




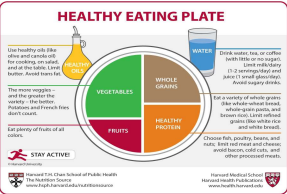

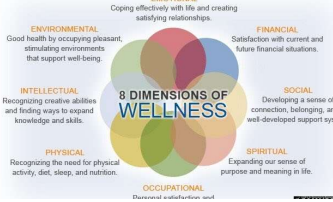
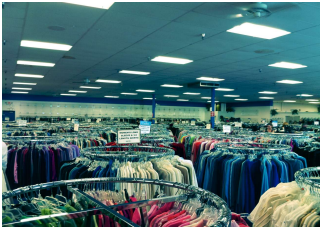










January is National Mental Wellness Month



Zoom local# - (301) 15-8592
Meeting ID - 816 7131 7461

Senior Center Zoom Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>Sandra Davis: January 1st Shirley Hines: January 28th</p>		 <p>SENIOR CENTER CLOSED</p>	<p>10:00-11:00 Group Coffee-n-Chat 11:00-12:00- New Year Health -n- Wellness Goals w/Denise 12:00 – 1:00 – Lunch 1:00 – 2:00</p> 	<p>TRIP WALMART</p> 
<p>10:00-11:00 Senior Center Meeting w/Denise 11:00 – 11:30 Nutrition Ed w/ Ms. Minor 11:30 – 12:00 Yoga Monday – w/ Ms. Maria 12:00 – 1:00 – Lunch 1:00 – 2:00 Nutrition Education w/ Lynetta</p> 	<p>10:00-11:00 Morning Motivational Group 11:00 – 12:00 Healthy Cooking w/Chantaya 12:00 – 1:00 – Lunch 1:00 – 2:00 Book Club Maya Angelou I Know Why the Caged Bird sings</p> 	<p>10:00-11:00 11:00-12:00 Strength Training – w/ Ms. Maria 12:00 – 1:00 – Lunch 1:00 – 2:00 – Mental Wellness w/Denise</p> 	<p>TRIP Unique Thrift Store</p> 	<p>10:00-11:00 MOVIE DAY 12:00 – 1:00 – Lunch 1:00 – 2:00 Continue: MOVIE</p> 

<p>13</p> <p>10:00-11:00 Group Coffee-n-Chat 11:00-12:00 Yoga Monday – w/ Ms. Maria 12:00 – 1:00 – Lunch 1:00 – 2:00 Christian Legal Aid Presentation</p>	<p>14</p> <p>10:00 – 11:00 Group Coffee-n-Chat 11:00-12:00 Forgiveness workshop w/Markesha -Iylana Vanzant 12:00 – 1:00 – Lunch 1:00 – 2:00 Medication Safety (Medstar)</p> 	<p>15</p> <p>10:00-11:00 DIY-Angel Painting w/Markesha 11:00-12:00 Strength Training – w/ Ms. Maria 12:00 – 1:00 – Lunch 1:00 – 2:00 Healthy Cooking Demo w/Markesha</p> 	<p>16</p> <p>10:00-11:00 Trivia For Us (Card Game Activity w/Markesha) 11:00-12:00 Strength Training – w/ Ms. Maria- (in person) 12:00 – 1:00 – Lunch 1:00 – 2:00 Legal Council for the Elderly</p>	<p>17</p> <p>10:00 – 11:00 Virtual Coffee-n-Chat 11:00-12:00 Trivia for prizes!</p> <p>Food Delivery (Kuehner House)</p> <p>No in-person activity on this day.</p> 
<p>20</p> <p>Martin Luther King, Jr. Day</p> <p>CENTER CLOSED</p>	<p>21</p> <p>10:00 – 11:00 Forgiveness workshop w/Markesha -Iylana Vanzant 11:00 – 12:00 Yoga – w/ Ms. Maria 12:00 – 1:00 – Lunch 1:00 – 2:00 Book Club Maya Angelou I Know Why the Caged Bird sings</p> 	<p>22</p> <p>10:00-11:00 Morning Motivational Chat 11:00-12:00 Strength Training – w/ Ms. Maria 12:00 – 1:00 – Lunch 1:00 – 2:00 DIY-Pressed Flower Lanterns w/Markesha</p> 	<p>23</p> <p>10:00-11:00 Group Coffee-n-Chat 11:00-12:00 Co-Current Programming Participants Choice 12:00 – 1:00 1:00 – 2:00</p> 	<p>24</p> <p>TRIP Marshalls</p> 

<p>27</p> <p>10:00-11:00 Group Coffee-n-Chat</p> <p>11:00-12:00 Yoga Monday – w/ Ms. Maria</p> <p>12:00 – 1:00 – Lunch</p> <p>1:00 – 2:00 DIY-Angel Painting w/Markesha</p>	<p>28</p> <p>10:00-11:00 This and That Shop Talk</p> <p>11:00-12:00 Forgiveness workshop w/Markesha -Iylana Vanzant</p> <p>12:00 – 1:00 – Lunch</p> <p>1:00-2:00 Nutrition Blast American University</p> 	<p>29</p> <p>10:00-11:00 Group Coffee in Chat</p> <p>Strength Training – w/ Ms. Maria-</p> <p>12:00 – 1:00 – Lunch</p> <p>1:00-2:00 Family /feud Game Challenge w/Markesha</p> 	<p>30</p> <p>10:00-12:00 Georgetown University Medical Center (Memory Disorders Program)</p> <p>12:00 – 1:00 – Lunch</p> <p>1:00-2:00 January Birthday Celebration</p> 	<p>31</p> <p>TRIP</p> <p>Talent Show @ Karin House</p> <p>(Transportation Provided)</p>
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THREE BEAN SOUP *Happy New Year 2025*



INGREDIENTS

- 2 tablespoons vegetable oil
- 1 medium onion, chopped
- 1 medium green bell pepper, chopped

- 1 medium yellow bell pepper, chopped
- 2 (14.5 ounce) cans chicken broth
- 2 (15ounce) cans black beans, drained
- 2 (15ounce) cans kidney beans, drained
- 1 (15ounce) can pinto beans, drained
- 1 (10-ounce) can diced tomatoes with green chile peppers

INSTRUCTIONS

1. Heat oil in a large saucepan over medium heat. Add onion and bell peppers; cook and stir until softened, about 5 minutes.
2. Stir in chicken broth, black beans, kidney beans, pinto beans, and diced tomatoes. Cook until heated through, 10 to 15 minutes.

Resources

[Three Bean Soup Recipe \(allrecipes.com\)](https://www.allrecipes.com/recipe/238533/three-bean-soup/)