
















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
1	2	3	4	5
 <p>SENIOR CENTER CLOSED</p>	<p>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</p>	<p>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</p>	<p>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</p> 	<p>TRIP WALMART</p>
8	9	10	11	12
<p>10:00-11:00 Meditation w/Markesha 11:00 – 11:30 Nutrition Ed w/ Ms. Minor 11:30 – 12:00 Yoga Monday – w/ Ms. Maria 12:00 – 1:00 – Lunch 1:00 – 2:00 Nutrition Education w/ Lynetta</p> 	<p>10:00-11:00 Morning Motivational Group w/Denise 11:00 – 12:00 Cognitive Activities</p>  <p>12:00 – 1:00 – Lunch 1:00 – 2:00 DC Water Lead Presentation</p> 	<p>10:00-11:00 Name That Tune Activity w/Markesha 11:00-12:00 Strength Training – w/ Ms. Maria- (in person) 12:00 – 1:00 – Lunch 1:00 – 2:00 – Health -n- Wellness w/Monica</p> 	<p>10:00-11:00 Morning Engagement w/Markesha 11:00-12:00 MOVIE DAY 12:00 – 1:00 – Lunch 1:00 – 2:00 Continue: MOVIE</p> 	<p>TRIP Outback Steakhouse</p>

<p style="text-align: right;">15</p> <p style="text-align: center;">Martin Luther King, Jr. Day</p> <p style="text-align: center;">CENTER CLOSED</p>	<p style="text-align: right;">16</p> <p>10:00 – 11:00 Wellness Goal Planning w/Denise</p> <p>11:00-12:00 TED TALKS Webinar: Exercise and nutrition for middle-aged and older individuals Dr. Stella Volpe </p> <p>12:00 – 1:00 – Lunch</p> <p>1:00 – 2:00 Healthy Cooking Demo w/Markesha</p> 	<p style="text-align: right;">17</p> <p>10:00-11:00 Trivia For Us (Card Game Activity w/Markesha</p> <p>11:00-12:00 Strength Training – w/ Ms. Maria- (in person)</p> <p>12:00 – 1:00 – Lunch</p> <p>1:00 – 2:00 Do it yourself gumball dish w/Terri</p> 	<p style="text-align: right;">18</p> <p style="text-align: center;">TRIP AMISH MARKET</p>	<p style="text-align: right;">19</p> <p>10:00 – 11:00 Virtual Coffee-n-Chat</p> <p>11:00-12:00 Trivia for prizes!</p> <p>Food Delivery (Kuehner House)</p> <p style="text-align: center;">No in-person activity on this day.</p> 
<p style="text-align: right;">22</p> <p>10:00-11:00 Group Coffee-n-Chat</p> <p>11:00-12:00 Yoga Monday – w/ Ms. Maria</p> <p>12:00 – 1:00 – Lunch</p> <p>1:00 – 2:00 Georgetown University Medical Center (Memory Disorders Program Department of Neurology) Presentation</p>	<p style="text-align: right;">23</p> <p>11:00 – 2:00 Kuehner House-Senior Services Senior Appreciation Lunch</p> 	<p style="text-align: right;">24</p> <p>10:00-11:00 Solar Mason Jar Fairy Lights w/Markesha</p>  <p>11:00-12:00 Strength Training – w/ Ms. Maria- (in person)</p> <p>12:00 – 1:00 – Lunch</p> <p>1:00 – 2:00 Loop it blankets continued w/Terri</p> 	<p style="text-align: right;">25</p> <p>10:00-11:00 Group Coffee-n-Chat</p> <p>11:00-12:00 Color Block Painting</p>  <p>12:00 – 1:00</p> <p>1:00 – 2:00</p> 	<p style="text-align: right;">26</p> <p style="text-align: center;">TRIP Burlington Shopping Store</p>

<p>29</p> <p>10:00-11:00 Group Coffee-n-Chat</p> <p>11:00-12:00 Strength Training – w/ Ms. Maria- (in person)</p> <p>12:00 – 1:00 – Lunch</p> <p>1:00 – 2:00 Book Club w/Markesha</p> 	<p>30</p> <p>10:00-11:00 This and That Shop Talk</p> <p>11:00-12:00 Memory Lane for prizes (Share your favorite memory)</p> <p>12:00 – 1:00 – Lunch</p> <p>1:00-2:00 Healthy Cooking Demo w/Markesha</p>	<p>31</p> <p>10:00-12:00 Group Coffee in Chat- In-Person w/Howard Students</p> <p>12:00 – 1:00 – Lunch</p> <p>1:00-2:00 Occupational Therapy – Howard University Students</p>	<p>HEALTHY DIET</p> 	 <p>Sandra Davis: January 1st Shirley Hines: January 28th</p>
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HAPPY 2024 New Year

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>

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