapy – Howard University Students</p> 	<p style="text-align: right;">27</p> <p>10:00-11:00 Morning Icebreakers</p> <p>11:00– 12:00 Alzheimer's Presentation</p> <p>12:00 – 1:00 – Lunch</p> <p>1:00 – 2:00 Activity Corner</p> 	<p style="text-align: right;">28</p> <p style="text-align: center;">TRIP</p> <p style="text-align: center;">Edenbridge PACE DC TOUR</p> 



Iris Hopkins 4/8

Naomi Smith 4/12

Anthony Brown 4/13

Prathoom Nash 4/25

Phyllis Knight 4/25

Rosa Taylor 4/28

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.