












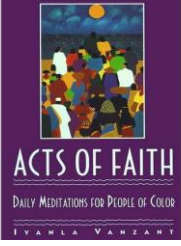




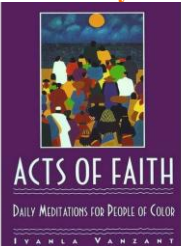



May Is Mental Health Awareness Month



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

Senior Center Zoom Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
	 <p>Barbara Ann Moses 5/16 Ruth Davis 5/17 Anthony Curtis 5/18 Eddie Paige 5/21 Ruth Minor 5/22</p>			<p>*TRIP* Walmart Supercenter</p> 
<p>4</p> <p>10:00-11:00 Coffee & Jazz Music 11 – 11:30 Older American’s Month/Healthy Eating w/ Ms. Minor 11:30 – 12:00 Yoga Monday – w/ Mr. Williams 12:00 – 1:00 Lunch 1:00 – 2:00 DC Health Nutrition Education w/ Ms. Lynitta 2:00-4:00 Spades Tournament: Extended Programming</p>	<p>5</p> <p>10:00 – 12:30 Chronic Disease Workshop w/ Well Centric DC 12:00-1:00 Lunch 12:00 – 1:00 BINGO w/ Markesha</p> 	<p>6</p> <p>10:00-11:00 Senior Center Meeting w/Markesha 11:00-12:00 Strength Training – w/ Mr. Williams 12:00 – 1:00 Lunch 1:00 – 2:00 Mental Health Awareness Month Presentation w/ Markesha: Trauma & PTSD</p> 	<p>7</p> <p>10:00-11:00 Health Presentation: Understanding Your Skin Type w/Markesha 11:00-12:00 Readers Digest w/ Markesha 12:00 – 1:00 Lunch 1:00 – 2:00 Therapeutic Plants & Blooms w/ Ms. Kaifa</p> 	<p>8</p> <p>10:00-2:00 *TRIP* Mother’s Day Brunch at Karin House *Transportation Provided*</p> 

<p>11</p> <p>10:00-11:00 DC Vote/Reregistration</p> <p> READY SET VOTE!</p> <p>11:00 – 12:00 Yoga Monday w/Mr. Williams</p> <p>12:00-1:00 Lunch</p> <p>1:00-2:00 Indoor Garden Crafts w/Markesha</p> 	<p>12</p> <p>10:00 – 12:30 Chronic Disease Workshop w/ Well Centric DC</p> <p>12:00-1:00 Lunch</p> <p>12:00 – 1:00 Acts Of Faith Book Club w/Markesha-Iylana Vanzant</p> 	<p>13</p> <p>10:00-12:00 Divine Mind Therapeutics Building Routines that Sustain Joy w/ Stefanie Jackson</p>  <p>12:00 – 1:00 Lunch</p> <p>1:00 – 2:00 Spring Butterfly Magnet Painting w/Markesha</p> 	<p>14</p> <p>MANDATORY ALL STAFF MEETING</p> <p>No In-Person Activity on This Day</p> 	<p>15</p> <p>Food Delivery (Kuehner House)</p> <p>No In-Person Activity On This Day</p> 
<p>18</p> <p>10:00-11:00 Health Presentation: Sleep & Mental Health w/Markesha</p> <p>11:00– 12:00 Strength Training – w/ Mr. Williams</p> <p>12:00 – 1:00- Lunch</p> <p>1:00-2:00 DIY Glass Mosaic Wooden Coasters w/Markesha</p> <p>2:00-4:00 DIY Activity Packets: Extended Programming</p>	<p>19</p> <p>10:00 – 12:30 Chronic Disease Workshop w/ Well Centric DC</p> <p>12:00-1:00 Lunch</p> <p>1:00-2:00 Acts Of Faith Book Club w/Markesha-Iylana Vanzant</p> 	<p>20</p> <p>Senior Fest Block Party (Transportation by DACL)</p> 	<p>21</p> <p>10:00-11:00 Group Coffee & Chat</p> <p>11:00– 12:00 Lyrically Trivia w/Markesha</p> <p>12:00 – 1:00 Lunch</p> <p>1:00 – 2:00 Men's Mental Health Presentation w/Markesha: Depression & Anxiety</p>  <p>2:00-4:00 Connect Four Game Challenge: Extended Programming</p>	<p>22</p> <p>*TRIP* Wegmans Grocery Store</p> 

25

Happy Memorial Day



(Senior Center Closed)

26

10:00 – 12:30

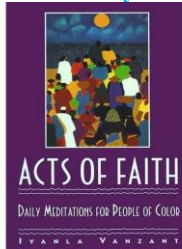
Chronic Disease Workshop w/
Well Centric DC

12:00-1:00

Lunch

1:00-2:00

Acts Of Faith Book Club
w/Markesha-Iylana Vanzant



27

10:00-12:00

Divine Mind Therapeutics
Building Routines that Sustain
Joy w/ Stefanie Jackson



12:00 – 1:00

Lunch

1:00 – 2:00

Self-Care Day w/Staff & Seniors



28

TRIP
**Roses Discount
Store**



29

**KUEHNER
HOUSE
MOVIE DAY
(SENIORS
PICK)**



RECIPE

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.