



November is Diabetes Awareness Month

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

Senior Center Zoom Calendar



Monday Tuesday Wednesday Thursday Friday



Maurice Mars 11/04
Demetria Long 11/13
Anthony Harris 11/18
Barbara Lake 11/26



10:00-11:00
Meditation w/Markesha
11:00 – 12:00
Strength Training – w/ Ms. Maria
12:00 – 1:00 – Lunch
1:00-2:00
Hypertension Education w/Nurse V

10:00-11:00
Senior Center Meeting (Snacks Provided)
11 – 12:00
Domestic Violence Presentation (House of Ruth)
12:00 – 1:00 – Lunch
1:00 – 2:00
Leaf Mason Jar Lanterns

Trip:
Seafood Boil Restaurant

10:00-11:00
Barcoustic demonstration presentation
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
Just Bead It (Jewelry Making)



Trip:
PG Plaza



10:00 – 11:00
Office of the Chief Technology (OCTO)
11:00 – 12:00
Strength Training – w/ Ms. Maria
12:00 – 1:00 – Lunch
1:00-2:00
Family Feud Challenge w/Markesha



Trip:
Amish Market



Veterans Day
Senior Center Closed



10:00-11:00

**Group Coffee -n- Chat
(Music Therapy)**

11 - 12:00

Yoga Monday - w/ Ms. Maria

12:00 - 1:00 - Lunch

1:00 - 2:00

Cooking Demo w/ SNAP Education



13

10:00 - 11:00

Beaded Pipe Cleaner Pumpkins

11:00 - 12:00

DC Board of Elections

12:00 - 1:00 - Lunch

1:00 - 2:00



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10:30-12:00

**Vaccination Clinic
(Community Room)**

12:00 - 1:00 **Lunch**

1:00 - 2:00-

Banana Budding in a cup w/Terri.



15

10:00-11:00

Family First

11:00-11:30

Strength Training w/Maria

12:00-1:00-Lunch

1:00 - 2:00

SOME Dental Clinic



16

11:00 - 12:00

Trivia for prizes!

Food Delivery (Kuehner House)

No in-person activity on this day.



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10:00-11:00

Breakfast Demo w/Markesha

11 - 12:00

Yoga Monday - w/ Ms. Maria

12:00 - 1:00 - Lunch

1:00 - 2:00

Book club w/Markesha



20

10:00-11:00

Morning Ice Breakers w/Denise

11:00 - 12:00

News & Views Discussion

12:00 - 1:00 -

Thanksgiving Lunch

1:00 - 2:00

Beaded Pipe Cleaner Flowers w/Markesha



21

10:00-11:00

Meditation w/ Markesha

11:00-12:00

Strength Training- w/ Ms. Maria

12:00-1:00-Lunch

1:00 - 2:00



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HAPPY
Thanksgiving

Senior Center Closed

23

HAPPY
Thanksgiving

Senior Center Closed

24



<p>27</p> <p>10:00-11:00 Apple Cider/Hot Chocolate Social 11:00 – 12:00 Yoga Monday – w/ Ms. Maria 12:00 – 1:00 – Lunch 1:00 – 2:00 Color your stress away w/ Markesha</p> 	<p>28</p> <p>10:00-12:00 Movie Matinee 12:00 – 1:00-Lunch 1:00 – 2:00 “Continue Movie Matinee”</p> 	<p>29</p> <p>10:00-11:00 Morning Motivational Meeting w/Selome 11:00 – 12:00 Strength Training– w/ Ms. Maria 12:00 – 1:00 – Lunch 1:00 – 2:00 Workforce opportunities for older adults’ presentation</p> 	<p>30</p> <p>Trip: Unique Thrift Store</p>	
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Rose Apple Tart

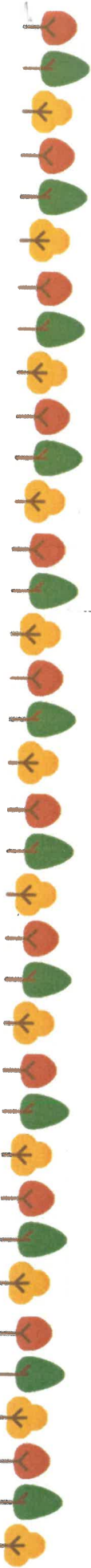


Ingredients:

- 1 ¼ cups all-purpose flour
- ¼ teaspoon salt
- ½ cup (1 stick), plus 3 tablespoons chilled butter, diced
- ¼ cup ice water
- 5 small apples (or 3 large)
- ¼ cup brown sugar
- ¼ cup and 2 tablespoons granulated sugar
- 1 teaspoon ground cardamom
- ½ teaspoon cinnamon
- ½ teaspoon ground ginger

Nutrition Facts: Number of Servings 8

Amount Per Serving: CALORIES: 188TOTAL FAT: 5gSATURATED FAT: 3gTRANS FAT: 0gUNSATURATED FAT: 1gCHOLESTEROL: 11mgSODIUM: 104mgCARBOHYDRATES: 36gFIBER: 3gSUGAR: 17g





Directions:

1. Combine the flour and salt in a large bowl. Add the stick of butter and cut in with a pastry cutter or fork, until the mixture resembles pebbles.
2. Add the ice water, a tablespoon at a time, and kneed to form a ball.
3. Roll dough into a ball and then press into a disc. Wrap in plastic wrap and refrigerate for an hour.
4. Core and quarter the apples. Using a mandoline or knife, cut into 1/8-inch thick slices.
5. Add the apples, brown sugar, 1/4 cup granulated sugar, cardamom, cinnamon, and ginger to a large bowl. Toss to combine. Let sit for 45 minutes, tossing every 15 minutes. This will make the apples pliable for the rosette pattern.
6. Preheat the oven to 350 degrees F. When the dough is chilled, roll it out on a floured surface. Carefully move it over to cast iron pan or pie plate. Press the dough evenly across the bottom and sides of the pan.
7. Drain the apples. Arrange the apples in an overlapping pattern, starting from the outside and working in.
8. Sprinkle the remaining sugar and butter across the top of the tart.
9. Bake the tart for 50 to 60 minutes or until the apples and crust are golden.
10. Remove from oven and let cool for 15 minutes before cutting and serving.

References:

Rose Apple Tart, this healthy table

<https://thishealthytable.com/blog/cardamom-apple-tart/>

