























# May is Older American's Month



Senior Center Zoom Calendar

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

Monday	Tuesday	Wednesday	Thursday	Friday
		<p>10:00-11:00 <b>Senior Center Meeting</b> 11:00- 12:00 Strength Training – w/ Ms. Maria 12:00 – 1:00 – Lunch  1:00 – 2:00 <b>Arts-n-Crafts Activities</b></p> 	<p>2 10:00-11:00 <b>Morning Icebreakers</b> 11:00– 12:00 <b>Jeopardy Game w/Markesha</b> 12:00 – 1:00 – Lunch 1:00 – 2:00 <b>Safety Features w/Medstar</b></p> 	<p>3 <b>TRIP</b> <b>Walmart</b></p> 
<p>6 10:00-11:00 <b>Positive Affirmations</b> 11 – 11:30 Nutrition Ed w/ Ms. Minor 11:30 – 12:00 <b>Yoga Monday</b> – w/ Ms. Maria 12:00 – 1:00 – Lunch 1:00 – 2:00 <b>Cooking Demo w/ SNAP Education (Lynnitta)</b></p> 	<p>7 10:00 – 11:00 <b>Group Coffee in Chat- This and That</b>  11:00-12:00 <b>Walk w/Ease-Workshop</b></p>  <p>12:00 – 1:00 – Lunch  1:00 – 2:00 <b>DIY-Tye Dye Socks w/Markesha</b></p> 	<p>8 10:00-11:00 <b>Morning Group (Social Circle)</b>  11:00-12:00 <b>Strength Training</b> – w/ Ms. Maria  12:00 – 1:00 – Lunch 1:00 – 2:00 <b>Historic Anacostia Film Documentary</b></p> 	<p>9 10:00-11:00 <b>Morning Icebreakers</b>  11:00– 12:00- <b>Healthy Cooking with Monica</b>  12:00 – 1:00 – Lunch  1:00 – 2:00 <b>Co-current programming</b></p> 	<p>10 <b>Mother's Day Event</b> <b>(Community Trip to and from KH)</b></p> 

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



Senior Center Closed

10:00-11:00 Group Social Circle  
11:00 – 12:00 Book Club Summary w/Markesha



12:00 – 1:00 – Lunch  
1:00 – 2:00 Healthy Eyes (Mims Optical)



### Senior Fest

(Transportation Provided)



10:00-12:00 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  
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
- 1  $\frac{3}{4}$  cups water
- 1  $\frac{1}{2}$  cups low-sodium vegetable broth or chicken broth
- 1 tablespoon lemon zest
- $\frac{1}{2}$  teaspoon salt
- $\frac{1}{2}$  teaspoon ground pepper
- 1 (10-ounce) package of frozen broccoli florets, thawed and coarsely chopped
- $\frac{1}{3}$  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](#)