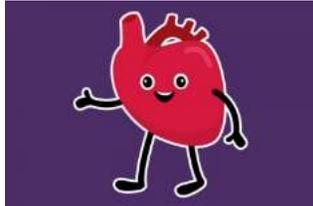


March is National Nutrition Month



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

Senior Center Zoom Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>10:00-11:00 Social Circle</p> <p>11 – 12:00 Nutrition Ed w/ Ms. Minor</p> <p>11:00 – 12:00 Yoga Monday – w/ Mr. Williams</p> <p>12:00 – 1:00 – Lunch</p> <p>1:00 – 2:00 SNAP Presentation w/Ms. Lynitta DOH</p> <p>2:00-4:00 Connect Four Challenge (Extended Programming)</p>	<p>3</p> <p>10:00-12:30 Diabetes Workshop w/Living Well DC Project</p> <p>12:00 – 1:00 – Lunch</p> <p>1:00 – 2:00 TRUST-Book Club w/Markesha-Iylana Vanzant</p>	<p>4</p> <p>10:00-11:00 Senior Center Meeting</p> <p>11:00– 12:00 Strength Training – w/ Mr. Williams</p> <p>12:00 – 1:00 – Lunch</p> <p>1:00 – 2:00 Heart Health Education w/OT Intern Tracey</p> 	<p>5</p> <p>10:00-11:00 Meditation Coloring</p> <p>11:00– 12:00 Trivia Challenge w/Markesha</p> <p>12:00 – 1:00 – Lunch & Learn w/ Clear Captions</p> <p>1:00 – 2:00 Mental Health & Aging Education w/ OT Intern Tracey</p> <p>3:00-4:00 Table Games (Extended Programming)</p>	<p>6</p> <p>TRIP Walmart</p>  <p>2:00-3:00 Words of Wisdom Workshop w/ Ms. Ruby (Kuehner House Senior Center)</p>
<p>9</p> <p>10:00-11:00 Social Circle</p> <p>11:00 – 12:00 Yoga Monday – w/ Mr. Williams</p> <p>12:00 – 1:00 – Lunch</p> <p>1:00 – 2:00 BINGO</p> <p>2:00-4:00 Checkers Games (Extended Programming)</p>	<p>10</p> <p>10:00 – 12:30 Diabetes Workshop w/Living Well DC Project</p> <p>12:00 – 1:00- Lunch</p> <p>1:00-2:00- TRUST-Book Club w/Markesha-Iylana Vanzant</p>	<p>11</p> <p>10:00-11:00 Group Coffee-n-Chat</p> <p>11:00-12:00 Strength Training – w/ Mr. Williams</p> <p>12:00 – 1:00 – Lunch</p> <p>1:00 – 2:00 Exercise & Strength w/OT Intern Tracey</p> 	<p>12</p> <p>10:00-11:00 Group Coffee in Chat</p> <p>11:00– 12:00 Goods For Good Event at Kuehner House Senior Center</p> <p>12:00 – 1:00 – Lunch</p> <p>1:00 – 2:00 DIY Activity Packets</p> <p>2:00-4:00 Puzzle Game Challenge (Extended Programming)</p>	<p>13</p> <p>Amish Market</p>  <p>2:00-3:00 Words of Wisdom Workshop w/ Ms. Ruby (Kuehner House Senior Center)</p>

<p style="text-align: right;">16</p> <p>10:00-11:00 Social Circle</p> <p>11:00 – 12:00 Yoga Monday – w/ Mr. Williams</p> <p>12:00 – 1:00 – Lunch</p> <p>1:00 – 2:00 Technology Class w/ Office Of Chief Technology DC</p> <p>2:00-4:00 Spades Tournament (Extended Programming)</p>	<p style="text-align: right;">17</p> <p>10:00-12:30 Diabetes Workshop w/Living Well DC Project</p> <p>12:00 – 1:00 – Lunch</p> <p>1:00 – 2:00 TRUST-Book Club w/Markesha-Iylana Vanzant</p>	<p style="text-align: right;">18</p> <p>10:00-11:00 Increasing Strength & Mobility w/OT Intern Tracey</p> <p>11:00-12:00 Strength Training – w/ Mr. Williams</p> <p>12:00 – 1:00 – Lunch</p> <p>1:00 – 2:00 Legal Sheild Presentation w/ Ms. Wanda</p> 	<p style="text-align: right;">19</p> <h2 style="text-align: center;">Cracker Barrel</h2> 	<p style="text-align: right;">20</p> <p style="text-align: center;">Food Delivery (Kuehner House)</p> <p style="text-align: center;">No in-person activity on this day.</p>  <p style="text-align: center;">2:00-3:00 Words of Wisdom Workshop w/ Ms. Ruby (Kuehner House Senior Center)</p>
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<p style="text-align: right;">23</p> <p>10:00-11:00 Group Coffee & Chat</p> <p>11:00– 12:00 Strength Training – w/ Mr. Williams</p> <p>12:00 – 1:00- Lunch</p> <p>1:00-2:00 Comedy Shows (Seniors Pick)</p> <p>2:00-4:00 Pokeno Game Challenge (Extended Programming)</p>	<p style="text-align: right;">24</p> <p>10:00-12:30 Diabetes Workshop w/Living Well DC Project</p> <p>12:00 – 1:00-Lunch</p> <p>1:00-2:00- TRUST Book Club w/ Markesha-Iylana Vanzant</p>	<p style="text-align: right;">25</p> <p>10:00-11:00 Social Circle (What's New)</p> <p>11:00– 12:00 Strength Training – w/ Mr. Williams</p> <p>12:00 – 1:00 – Lunch</p> <p>1:00 – 2:00 Celebrate & Learn About Ghana w/OT Intern Tracey</p> 	<p style="text-align: right;">26</p> <p>10:00-11:00 Morning Motivational Chat (Positive Affirmations)</p> <p>11:00– 12:00 Self-Care w/OT Intern</p> <p>12:00 – 1:00 – Lunch</p> <p>1:00 – 2:00 DIY-Activities Packet</p> <p>2:00-4:00 Spades Tournament</p>	<p style="text-align: right;">27</p> <h2 style="text-align: center;">GoGo Museum & Bus Boys & Poets</h2>  <p style="text-align: center;">2:00-3:00 Words Of Wisdom Workshop w/Ms. Ruby (Kuehner House Senior Center)</p>
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30	31
<p>10:00-11:00 Group Coffee & Chat</p> <p>11:00-12:00 Craft Corner w/Markesha</p> <p>12:00-1:00 Lunch</p> <p>1:00-2:00 Name That Tune w/Markesha</p>	<p>10:00-12:30 Diabetes Workshop w/ Living Well DC Project</p> <p>12:00-1:00 Lunch</p> <p>1:00- 2:00 TRUST Book Club w/Markesha- Iylana Vanzant</p>
	



Elizabeth Mensah 03/03
Janice Simms 03/07
Andrea Johnson 03/23
Laverne Jenkins 03/23
Laverne Murrell 03/25
Arlene Fox 03/29

Recipe

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 pieces
- 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.