















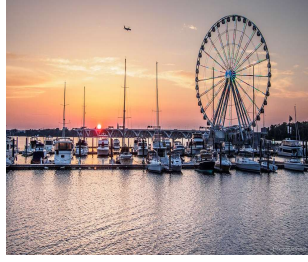







July is Minority Mental Health Awareness Month







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 Snap Education with Lynitta</p>	<p>10:00 – 11:00 Group Coffee in Chat- This and That</p> <p>11:00-12:00 Self-Engaged Activity Packets</p> <p>12:00 – 1:00 – Lunch</p> <p>1:00-2:00 Bingo for Prizes</p> 	<p>10:00-11:00 Senior Center Meeting</p> <p>11:00- 12:00 Strength Training – w/ Ms. Maria</p> <p>12:00 – 1:00 – Lunch</p> <p>1:00 – 2:00 Arts-n-Crafts Activities</p> 	<p style="text-align: center;">SENIOR CENTER CLOSED</p> 	<p style="text-align: center;">TRIP Walmart</p> 
8	9	10	11	12
<p>10:00-11:00 Positive Affirmations</p> <p>11 – 11:30 Social Circle Meditation</p> <p>11:30 – 12:00 Yoga Monday – w/ Ms. Maria</p> <p>12:00 – 1:00 – Lunch</p> <p>1:00 – 2:00) Tye Dye Summer T-Shirts</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 Book Club Maya Angelou I Know Why The Caged Bird sings</p> 	<p>10:00-11:00 Morning Group (Social Circle)</p> <p>11:00-12:00 Strength Training – w/ Ms. Maria</p> <p>12:00 – 1:00 – Lunch</p> <p>1:00 – 2:00 Velima Health Pharmacy Presentation</p> 	<p>10:00-11:00 Morning Icebreakers</p> <p>11:00– 12:00-</p>  <p>12:00 – 1:00 – Lunch</p> <p>1:00 – 2:00 Co-current programming</p> 	<p style="text-align: center;">TRIP Joe Theisms Restaurant</p>

<p>15</p> <p>10:00-11:00 Group Coffee -n- Chat (Music Therapy) 11 – 11:30 Building Healthy Relationships w/Denise 11:30 – 12:00 Yoga Monday – w/ Ms. Maria 12:00 – 1:00 – Lunch 1:00 – 2:00- Bingo for Prizes</p> 	<p>16</p> <p>10:00-11:00 Group Coffee-n-Chat (Current Events) 11 – 12:00 Walk w/Ease-Workshop</p>  <p>12:00 – 1:00-Lunch 1:00-2:00 – Summer Sip & Paints (Light snacks)</p> 	<p>17</p> <p>10:00-11:00 Group Coffee in Chat- 11:00- 12:00 Strength Training – w/ Ms. Maria 12:00 – 1:00 – Lunch 1:00 – 2:00 Beach in the Bottle Craft w/Markesha</p> 	<p>18</p> <p>TRIP National Harbor Trip</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) 11:00 – 12:00 Yoga Monday – w/ Ms. Maria 12:00 – 1:00 – Lunch 1:00 – 2:00 DIY Lavender Plant w/Markesha.</p> 	<p>23</p> <p>10:00-11:00 Group Coffee in Chat- 11:00– 12:00 Walk w/Ease-Workshop</p>  <p>12:00 – 1:00 – Lunch 1:00 – 2:00 Legal Aid Presentation</p>	<p>24</p> <p>10:00-11:00 Group Coffee in Chat- 11:00– 12:00 Strength Training – w/ Ms. Maria 12:00 – 1:00 – Lunch 1:00 – 2:00 Quilt Project/ESPN-Sports</p>  	<p>25</p> <p>10:00-12:00 MOVIE DAY 11:00-12:00 12:00 – 1:00 – Lunch 1:00 – 2:00 Continue: MOVIE</p> 	<p>26</p> <p>TRIP Roses</p> 

<p style="text-align: right;">29</p> <p>10:00-12:00 Activities connection w/Markesha 11:00-12:00 Yoga Monday – w/ Ms. Maria 12:00 – 1:00 – Lunch 1:00 – 2:00 Club Memory Presentation (Brain Games & Prizes w/ Sibley Memorial Hospital</p> 	<p style="text-align: right;">30</p> <p>10:00-11:00 Group Coffee in Chat- 11:00– 12:00 Strength Training – w/UDC Body Wise Instructor 12:00 – 1:00 – Lunch 1:00 – 2:00 Game Day-Activities (Spades Tournament)</p>  <p>(Light Snacks)</p>	<p style="text-align: right;">31</p> <p>10:00-11:00 Morning Social Circle (Current Events) 11:00– 12:00 UDC Healthy Food Demo w/Chef Herb 12:00 – 1:00 – Lunch 1:00 – 2:00 July Birthday Celebration</p> 	 <p>Donna Short 7/1 Carl Goldstein 7/3 Gregory Simms 7/8 Tyrone Marshall 7/12 Joyce Silla 7/31</p>
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RECIPE FOR THE MONTH:

Fresh Fruit Salad



INGREDIENTS

Lime Yogurt Dressing (o

- 1 cup low-fat plain yogurt
- 1 tablespoon granulated sugar
- 2 teaspoons lime zest
- 2 teaspoons lime juice

Fruit Salad

- 2 cups diced fresh pineapple.
- 1-pound strawberries, hulled and sliced
- ½ pint blackberries, halved
- 4 ripe kiwis, peeled, halved, and sliced.

DIRECTIONS

1. **To prepare dressing:** Combine yogurt, sugar, lime zest and lime juice in a medium bowl.
2. **To prepare salad:** Combine pineapple, strawberries, blackberries and kiwi in a large bowl.
Serve with lime yogurt dressing, if desired.