

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
1	2	3	4	5
<p>10:00-11:00 Positive Affirmations</p> <p>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 Cooking Demo w/ SNAP Education (Lynnitta)</p> 	<p>10:00 – 11:00 Group Coffee -n- Chat (Current Events)</p> <p>11:00-12:00 Walk w/Ease-Workshop</p>  <p>12:00 – 1:00 – Lunch</p> <p>1:00-2:00 – Advocacy w/Betty</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>TRIP Amish Market</p>	<p>TRIP Daddy Grace Food</p>
8	9	10	11	12
<p>10:00-11:00 Morning Group (Social Circle)</p> <p>11:00 – 12:00 Alzheimer’s Presentation w/Georgetown Clinical Research</p> <p>12:00 – 1:00 – Lunch</p> <p>1:00 – 2:00 Exercise/Activity w/ Georgetown Clinical</p>	<p>10:00 – 11:00 Group Coffee in Chat- This and That</p> <p>11:00-12:00 Walk w/Ease-Workshop</p>  <p>12:00 – 1:00 – Lunch</p> <p>1:00 – 2:00 Georgetown Nursing Students (Diabetes Workshop)</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>10:00 – 11:00 Art-n-Coffee Hour</p> <p>11:00-12:00 Healthy Cooking w/Markesha</p> <p>12:00 – 1:00 – Lunch</p> <p>1:00 – 2:00 Co-current Programming (Activities)</p> 	<p>TRIP Wegman</p>

<p>15</p> <p>10:00-11:00 Group Coffee -n- Chat (Music Therapy) 11 – 11:30 Nutrition Ed w/ Ms. Minor 11:30 – 12:00 Yoga Monday – w/ Ms. Maria</p> <p>12:00 – 1:00 – Lunch 1:00 – 2:00- DIY-Seashell Picture Frames w/Markesha</p> 	<p>16</p> <p>10:00-11:00 Group Coffee-n-Chat (Current Events)</p> <p>11 – 11:30 Walk w/Ease-Workshop</p>  <p>12:00 – 1:00-Lunch</p> <p>1:00-2:00 – Safety Features w/Medstar</p>	<p>17</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>18</p> <p>10:00 – 11:00 Arts-n-Crafts Activities</p> <p>11:00-12:00 Health-n-Wellness w/Monica</p> <p>12:00 – 1:00 – Lunch</p> <p>1:00 – 2:00 Nutrition Workshop w/ American University (My Plate)</p> 	<p>19</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>22</p> <p>10:00-11:00 Group Coffee -n- Chat (Music Therapy) 11 – 11:30 Nutrition Ed w/ Ms. Minor 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>23</p> <p>10:00-11:00 Group Coffee-n-Chat (Positive Affirmations)</p> <p>11 – 12:00 Walk w/Ease-Workshop</p>  <p>12:00 – 1:00-Lunch</p> <p>1:00-2:00- Book Club w/Markesha</p> 	<p>24</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>25</p> <p>10:00-11:00 Morning Icebreakers</p> <p>11:00– 12:00 Legal Counsel for the Elderly</p> <p>12:00 – 1:00 – Lunch</p> <p>1:00 – 2:00 Trivia Challenge w/Markesha</p> 	<p>26</p> <p>TRIP Burlington Coat Factory</p>

<p style="text-align: right;">29</p> <p>10:00-11:00 Current events w/Markesha</p> <p>11:00 – 12:00 Yoga Monday – w/ Ms. Maria</p> <p>12:00 – 1:00 – Lunch</p> <p>1:00 – 2:00 DIY-Butterfly Wreaths</p> 	<p style="text-align: right;">30</p> <p>10:00-12:00 MOVIE DAY</p> <p>11:00-12:00 12:00 – 1:00 – Lunch</p> <p>1:00 – 2:00 Continue: MOVIE</p> 			
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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
- 3/4 cup 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.
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