

March 2021


NUTRITION MONTH



Zoom local# - (301) 715-8592

Meeting ID - 816 7131 7461

Senior Center Zoom Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
1 11:00-11:30 Nutrition Education w/ Ms. Evelyn Minor 11:30 – 12:00 Yoga Monday – w/ Ms. Maria	2 11:00 – 12:00 Workshop Georgetown University School of Nursing and Health Studies • Arthritis	3 11:00 – 11:30 National Anthem Day  Sing-along w/Heather 11:30 – 12:00 Strength Training – w/ Ms. Maria	4 11:00 – 12:00 Diet Education Workshop w/ Alejandra Ramos • Dysphagia diet education Cooking demo	5 11:00 – 12:00 BINGO
8 Annual Employee Meeting No programing	9 11:00 – 12:00 Workshop Georgetown University School of Nursing and Health Studies • COPD	10 11:00 – 11:30 Sing-along w/Heather 11:30 – 12:00 Strength Training – w/ Ms. Maria	11 11:00 – 12:00 Diet Education Workshop w/ Alejandra Ramos • Immunity health	12 11:00 – 12:00 Workshop UDC - SNAP-ED Nutrition w/Lily Spechler
15 11 – 11:30 TED Talks - Is the obesity crisis hiding a bigger problem? 11:30 – 12:00 Yoga Monday – w/ Ms. Maria	16 11:00 – 12:00 Workshop Georgetown University School of Nursing and Health Studies • Vaccines for adults	17 11-11:30 French for beginners 11:30 – 12:00 Strength Training – w/ Ms. Maria	18 11:00 – 12:00 Diet Education Workshop w/ Alejandra Ramos • Bone health	19 11:00 – 12:00 BINGO
22 11 – 11:30 Guided Meditation – Cleanse your Energy 11:30 – 12:00 Yoga Monday – w/ Ms. Maria	23 11:00 – 12:00 Workshop Georgetown University School of Nursing and Health Studies • Heart Health	24 11:00 – 11:30 Sing-along w/Heather 11:00 – 11:30 Strength Training – w/ Ms. Maria	25 11:00 – 12:00 Diet Education Workshop w/ Alejandra Ramos • Mental health and diet Cooking demo	26 11:00 – 12:00 Presentation Catholic Charities w/ Lindsay Reep • Huntington’s Disease
29 11 – 11:30 “Nutrition 101” w/ registered Dietitian Kathleen Turner 11:30 – 12:00 Yoga Monday – w/ Ms. Maria	30 11:00 – 12:00 Presentation Dr. Shirley Young • Alzheimer’s disease	31 11:00 – 11:30 Sing-along w/Heather 11:00 – 11:30 Strength Training – w/ Ms. Maria	Birthdays Ms. Elizabeth Mensah – 3 rd Ms. Laverne Murrell – 25 th Ms. Arlene Fox - 29 th	Staff Dawit Tesfamichael - Program Support Specialist 202-381-1873 Denise Stoney - Wellness Manager 202-235-1492 Joan Williams - Senior Director of Senior Services

Resources

03/15/21 - TED Talks - https://www.ted.com/talks/peter_attia_is_the_obesity_crisis_hiding_a_bigger_problem

03/22/21 – Guided Meditation - <https://www.youtube.com/watch?v=tMc9uxDYGJY>

03/29/21 – Nutrition 101 - <https://www.youtube.com/watch?v=MgHOk2ZmKMo>