




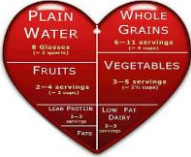





February is American Heart Month






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

Senior Center Zoom Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
		<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 Trivia for Us w/Markesha</p> <p>11:00- 1:00 Senior Center Meeting</p> <p>11:30-12:00 Yoga w/Ms. Maria</p> <p>12:00 – 1:00 – Lunch</p> <p>1:00 – 2:00</p> 	<p>TRIP Walmart</p>
5	6	7	8	9
<p>10:00-11:00 News &Views (Current events) w/Markesha</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 Nutrition Education w/ Lily Speechler</p> 	<p>10:00 – 11:00 Group Coffee in Chat</p> <p>11:00-12:00 Jeopardy game w/Markesha</p> <p>12:00 – 1:00- Lunch</p> <p>1:00-2:00- Metro Access Presentation</p> 	<p>10:00-11:00 Group Coffee in Chat- In-Person w/Howard Students</p> <p>11:00– 11:30 Cognitive Activities</p> <p>11:30-12:00 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 Activity Connection w/Markesha</p> <p>11:00– 12:00 Heart wreaths w/Terri</p> <p>12:00 – 1:00 – Lunch</p> <p>1:00 – 2:00 Black History Trivia</p>	<p>TRIP Golden Corral</p>

<p style="text-align: right;">12</p> <p>10:00 – 11:00 Group Coffee-n-Chat 11:00 – 12:00 Valentine’s Suncatcher Craft w/Markesha</p> <p>12:00 – 1:00- Lunch</p> <p>1:00 – 2:00 Heart Health w/SOME Medical Clinic</p> 	<p style="text-align: right;">13</p> <p>10:00-11:00 Valentine Foam Picture Frame w/Markesha 11:00 – 12:00 George Washington Nursing Students 12:00 – 1:00- Lunch</p> <p>1:00 – 2:00 Valentines Intergenerational Back into the Future Activity w/Light Snacks</p> 	<p style="text-align: right;">14</p> <p style="text-align: center;">TRIP DACL Valentines Day Party @ Deanwood Recreation Center</p>	<p style="text-align: right;">15</p> <p>Bingo Pizza Party w/Karin House @Kuehner House</p> 	<p style="text-align: right;">16</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;">19</p> <p style="text-align: center;">Senior Center Closed President’s Day</p>	<p style="text-align: right;">20</p> <p>10:00-11:00 Group Morning Engagement 11:00– 12:00 Black History Month Heart Tree Crafts 12:00 – 1:00-Lunch</p> <p>1:00-2:00- Virtual Advocacy Presentation w/Betty</p>	<p style="text-align: right;">21</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 12:00 – 1:00 – Lunch</p> <p>1:00 – 2:00 DC Water Lead Presentation</p> 	<p style="text-align: right;">22</p> <p>10:00-11:00 Book Club w/Markesha</p>  <p>11:00– 12:00 DIY- Gumball Machine</p>  <p>12:00 – 1:00 – Lunch</p> <p>1:00 – 2:00 Healthy Cooking Demo w/ Monica</p>	<p style="text-align: right;">23</p> <p style="text-align: center;">TRIP Roses</p>

<p style="text-align: right;">26</p> <p>10:00-11:00 Social Circle (What's New)</p> <p>11:00-12:00 Yoga Monday – w/ Ms. Maria</p> <p>12:00 – 1:00 – Lunch</p> <p>1:00 – 2:00 </p>	<p style="text-align: right;">27</p> <p>10:00-11:00 Morning Motivation w/Markesha</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 style="text-align: right;">28</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;">29</p> <p>10:00-11:00 Group Coffee in Chat-</p> <p>11:00– 12:00 DC Officer of Inspector General</p> <p>12:00 – 1:00 – Lunch</p> <p>1:00 – 2:00 Healthy Cooking Demo w/Markesha</p>	 <p>Rosalind Lindsey 02/06 Muriel Weathington 02/21</p>
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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 piece
- 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.