












November is Diabetes Awareness Month




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

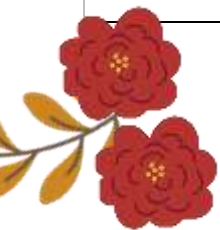


Senior Center Zoom Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>Maurice Mars 11/04 Demetria Long 11/13 Anthony Harris 11/18 Barbara Lake 11/26</p>		<p>Diabetes affects just about everyone, from the over 110 million Americans with or at risk for the disease to the many more people who care for them. While you may know that diabetes can damage the eyes, kidneys, nerves, and heart, diabetes affects many other parts of the body as well.</p> <p>Reference: https://www.niddk.nih.gov/health-information/diabetes</p>		
<p>3</p> <p>10:00-11:00 Group Coffee -n- Chat (Music Therapy) 11:00-11:30: Nutrition Education w/ Ms. Minor 11:30 – 12:00 Yoga Monday w/Mr. Williams 12:00-1:00-Lunch 1:00 – 2:00 Cooking Demo w/ SNAP Education</p> 	<p>4</p> <p>10:00-11:00 Group Coffee -n- Chat 11 – 12:00 Trust workshop w/Markesha -Iylana Vanzant 12:00 – 1:00 – Lunch 1:00 – 2:00 November Bithday Celebration</p> 	<p>5</p> <p>10:00 – 11:00 Senior Center Meeting 11:00 – 12:00 Yoga Monday w/Mr. Williams 12:00 – 1:00 – Lunch 1:00-2:00</p> <p>B I N G O</p> 	<p>6</p> <p>10:00-11:00 How to Stop Overthinking Workshop w/Denise 11:00-12:00 Activity w/Chantaya 12:00 – 1:00-Lunch 1:00 – 2:00 Meditation Coloring w/ Markesha</p> 	<p>7</p> <p>Trip Walmart</p> 

<p>10</p> <p>10:00-12:00 DIY-Pumpkin Buttons</p>  <p>11 – 12:00 Yoga Monday w/Mr. Williams</p> <p>12:00 – 1:00-Lunch</p> <p>1:00 – 2:00 Alzheimer's Presentation</p>	<p>11</p> <p>Veterans Day Senior Center Closed</p> 	<p>12</p> <p>Passport to Ireland w/Monica</p> 	<p>13</p> <p>Trip Collaborative Cooking Demo w/Rev G and Gasner House</p> <p>Transportation provided (Community Participants)</p>	<p>14</p> <p>Movie Matinee</p> <p>12:00 – 1:00- Lunch</p> <p>1:00 – 2:00 “Continue Movie Matinee”</p> 
<p>17</p> <p>10:00-11:00 DIY Turkey Flowerpots</p> <p>11:00 – 12:00 Yoga Monday – w/ Ms. Maria</p> <p>12:00 – 1:00 – Lunch</p> <p>1:00 – 2:00 WMATA Metro Access</p> 	<p>18</p> <p>Group Coffee -n- Chat</p> <p>11 – 12:00 Trust workshop w/Markesha -Iylana Vanzant</p> <p>12:00 – 1:00 – Lunch</p> <p>1:00 – 2:00 Food Matters Nutrition Workshop</p> 	<p>19</p> <p>10:00-11:00 Mindfulness Meditation Activity</p> <p>11:00 – 12:00 Strength Training w/Maria</p> <p>12:00 – 1:00 – Lunch</p> <p>1:00 – 2:00 Poetry w/Monica</p> 	<p>20</p> <p>Trip Millers Farms Produce</p> 	<p>21</p> <p>11:00 – 12:00 Trivia for prizes!</p> <p>Food Delivery (Kuehner House)</p> <p>No in-person activity on this day.</p> 

<p>24</p> <p>10:00-11:00 DIY-Turkey Houses 11:00 – 12:00 Yoga Monday – w/ Ms. Maria 12:00 – 1:00 – Lunch 1:00 – 2:00 DC Office of the Tenant Advocate</p>	<p>25</p> <p>10:00 – 2:00 Senior Services Thanksgiving Luncheon at Kuehner House</p>  <p>Trip to and from Kuehner House (Community Participants)</p>	<p>26</p> <p>Trip Ross Department Store</p>	<p>27</p> <p>Senior Center Closed</p> 	<p>28</p> <p>Senior Center Closed (Day after Thanksgiving)</p> 
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Rose Apple Tart



Ingredients:

- 1 ¼ cups all-purpose flour
- ¼ teaspoon salt
- ½ cup (1 stick), plus 3 tablespoons chilled butter, diced
- ¼ cup ice water
- 5 small apples (or 3 large)
- ¼ cup brown sugar
- ¼ cup and 2 tablespoons granulated sugar
- 1 teaspoon ground cardamom
- ½ teaspoon cinnamon
- ½ teaspoon ground ginger

Nutrition Facts: *Number of Servings 8*

Amount Per Serving: CALORIES: 188 TOTAL FAT: 5g SATURATED FAT: 3g TRANS FAT: 0g UNSATURATED FAT: 1g CHOLESTEROL: 11mg SODIUM: 104mg CARBOHYDRATES: 36g FIBER: 3g SUGAR: 17g





Directions:

1. Combine the flour and salt in a large bowl. Add the stick of butter and cut in with a pastry cutter or fork, until the mixture resembles pebbles.
2. Add the ice water, a tablespoon at a time, and kneed to form a ball.
3. Roll dough into a ball and then press into a disc. Wrap in plastic wrap and refrigerate for an hour.
4. Core and quarter the apples. Using a mandoline or knife, cut into 1/8-inch thick slices.
5. Add the apples, brown sugar, 1/4 cup granulated sugar, cardamom, cinnamon, and ginger to a large bowl. Toss to combine. Let sit for 45 minutes, tossing every 15 minutes. This will make the apples pliable for the rosette pattern.
6. Preheat the oven to 350 degrees F. When the dough is chilled, roll it out on a floured surface. Carefully move it over to cast iron pan or pie plate. Press the dough evenly across the bottom and sides of the pan.
7. Drain the apples. Arrange the apples in an overlapping pattern, starting from the outside and working in.
8. Sprinkle the remaining sugar and butter across the top of the tart.
9. Bake the tart for 50 to 60 minutes or until the apples and crust are golden.
10. Remove from oven and let cool for 15 minutes before cutting and serving.

References:

Rose Apple Tart, this healthy table

<https://thishealthytable.com/blog/cardamom-apple-tart/>

