# May is Older American's

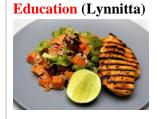
Zoom local# - (301) 715-8592 Meeting ID - 816 7131 7461

# Month



Senior Center Zoom Calendar

Meeting ID - 816 /131 /461				or Center Zoom Calendar
Monday	Tuesday	Wednesday	Thursday	Friday
Celebrating OLDER AMERICANS MONTH		1 10:00-11:00 Senior Center Meeting 11:00- 12:00 Strength Training – w/ Ms. Maria 12:00 – 1:00 – Lunch 1:00 – 2:00 Arts-n-Crafts Activities	10:00-11:00  Morning Icebreakers 11:00- 12:00  Jeopardy Game w/Markesha 12:00 - 1:00 - Lunch 1:00 - 2:00  Safety Features w/Medstar	TRIP Walmart Walmart
10:00-11:00  Positive Affirmations 11 – 11:30  Nutrition Ed w/ Ms. Minor 11:30 – 12:00  Yoga Monday – w/ Ms. Maria	7 10:00 – 11:00 Group Coffee in Chat- This and That  11:00-12:00 Walk w/Ease-Workshop	8 10:00-11:00 Morning Group (Social Circle) 11:00-12:00 Strength Training – w/ Ms. Maria	10:00-11:00 Morning Icebreakers  11:00- 12:00- Healthy Cooking with Monica  12:00 - 1:00 - Lunch	Mother's Day Event (Community Trip to and from KH)
12:00 – 1:00 – Lunch		12:00 – 1:00 – Lunch		



1:00 - 2:00 Cooking

Demo w/ SNAP

12:00 - 1:00 - Lunch

1:00-2:00**DIY-Tye Dye Socks w/Markesha** 



12:00 - 1:00 - Lunch

1:00 - 2:00

**Historic Anacostia Film Documentary** 



1:00-2:00**Co-current programming** 





13 14 15 16 17 10:00-11:00 10:00-11:00 11:00 - 12:0010:00-11:00 **TRIP Group Coffee -n- Chat Group Coffee in Chat-**Trivia for prizes! **Group Coffee-n-Chat** (Music Therapy) 11:00-12:00 (Current Events) Cracker 11 - 11:30Strength Training – w/ Ms. Maria Food Delivery (Kuehner Nutrition Ed w/ Ms. Minor 12:00 - 1:00 - Lunch **Barrel** House) 11 - 11:3011:30 - 12:00Walk w/Ease-Workshop 1:00-2:00Yoga Monday – w/ Ms. No in-person activity **Celebrating Older Americans** Maria on this day. Month 12:00 - 1:00 - Lunch **Story Telling- (Light Snacks)** 1:00 - 2:0012:00 - 1:00-Lunch DIY-Mason Jar Lava 1:00-2:00 -Lamp Healthy Food Demo w/Markesha 20 21 22 23 24 10:00-11:00 10:00-11:00 10:00-11:00 10:00-12:00 **Group Coffee-n-Chat Group Coffee -n- Chat Group Coffee in Chat-MOVIE DAY** TRIP (Music Therapy) (Positive Affirmations) 11:00-12:00 11 - 11:3011:00-12:00 **Burlington** 12:00 - 1:00 - Lunch Strength Training – w/ Ms. Maria 11 - 12:00**Coat Factory Individual Memory Screening** Walk w/Ease-Workshop 11:30 - 12:001:00 - 2:00Yoga Monday – w/ Ms. **Continue: MOVIE** Maria 12:00 - 1:00 - Lunch 1:00-2:0012:00 - 1:00 - Lunch **Cognitive Activities** 12:00 - 1:00-Lunch **Individual Memory Screening** 1:00-2:00**Bingo for Prizes** 1:00-2:00-House of Ruth Domestic Violence Presentation





Senior Center Closed 10:00-11:00

**Group Social Circle** 

11:00 – 12:00

**Book Club Summary** 

w/Markesha

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12:00 – 1:00 – Lunch 1:00 – 2:00

**Healthy Eyes** (Mims Optical)



(Transportation Provided)



10:00-12:00

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Activities connection w/Markesha

11:00-12:00

**Memory Lane** 

**Share your favorite memories** 

12:00 – 1:00 – Lunch

1:00 - 2:00

Healthy Cooking w/Monica

10:00-11:00

**Current events w/Markesha** 

11:00 - 12:00

Yoga Monday – w/ Ms.

Maria

30

12:00 - 1:00 - Lunch

1:00 - 2:00

**Memory Lane** 

(Share your favorite memories for prizes)





Ruth Davis 5/17 Ruth Minor 5/22 Anthony Curtis 5/18

### One-pot lemon-broccoli Pasta with Parmesan



#### **INGREDIENTS**

- 2 tablespoons extra-virgin olive oil
- 1 medium shallot, minced
- 2 cloves garlic, minced
- 8 ounces whole-wheat rotini or farfalle pasta
- 1¾ cups water
- 1½ cups low-sodium vegetable broth or chicken broth
- 1 tablespoon lemon zest
- ½ teaspoon salt
- ½ teaspoon ground pepper
- 1 (10-ounce) package of frozen broccoli florets, thawed and coarsely chopped
- 1/3 cup grated Parmesan cheese
- 4 teaspoons lemon juice, or more to taste

### **Directions**

Heat oil in a large saucepan over medium heat. Add shallot and cook, stirring, until starting to soften, about 2 minutes. Add garlic and cook, stirring, until fragrant, about 30 seconds. Add pasta, water, broth, lemon zest, salt and pepper. Cover and bring to a boil. Uncover, reduce heat to medium-high and cook, stirring frequently, for 10 minutes. Add broccoli and cook, stirring, until heated through, 2 to 3 minutes.
 Remove from heat and stir in Parmesan and lemon juice.

Sources:

New FDMB: Historic Anacostia Walking Tour with Historian John Muller (youtube.com)

Bing Videos