# January is National Staying Healthy Month



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

**Senior Center Zoom Calendar** 

Wiceting ID - 010 /131 /40.	•	Semoi Center Zoom Calendar		
Monday	Tuesday	Wednesday	Thursday	Friday
Happy New Year!  SENIOR CENTER CLOSED	10:00-11:00 Welcome Back/New Years Resolutions Social Chat w/Group 11:00 – 12:00 Energize your Morning w/Markesha  12:00 – 1:00 – Lunch 1:00 – 2:00 Group- Quilt Project	10:00-11:00- News & Views (Current events) w/Markesha 11:00 - 12:00 Strength Training - w/ Ms. Maria- (in Person) 12:00 - 1:00 - Lunch 1:00 - 2:00- Activity Corner/Social Hour	4 10:00-11:00 Senior Center Meeting w/Denise 11:00-12:00- Jeopardy Game w/Markesha 12:00 – 1:00 – Lunch 1:00 – 2:00  B	TRIP WALMART
8	9	10	11	12
10:00-11:00	10:00-11:00	10:00-11:00	10:00-11:00	
Meditation w/Markesha	Morning Motivational Group w/Denise	Name That Tune Activity w/Markesha	Morning Engagement	TRIP
11:00 – 11:30	W/Demse 11:00 – 12:00		w/Markesha 11:00-12:00	
Nutrition Ed w/ Ms. Minor		11:00-12:00	MOVIE DAY	Outback
11:30 – 12:00	Cognitive Activities	Strength Training – w/ Ms. Maria- (in person)	MOVIE DAT	C4 I-I
Yoga Monday – w/ Ms. Maria		12:00 – 1:00 – Lunch	12:00 – 1:00 – Lunch	Steakhouse
Maria	Z. Z. LIE	1:00 – 2:00 – Health -n-		
12:00 – 1:00 – Lunch	The state of the s	Wellness w/Monica	1:00 - 2:00	
12.00 – 1.00 – Lunch		Coping effectively with life and creating suitalying relationships.  ENVIRONMENTAL FINANCIAL	<b>Continue: MOVIE</b>	
1:00 - 2:00		Good health by occupying pleasant, Sainfaction with current and structured and structured and structured and structured structured and substances that support well-being.		
Nutrition Education w/	12:00 – 1:00 – Lunch	NFELECTIAN. Recognizing creative abilities and finding ways to expand knowledges and skills.  8 DIMENSIONS OF WELLNESS  correction, belonging, and a knowledges and skills.		
Lynetta	1:00 - 2:00	Knowledge and sees.  PHYSICAL SPIRITUAL  SPIRITUAL	Des En	
HEALTHY EATING PLATE	DC Water Lead Presentation	Recognizing the need for physical Expanding our sente of purpose and rustrian.  OCCUPATIONAL  Description and purpose and meaning in life.	Mocou	
The control of the co	water is life			
www.migs.severticatassifficacces  None-deathbarvacidata				

15 16 17 18 19 10:00 - 11:0010:00-11:00 10:00 - 11:00**Martin Luther TRIP** Virtual Coffee-n-Chat **Wellness Goal Planning** Trivia For Us King, Jr. Day w/Denise 11:00-12:00 (Card Game Activity **AMISH** w/Markesha 11:00-12:00 **Trivia** for prizes! 11:00-12:00 **TED TALKS Webinar: CENTER CLOSED MARKET** Strength Training – w/ Ms. Food Delivery (Kuehner **Exercise and nutrition for** Maria- (in person) middle-aged and older House) individuals | Dr. Stella Volpe | No in-person 12:00 - 1:00 - Lunch 12:00 - 1:00 - Lunch activity on this day. 1:00-2:001:00-2:00Do it vourself gumball dish **Healthy Cooking Demo** w/Terri w/Markesha 23 24 25 26 11:00 - 2:0010:00-11:00 10:00-11:00 10:00-11:00 **TRIP Group Coffee-n-Chat Group Coffee-n-Chat Kuehner House-Senior Solar Mason Jar Fairy Services Senior** Lights w/Markesha 11:00-12:00 11:00-12:00 **Burlington Appreciation Lunch** Yoga Monday – w/ Ms. **Color Block Painting** Maria **Shopping** 12:00 - 1:00 - Lunch [ Rank You! Store 1:00 - 2:0012:00 - 1:00**Georgetown University** 11:00-12:00 **Medical Center (Memory** Strength Training – w/ Ms. **Disorders Program** Maria- (in person) 1:00-2:00**Department of Neurology**) 12:00 – 1:00 – Lunch Presentation 1:00-2:00Loop it blankets continued w/Terri

10:00-11:00 **Group Coffee-n-Chat** 11:00-12:00

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

12:00 - 1:00 - Lunch

1:00 - 2:00 Book Club w/Markesha



10:00-11:00

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This and That Shop Talk

11:00-12:00

**Memory Lane for prizes** (Share your favorite memory)

12:00 - 1:00 - Lunch

1:00-2:00

**Healthy Cooking Demo** w/Markesha

10:00-12:00

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**Group Coffee in Chat-In-**Person w/Howard Students

**12:00 – 1:00 –** Lunch

1:00-2:00

**Occupational Therapy** – **Howard University Students** 





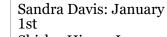
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Shirley Hines: January 28<sup>th</sup>



## 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

 $\underline{https://www.youtube.com/watch?v=I0BJU0iGTH0}$ 

Three Bean Soup Recipe (allrecipes.com)