

October is Domestic Violence Awareness Month

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



Senior Center Zoom Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	
 David Gladden 10/14 Felicia Wardrick 10/18 Mary Smith 10/23	10:00-11:00 Group Coffee -n- Chat 11 - 12:00 Forgiveness workshop w/Markesha -Iylana Vanzant 12:00 - 1:00 - Lunch 1:00 - 2:00 Healthy Cooking w/Chantaya	10:00-11:00 Meditation w/ Markesha 11:00-12:00 Strength Training w/Maria 12:00-1:00-Lunch 1:00-2:00-Book Club I Know Why The Caged Bird Sings	10:00-11:00 Senior Center Meeting 11 - 12:00 Family Feud Challenge w/Markesha 12:00 - 1:00 - Lunch 1:00 - 2:00 BINGO	TRIP Nall's Produce (Pumpkin Patch) 

7	8	9	10	11
10:00-11:00 Lyrically Trivia Challenge 11:00-11:30: Nutrition Education w/ Ms. Minor 11:30 - 12:00 Yoga Monday w/ Ms. Maria 12:00-1:00- Lunch 1:00 - 2:00 Cooking Demo w/ SNAP Education 	10:00-12:00 Group Coffee -n- Chat 11 - 12:00 Forgiveness workshop w/Markesha -Iylana Vanzant 12:00 - 1:00- Lunch 1:00 - 2:00 Bridges of Understanding Cultural Experiences w/Shay 	10:00 - 11:00 Meditation Coloring 11:00 - 12:00 Strength Training - w/ Ms. Maria 12:00 - 1:00 - Lunch 1:00-2:00 Fall Flower Bouquet 	10:00-11:00 Group Coffee -n- Chat 11:00- 12:00 DIY-Fall Gnome 12:00 - 1:00 - Lunch 1:00 - 2:00 DC Board of Elections 	TRIP Amish Market 

Senior Center Closed Indigenous People's Day

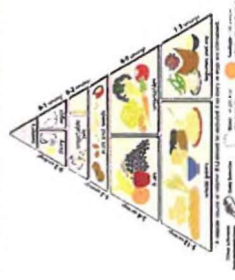
10:00 – 11:00
Group Coffee -n- Chat

11:00– 12:00
Forgiveness workshop
w/Markesha -Iylana
Vanzant

12:00 – 1:00 – Lunch

1:00 – 2:00

Food Matters w/
American University



10:00-11:00

Meditation w/ Markesha

11:00-12:00

Strength Training w/Maria

12:00-1:00-Lunch

1:00-2:00

Halloween

Snow Globes w/
Markesha



10:00-11:00

Group Coffee -n- Chat

11:00-12:00

Co-current
Programming
(Participants Choice)

12:00-1:00-Lunch

1:00-2:00

Arts-n-Crafts w/
Chantaya



11:00 – 12:00

Trivia for prizes!

Food Delivery (Kuehner House)

No in-person activity
on this day.



10:00-11:00

11 – 12:00

Yoga Monday – w/ Ms.
Maria

12:00 – 1:00 – Lunch

1:00 – 2:00

Maya Angelou

I Know Why The Caged
Bird sings



10:00-11:00

Morning Ice Breakers
w/Denise

11:00– 12:00

Medstar Health Burn
Presentation

12:00 – 1:00 – Lunch

1:00 – 2:00

Healthy Fall Cooking Demo
w/Markesha



10:00-11:00

Meditation w/ Markesha

11:00-11:30

Strength Training w/Maria

12:00-1:00-Lunch

1:00 – 2:00



Kuehner House

Annual Costume

Party

10:00am- 2:00pm –
Breakfast and Lunch
will be served.



TRIP

Senior
Fellowship





28

10:00-11:00

Current Events
w/Markesha

11:00 – 12:00

Yoga Monday – w/ Ms.
Maria

12:00 – 1:00 – Lunch

1:00 – 2:00

Halloween Trivia
Activity Packet



29

10:00-12:00

Movie Matinee

12:00 – 1:00-Lunch

1:00 – 2:00

“Continue Movie
Matinee”

30

10:00-11:00

Group Coffee -n- Chat

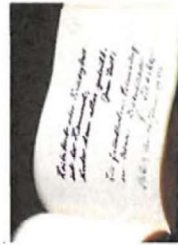
11:00– 12:00

Social Circle

12:00 – 1:00 – Lunch

1:00 – 2:00

Poetry Reading
w/Mr. Brown



31

10:00-11:00

Group Coffee -n- Chat

11:00– 12:00

Activity Corner

12:00 – 1:00 – Lunch

1:00 – 2:00

DIY-Activity Packets



**TAKE A
STAND**
AGAINST
DOMESTIC
VIOLENCE

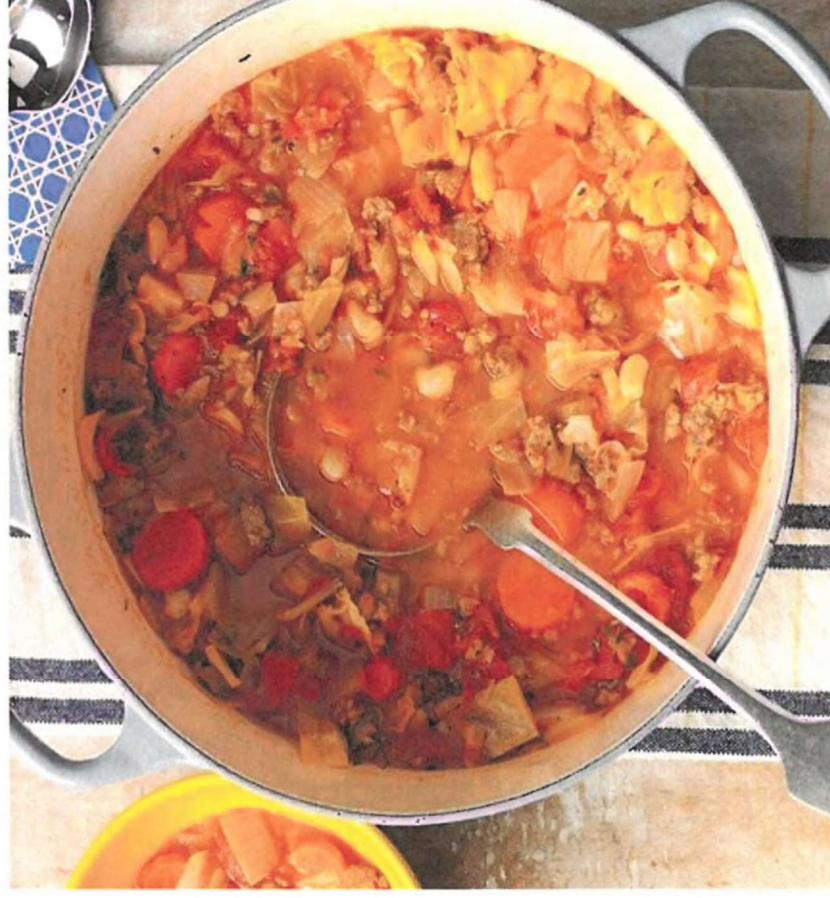


**NATIONAL
DOMESTIC VIOLENCE
AWARENESS MONTH**

OCTOBER



Great Northern Bean Stew



Ingredients:

- 1 *Pound* bulk pork sausage
- 1 cup chopped onions
- 1 can of great northern beans, rinsed and drained
- 1 can of diced tomatoes
- 2 cups of chopped cabbage
- 1 cup of sliced carrots
- 1 tbsp of white vinegar
- 1 tbsp of brown sugar
- $\frac{1}{2}$ tsp of salt
- $\frac{1}{2}$ tsp of paprika
- $\frac{1}{2}$ tsp dried thyme
- $\frac{1}{2}$ tsp pepper
- $\frac{1}{4}$ tsp hot pepper sauce
- 2 tbsp minced fresh parsley

Nutrition Facts:

Serving Size: 6 Servings

Per Serving: 1 cup: 274 calories, 15g fat (5g saturated fat), 27mg cholesterol, 937mg sodium, 26g carbohydrate (11g sugars, 8g fiber), 11g protein.





Directions:

1. In a large saucepan, cook sausage and onion over medium heat until meat is no longer pink; drain. Add the next 11 ingredients. Bring to a boil. Reduce heat; cover and simmer for 50-60 minutes or until vegetables are tender.
2. Stir in parsley; cook 5 minutes longer.

References:

Great Northern Bean Stew, TasteofHome

<https://www.tasteofhome.com/recipes/great-northern-bean-stew/>

