











Senior Center Zoom Calendar

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

June is Alzheimer's Awareness Month

Monday	Tuesday	Wednesday	Thursday	Friday
<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</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 Healthy Cooking w/ Markesha (Vegetarian Cesar Salad/Garlic Bread)</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>10:00-11:00 Morning Icebreakers</p> <p>11:00- 12:00 Summer Trivia Fun Game w/Markesha</p> <p>12:00 - 1:00 - Lunch</p> <p>1:00 - 2:00 Family Feud Game (Snacks)</p>	<p>TRIP</p> <p>Glory Days Grill</p> 
<p>10:00-11:00 Group Cognitive Activities Package</p> <p>11:00 - 12:00 Yoga Monday - w/ Ms. Maria</p> <p>12:00 - 1:00 - Lunch</p> <p>1:00 - 2:00 Office of Technology Presentation</p> 	<p>10:00 - 11:00 Social Circle Meditation</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 Introduction</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 Beach in the Bottle Craft w/Markesha</p> 	<p>TRIP</p> <p>Father's Day Event</p> <p>(Community Trip to and from KH)</p> 	<p>10:00-11:00 Morning Icebreakers</p> <p>11:00- 12:00- Healthy Cooking recipes w/Markesha)</p> <p>(Share your favorite recipes)</p> <p>12:00 - 1:00 - Lunch</p> <p>1:00 - 2:00 Co-current programming</p> <p>(Model Cars & Jewelry Making)</p> 

10:00-11:00

Group Coffee-n-Chat
(Music Therapy)

11 - 12:00

Healthy eyes
(Mims Optical)

11:00 - 12:00

Yoga Monday - w/ Ms. Maria

12:00 - 1:00 - Lunch

1:00 - 2:00-

Bingo for Prizes



10:00-11:00

Group Coffee-n-Chat
(Current Events)

11 - 11:30

Walk w/Ease-Workshop



12:00 - 1:00-Lunch

1:00-2:00-

DACL Presentation

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

Sunny Tealight on Roof Top
(Social Circle)



TRIP

Amish

Market



11:00 - 12:00

Trivia for prizes!

Food Delivery (Kuehner House)

No in-person activity on this day.



TRIP

Annual Senior Symposium

10:00-11:00

Group Coffee-n-Chat
(Music Therapy)

11 - 11:30

Healthy eyes

(Mims Optical)

11:30 - 12:00

Yoga Monday - w/ Ms. Maria

12:00 - 1:00 - Lunch

1:00 - 2:00

DIY Lavender Plant w/Markesha.



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

DIY Printed Fern Art on Canvases w/Markesha



10:00-12:00

MOVIE DAY

11:00-12:00

12:00 - 1:00 - Lunch

1:00 - 2:00

Continue: MOVIE



10:00-12:00

Activities connection w/Markesha

11:00-12:00

Game Day-Activities
(Spades Tournament)

12:00 - 1:00 - Lunch

1:00 - 2:00

Jan- June Birthday Celebrations





Joanne Buford 6/16

Florence Canada 6/17

Laura Grant 6/25

RECIPE FOR THE MONTH: Seasoned Tilapia Fillets



INGREDIENTS

- 2 tilapia fillets (6 ounces each)
- 1 tablespoon butter, melted.
- 1 teaspoon Montreal steak seasoning
- 1/2 teaspoon dried parsley flakes
- 1/4 teaspoon paprika
- 1/8 teaspoon pepper
- 1/4 teaspoon dried thyme
- 1/8 teaspoon onion powder
- 1/8 teaspoon salt
- Dash garlic powder

DIRECTIONS

1. Preheat oven to 425°. Place tilapia in a greased 11x7-in. baking dish; drizzle with butter. In a small bowl, mix remaining ingredients; sprinkle over fillets.
2. Bake, covered, 10 minutes. Uncover; bake until fish just begins to flake easily with a fork, 5-8 minutes.