





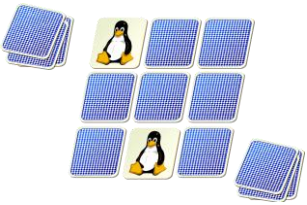




July is Minority Mental Health Awareness Month



Senior Center Zoom Calendar

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

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	<p>10:00 – 11:00 Group Coffee in Chat-</p> <p>11:00-12:00 Get Over It-workshop w/Markesha</p> <p>12:00 – 1:00 – Lunch</p> <p>1:00-2:00 Summer Cup Bingo</p> 	<p>10:00-11:00 Senior Center Meeting (Lucky Seat)</p> <p>11:00- 12:00 Strength Training- w/Mr. Williams</p> <p>12:00 – 1:00 – Lunch</p> <p>1:00 – 2:00 Falls Prevention Workshop w/DACL</p> 	<p>TRIP</p> 	<p>SENIOR CENTER CLOSED</p> 
7	8	9	10	11
<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/Mr. Williams</p> <p>12:00 – 1:00 – Lunch</p> <p>1:00 – 2:00 Snap Education with Lynnitta</p> <p>2:00-4:00 Spades Tournament</p>	<p>10:00 – 11:00 Group Coffee in Chat-</p> <p>11:00-12:00 Get Over It -workshop w/Markesha -Iylana Vanzant</p> <p>12:00 – 1:00 – Lunch</p> <p>1:00 – 2:00 Stroke Prevention w/MedStar Health</p> 	<p>10:00-11:00 Morning Group (Social Circle)</p> <p>11:00-12:00 Strength Training w/Mr. Williams</p> <p>12:00 – 1:00 – Lunch</p> <p>1:00 – 2:00 Demetia Workshop w/DACL</p> 	<p>10:00-11:00 Morning Inspiration</p> <p>11:00– 12:00- Family Feud w/Markesha</p>  <p>12:00 – 1:00 – Lunch</p> <p>1:00 – 2:00 Meditation Coloring/Music</p> <p>3:00-4:00 Divine Mind Therapeutic Workshop w/Stephanie</p>	<p>TRIP Della Js Restaurant</p> 

14

10:00-11:00
Group Coffee -n- Chat
(Music Therapy)

11:00 – 12:00

Yoga Monday – w/ Mr. Williams

12:00 – 1:00 – Lunch

1:00 – 2:00-

Bingo for Prizes



2:00-4:00-

Healthy Food Demo w/ Markesha

15

10:00-11:00

Group Coffee-n-Chat
(Current Events)

11 – 12:00

Get Over It -workshop
w/Markesha -Iylana Vanzant

12:00 – 1:00-Lunch

1:00-2:00 –

Healthy Eating/Nutrition
w/Medstar



16

10:00-11:00

Group Coffee in Chat-

11:00- 12:00

Strength Training – w/ Mr. Williams

12:00 – 1:00 – Lunch

1:00 – 2:00

Line Dancing w/Chantaya



17

TRIP PG Plaza



18

11:00 – 12:00

Trivia for prizes!

Food Delivery (Kuehner House)

No in-person activity on this day.



21

10:00-11:00

Group Coffee -n- Chat
11:00 – 12:00

Yoga Monday – w/ Mr. Williams

12:00 – 1:00 – Lunch

1:00 – 2:00

DACL-Creative Safe at Home Journal



22

10:00-11:00

Group Coffee in Chat-
11:00– 12:00

Get Over It -workshop
w/Markesha -Iylana Vanzant

12:00 – 1:00 – Lunch

1:00 – 2:00

July Wind Chimes



23

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

Summer Sip & Paints
(Light snacks)



24

TRIP Roses



3:00-4:00

Divine Mind Therapeutic Workshop w/Stephanie

25

10:00-12:00
MOVIE DAY

11:00-12:00

12:00 – 1:00 – Lunch

1:00 – 2:00

Continue: MOVIE



<p>28</p> <p>10:00-11:00 Vaccination Clinic</p> <p>11:00-12:00 Yoga Monday – w/ Mr. Williams</p> <p>12:00 – 1:00 – Lunch</p> <p>1:00 – 2:00 Homeland Security Participation</p> 	<p>29</p> <p>10:00-11:00 Group Coffee in Chat-</p> <p>11:00– 12:00 Get Over It -workshop w/Markesha -Iylana Vanzant</p> <p>Strength Training – w/UDC Body Wise Instructor</p> <p>12:00 – 1:00 – Lunch</p> <p>1:00 – 2:00 Co-current programming</p> 	<p>30</p> <p>10:00-11:00 Morning Social Circle (Current Events)</p> <p>11:00– 12:00 Strength Training – w/Mr. Williams</p> <p>12:00 – 1:00 – Lunch</p> <p>1:00 – 2:00 July Birthday Celebration</p> 	<p>31</p> <p>Current events w/Markesha</p> <p>11:00 – 12:00 How to stop Overthinking w/Denise</p> <p>12:00 – 1:00 – Lunch</p> <p>1:00 – 2:00 Meditation</p> <p>Coloring/Music</p> <p>2:00 – 4:00 Social Circle- (What's New)</p> 	 <p>Carl Goldstein 7/3</p> <p>Gregory Simms 7/8</p> <p>Joyce Silla 7/31</p>
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RECIPE FOR THE MONTH:

Fresh Fruit Salad



Lime Yogurt Dressing (o

- 1 cup low-fat plain yogurt
- 1 tablespoon granulated sugar
- 2 teaspoons lime zest
- 2 teaspoons lime juice

Fruit Salad

- 2 cups diced fresh pineapple.
- 1-pound strawberries, hulled and sliced
- ½ pint blackberries, halved
- 4 ripe kiwis, peeled, halved, and sliced.

DIRECTIONS

1. **To prepare dressing:** Combine yogurt, sugar, lime zest and lime juice in a medium bowl.
2. **To prepare salad:** Combine pineapple, strawberries, blackberries and kiwi in a large bowl. Serve with lime yogurt dressing, if desired.