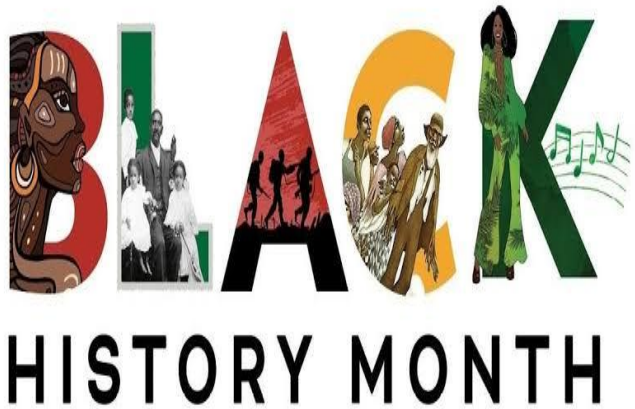





February is American Heart Month




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>11:00- 12:00 Senior Center Meeting</p> <p>12:00 – 1:00 – Lunch</p> <p>1:00 – 2:00</p> 	<p>TRIP Wegman's (Transportation will be provided)</p>
6	7	8	9	10
<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 Nutrition Education w/ Lily Speechler</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- George Washington Nursing Students</p>	<p>10:00-11:00 Group Coffee in Chat- In-Person w/Howard Students</p> <p>11:00- 11:30 Meditation w/ Hannah</p> <p>11:30-12:00 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>11:00- 12:00 Strength Training – w/ Ms. Maria</p> <p>12:00 – 1:00 – Lunch</p> <p>1:00 – 2:00 Black History Trivia</p>	<p>TRIP Tanger Outfit (Transportation will be provided)</p>

<p style="text-align: right;">13</p> <p>10:00 – 2:00</p> <p>VALENTINES DAY PARTY</p> 	<p style="text-align: right;">14</p> <p>10:00 – 12:30</p> <p>DC Living Well – Chronic Health Workshop- DC HEALTH ***In-person & Phone call)</p> <p>In-person Group 10:00-12:30</p> <p>Virtual Group 11-12pm</p> <p>12:00 – 1:00-Lunch</p> <p>Valentines Day Art-n-Crafts w/Catholic Charities (A Flower for You)</p>	<p style="text-align: right;">15</p> <p>10:00-11:00</p> <p>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;">16</p> <p>TRIP Walmart (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 style="text-align: right;">20</p> <p>Senior Center Closed President’s Day</p>	<p style="text-align: right;">21</p> <p>DC Living Well – Chronic Health Workshop- DC HEALTH ***In-person & Phone call)</p> <p>In-person Group 10:00-12:30</p> <p>Virtual Group 11-12pm</p> <p>12:00 – 1:00-Lunch</p> <p>1:00-2:00- George Washington Nursing Students</p>	<p style="text-align: right;">22</p> <p>11 – 11:30</p> <p>10:00-11:00</p> <p>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 Black History mocktail sip and paint w/Terri</p>	<p style="text-align: right;">23</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: right;">24</p> <p>TRIP Unique Thrift Store (Transportation will be provided)</p>

<p style="text-align: right;">27</p> <p>11:30 – 12:00 Yoga Monday – w/ Ms. Maria</p> <p>12:00 – 1:00 – Lunch</p> <p>1:00 – 2:00</p> <p>B I N G O</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 11-12pm</p> <p>12:00 – 1:00-Lunch</p> <p>1:00-2:00- George Washington Nursing Students</p>			 <p>Rosalind Lindsey 02/06 Muriel Weathington 02/21</p>
--	---	--	--	--

Chicken & Spinach Skillet Pasta with Lemon



INGREDIENTS

- 8 ounces gluten-free penne pasta or whole-wheat penne pasta

- 2 tablespoons extra-virgin olive oil
- 1 pound boneless, skinless chicken breast or thighs, trimmed, if necessary, and cut into bite-size piece
- ½ teaspoon salt
- 4 cloves garlic, minced
- ¼ teaspoon ground pepper
- Juice and zest of 1 lemon
- 10 cups chopped fresh spinach
- 4 tablespoons grated Parmesan cheese, divided
- INSTRUCTIONS

Cook pasta according to package directions. Drain and set aside. Meanwhile, heat oil in a large high-sided skillet over medium-high heat. Add chicken, salt and pepper; cook, stirring occasionally, until just cooked through, 5 to 7 minutes. Add garlic and cook, stirring, until fragrant, about 1 minute. Stir in wine, lemon juice and zest; bring to a simmer.

Remove from heat. Stir in spinach and the cooked pasta. Cover and let stand until the spinach is just wilted. Divide among 4 plates and top each serving with 1 tablespoon Parmesan.