









# January is National Staying Healthy Month

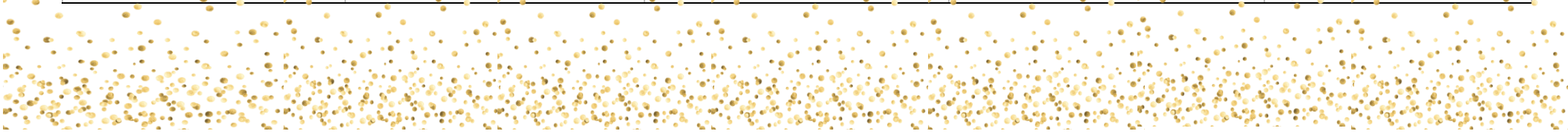


Zoom local# - (301) 15-8592  
Meeting ID - 816 7131 7461

Senior Center Zoom Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
<p><b>Senior Center Closed</b></p>	<p><b>11:00 – 12:00</b> New Year Resolutions and achieving them w/Denise</p> <p><b>12:00 – 1:00 – Lunch</b></p> <p><b>1:00 – 2:00</b> Color Meditation Activity</p>	<p><b>11:00 – 12:00</b> Strength Training – w/ Ms. Maria- (in Person)</p> <p><b>12:00 – 1:00 – Lunch</b></p> <p><b>1:00 – 2:00 – Crochet w/Mary</b> 10 most useful crochet Tips-Webinar</p>	<p><b>11 – 12 pm-</b> Senior Center Meeting w/Denise</p> <p><b>12:00 – 1:00 – Lunch</b></p> <p><b>1:00 – 2:00</b>                        Bingo</p>	<p><b>TRIP</b> <b>WALMART</b> (Transportation will be provided)</p>
9	10	11	12	13
<p><b>11 – 11:30</b> Nutrition Ed w/ Ms. Minor</p> <p><b>11:30 – 12:00</b> Yoga Monday – w/ Ms. Maria</p> <p><b>12:00 – 1:00 – Lunch</b></p> <p><b>1:00 – 2:00</b> Nutrition Education w/ Lynetta</p> 	<p><b>11:00 – 12:00</b> Health -n- Wellness Goal Setting w/Denise</p> <p><b>12:00 – 1:00 – Lunch</b></p> <p><b>1:00 – 2:00</b> Cognitive Activities</p> 	<p><b>11:00-12:00</b> Strength Training – w/ Ms. Maria- (in person)</p> <p><b>12:00 – 1:00 – Lunch</b></p> <p><b>1:00 – 2:00 – Activity Corner</b></p> 	<p><b>11:00-12:00</b> <b>MOVIE DAY</b></p> <p><b>12:00 – 1:00 – Lunch</b></p> <p><b>1:00 – 2:00</b> Continue: <b>MOVIE</b></p> 	<p><b>TRIP</b> <b>Forestville Mall</b> (Transportation will be provided)</p>

<p style="text-align: right;">16</p> <p style="text-align: center;"><b>Martin Luther King, Jr. Day</b></p> <p style="text-align: center;"><b>CENTER CLOSED</b></p>	<p style="text-align: right;">17</p> <p><b>11:00 – 12:00</b>  <b>TED TALKS Webinar:</b>  <b>Exercise and nutrition for middle-aged and older individuals   Dr. Stella Volpe  </b></p> <p><b>12:00 – 1:00 – Lunch</b></p> <p><b>1:00 – 2:00</b>  Activity w/ Terri  Winter Snow Globes.</p>	<p><b>11:00-12:00</b>  Strength Training – w/ Ms. Maria- (in person)</p> <p><b>12:00 – 1:00 – Lunch</b></p> <p><b>1:00 – 2:00</b>  Group- Quilt Project</p> 	<p style="text-align: right;">19</p> <p style="text-align: center;"><b>TRIP AMISH MARKET</b></p> <p style="text-align: center;">(Transportation will be provided)</p>	<p style="text-align: right;">20</p> <p><b>11:00 – 12:00</b>  Trivia for prizes!</p> <p><b>Food Delivery (Kuehner House)</b></p> <p style="text-align: center;"><b>No in-person activity on this day.</b></p>
<p style="text-align: right;">23</p> <p><b>11:00-12:00</b>  Yoga Monday – w/ Ms. Maria</p> <p><b>12:00 – 1:00 – Lunch</b></p> <p><b>1:00 – 2:00</b>  Activity w/ Terri  Winter Shadow boxes.</p>	<p style="text-align: right;">24</p> <p><b>11:00 – 12:00</b>  Advocacy with Betty</p> <p><b>12:00 – 1:00 – Lunch</b></p> <p><b>1:00 – 2:00</b>  Memory Lane:  Share your favorite memories (prizes)</p>	<p style="text-align: right;">25</p> <p><b>11:00-12:00</b>  Strength Training – w/ Ms. Maria- (in person)</p> <p><b>12:00 – 1:00 – Lunch</b></p> <p><b>1:00 – 2:00</b>  Trivia for prizes!</p> 	<p style="text-align: right;">26</p> <p><b>11:00-12:00</b>  Legal Counsel for the Elderly (Senior Medicare Patrol w/Darnetta): What's New In Medicare for 2023!</p> <p><b>12:00 – 1:00</b></p> <p><b>1:00 – 2:00</b></p> 	<p style="text-align: right;">27</p> <p style="text-align: center;"><b>TRIP CRACKER BARREL</b></p> <p style="text-align: center;">(Transportation will be provided)</p>



11:00-12:00

Strength Training – w/ Ms.  
Maria- (in person)

12:00 – 1:00 – Lunch

1:00 – 2:00



**HAPPY**  
*New Year*  
**2023**



Sandra Davis: January  
1st  
Shirley Hines: January  
28<sup>th</sup>  
Diane Lipscomb:  
January 10<sup>th</sup>

## THREE BEAN SOUP:



### 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

<https://www.youtube.com/watch?v=I0BJU0iGTH0>

[10 most useful crochet tips - YouTube](#)

[Three Bean Soup Recipe \(allrecipes.com\)](#)