











March is National Nutrition Month





Senior Center Zoom Calendar

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

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		<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 Morning Social Activities</p> <p>11:00- 12:00 Senior Center Meeting</p> <p>12:00 – 1:00 – Lunch</p> <p>1:00 – 2:00 Presentation w/ Pace DC</p>	<p style="text-align: center;">TRIP Karin House Senior Center Opening</p> <p style="text-align: center;">Transportation will be provided.</p>
6	7	8	9	10
<p>10:00-11:00 Group Coffee -n- Chat (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 1:00 – 2:00 Nutrition Education w/lynette</p> 	<p>10:00 – 12:30 DC Living Well – Chronic Health Workshop- DC HEALTH ***In-person & Phone call) In-person Group 10:00-12:30 Virtual Group 11-12 pm</p> <p>12:00 – 1:00-Lunch</p> <p>1:00-2:00- Bingo for prizes!</p> 	<p>10:00-11:00 Group Coffee in Chat</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>10:00-11:00 Morning Social Activities</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: center;">TRIP SILVER DINING</p> <p style="text-align: center;">(Transportation will be provided)</p>

<p style="text-align: right;">13</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- Activity w/Terry Hidden Pot of Gold Shadow Box</p> 	<p style="text-align: right;">14</p> <p>10:00 – 12:30 DC Living Well – Chronic Health Workshop- DC HEALTH ***In-person & Phone call) In-person Group 10:00-12:30 Virtual Group 11-12pm</p> <p>12:00 – 1:00-Lunch</p> <p>1:00-2:00 Georgetown Nursing Students</p>	<p style="text-align: right;">15</p> <p>10:00-11:00 Group Coffee in Chat- In-Person w/Howard Students</p> <p>11:00– 11:30 Meditation w/ Hanna</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;">16</p> <p style="text-align: center;">TRIP Amish Market</p> <p style="text-align: center;">(Transportation will be provided)</p>	<p style="text-align: right;">17</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>HAPPY ST. Patrick’s Day</p> 
<p style="text-align: right;">20</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 style="text-align: right;">21</p> <p>DC Living Well – Chronic Health Workshop- DC HEALTH ***In-person & Phone call) In-person Group 10:00-12:30 Virtual Group 11-12pm</p> <p>12:00 – 1:00-Lunch</p> <p>1:00-2:00- Georgetown Nursing Students</p>	<p style="text-align: right;">22</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;">23</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 SOME Population Health Presentation (Snacks)</p>	<p style="text-align: right;">24</p> <p style="text-align: center;">TRIP Meet & Greet Kuehner House Bingo & Lunch</p> <p style="text-align: center;">Indian Cuisine & Pizza</p>

<p style="text-align: right;">27</p> <p>10:00-11:00 Group Coffee -n- Chat (Positive Affirmations) 11:30 – 12:00 Yoga Monday – w/ Ms. Maria</p> <p>12:00 – 1:00 – Lunch</p> <p>1:00 – 2:00 Wellness Trivia</p> 	<p style="text-align: right;">28</p> <p>DC Living Well – Chronic Health Workshop- DC HEALTH ***In-person & Phone call)</p> <p>In-person Group 10:00-12:30 Virtual Group 11-12 pm</p> <p>12:00 – 1:00-Lunch</p> <p>1:00-2:00- Georgetown Nursing Students</p>	<p style="text-align: right;">29</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;">30</p> <p>10:00-11:00 Morning Icebreakers</p> <p>11:00– 12:00 Activity Corner (Card/Board Games)</p> <p>12:00 – 1:00 – Lunch</p> <p>1:00 – 2:00 Activity w/Terry DIY plastic travel mugs</p> 	<p style="text-align: right;">31</p> <p style="text-align: center;">TRIP</p> <p style="text-align: center;">Botanical Gardens</p> <p style="text-align: center;">(Transportation will be provided)</p>
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Breakfast Lemon-Blueberry Oatmeal Cakes



INGREDIENTS

- 3 cups old-fashioned rolled oats (see Tip)
- 1 ¼ cups low-fat milk
- ½ cup unsweetened applesauce
- ⅓ cup packed light brown sugar
- 1 tablespoon grated lemon zest
- ¼ cup lemon juice
- 2 large eggs, lightly beaten
- 1 teaspoon baking powder
- 1 teaspoon vanilla extract
- ½ teaspoon salt
- 1 cup frozen blueberries, preferably wild

INSTRUCTIONS

- Preheat oven to 375°F. Coat a muffin tin with cooking spray.
- Combine oats, milk, applesauce, brown sugar, lemon zest, lemon juice, eggs, baking powder, vanilla and salt in a large bowl. Fold in frozen blueberries. Divide the mixture among the prepared muffin cups, about 1/3 cup each. Bake until a toothpick inserted in the center comes out clean, about 25 minutes. Cool in the pan for 10 to 15 minutes, then turn out onto a wire rack. Serve warm or at room temperature.