



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
 David Gladden 10/14 Felicia Wardrick 10/18 Mary Smith 10/23		1 10:00-11:00 Group Morning Meditation /Positive Affirmations 11:00-12:00 Strength Training w/Mr. Williams 12:00-1:00-Lunch 1:00-2:00- October Trivia w/ Markesha	2 10:00-11:00 Senior Center Meeting 11 – 12:00 How to Stop Overthinking Workshop w/Denise 12:00 – 1:00 – Lunch 1:00 – 2:00 B I N G O 2:00-4:00 Activity Corner	3 TRIP Nall's Produce (Pumpkin Patch) 
6 10:00-11:00 Lyrically Trivia Challenge 11:00-11:30: Nutrition Education w/ Ms. Minor 11:30 – 12:00 Strength Training w/Mr. Williams 12:00-1:00-Lunch 1:00 – 2:00 Cooking Demo w/ SNAP Education  2:00-4:00 Spades Tournament	7 10:00-12:00 Group Coffee -n- Chat 11:00 – 12:00 Forgiveness workshop w/Markesha -Iylana Vanzant (Wrap Up) 12:00 – 1:00-Lunch 1:00 – 2:00 DIY-Activity Packets 	8 10:00 – 11:00 Meditation Coloring 11:00 – 12:00 Strength Training w/ Mr. Williams 12:00 – 1:00 – Lunch 1:00-2:00 Comedy Hour w/Markesha 	9 10:00-11:00 Group Coffee -n- Chat 11:00– 12:00 Line Dancing w/Chantaya 12:00 – 1:00 - Lunch 1:00 – 2:00 Social Circle  2:00-4:00 Co-current Programming (Participant Choice)	10 TRIP Amish Market 

13 Senior Center Closed Indigenous People's Day	14 10:00 – 11:00 Group Coffee -n- Chat 11:00– 12:00 Book Club w/Markesha -Iylana Vanzant 12:00 – 1:00 – Lunch 1:00 – 2:00 DIY-Halloween Key Chains 	15 10:00-11:00 Meditation w/ Markesha 11:00-12:00 Strength Training w/Mr. Williams 12:00-1:00-Lunch 1:00-2:00 Healthy Fall Cooking Demo w/Markesha 	16 TRIP PG PLAZA 	10:00-12:00 “Hybrid Activities” 12:00 – 1:00 – Box Lunch 1:00-2:00 “Continued Hybrid Activities Food Delivery (<i>Kuehner House</i>) No in-person activity on this day. 
20 10:00-11:00 Group Coffee -n- Chat 11:00 – 12:00 Yoga Monday w/Mr. Williams 12:00 – 1:00 – Lunch 1:00 – 2:00 Club Memory Presentation 2:00-4:00 Spades Tournament	21 10:00-11:00 Group-Morning Ice Breakers 11:00– 12:00 Book Club w/Markesha -Iylana Vanzant 12:00 – 1:00 – Lunch 1:00 – 2:00 Food Matters w/ American University 	22 10:00-11:00 Meditation w/ Markesha 11:00-11:30 Strength Training w/Mr. Williams 12:00-1:00-Lunch 1:00 – 2:00 DIY-Pumpkin Pipe Cleaner 	23 10:00 – 11:00 Group Coffee -n- Chat 11:00-11:30 Vaccination Clinic 1:00 – 2:00 Dementia Presentation w/DACL  2:00-4:00 Activity Corner	24 TRIP Annual Costume Party/Octoberfest @ Karin House 





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10:00-11:00

Current Events
w/Markesha

11:00 – 12:00

Yoga Monday w/Mr.
Williams

12:00 – 1:00 – Lunch

1:00 – 2:00

October Birthday
Celebration



2:00-4:00

Spades Tournament

28

Sports
Day





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10:00-11:00

Meditation w/ Markesha

11:00-12:00

Strength Training w/Mr.
Williams

12:00-1:00-Lunch

1:00-2:00

DIY-Halloween Snow
Globes



30

10:00-11:00

Group Coffee -n- Chat

11:00– 12:00

Jeopardy w/Markesha



12:00 – 1:00 – Lunch

1:00 – 2:00

Domestic Violence
Presentation w/ House of
Ruth



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10:00-12:00

Movie
Matinee

12:00 – 1:00-Lunch

1:00 – 2:00

“Continue
Movie
Matinee”







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
- ½ tsp of salt
- ½ tsp of paprika
- ½ tsp dried thyme
- ½ tsp pepper
- ¼ 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/>

