















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
2	3	4	5	6
<p>10:00-11:00 Lyrically Trivia Challenge</p> <p>11:00-11:30: Nutrition Education w/ Ms. Minor</p> <p>11:30 – 12:00 Yoga Monday w/Ms Maria</p> <p>12:00-1:00-Lunch</p> <p>1:00 – 2:00 Emotional Wellness Webinar</p>	<p>10:00-11:00 Group Coffee -n- Chat</p> <p>11 – 12:00 Book club w/Markesha</p>  <p>12:00 – 1:00 – Lunch</p> <p>1:00 – 2:00 Medicare Open Enrollment (Snacks will be Provided)</p>	<p>10:00-11:00 Meditation w/Markesha</p> <p>11:00-11:30 Strength Training w/Maria</p> <p>12:00-1:00-Lunch</p> <p>1:00-2:00 Group Shop Talk</p> <p>(Open discussion)</p> 	<p>10:00-11:00 Senior Center Meeting</p> <p>11 – 12:00 Family Feud Challenge w/Markesha</p> <p>12:00 – 1:00 – Lunch</p> <p>1:00 – 2:00 </p>	<p>Trip: Walmart</p>
9	10	11	12	13
<p>Senior Center Closed</p> <p>Indigenous People's Day</p>	<p>10:00-12:00 Movie Matinee</p> <p>12:00 – 1:00-Lunch</p> <p>1:00 – 2:00 “Continue Movie Matinee”</p> 	<p>10:00 – 11:00 Meditation Coloring</p> <p>Office of the Chief Technology (OCTO)</p> <p>11:00 – 12:00 Strength Training – w/ Ms. Maria</p> <p>12:00 – 1:00 – Lunch</p> <p>1:00-2:00 Snap Benefits Presentation (DC Hunger Solutions)</p> 	<p>10:00-11:00 Respect/Boundaries Presentation w/Denise</p> <p>11:00– 12:00 Jeopardy Game w/Markesha</p> <p>12:00 – 1:00 - Lunch</p> <p>1:00 – 2:00 Ceramic Pumpkin Painting w/Terri</p> 	<p>Trip: Cracker Barrel</p>

<p>16</p> <p>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 Leaf Mason Jar Lanterns</p> 	<p>17</p> <p>10:00 – 11:00 Beaded Pipe Cleaner Pumpkins 11:00– 12:00 Homeland Security Presentation 12:00 – 1:00 – Lunch 1:00 – 2:00 Healthy Food Demo w/Markesha</p> 	<p>18</p> <p>10:30-11:30 Vaccination Clinic (Community Room) Strength Training – w/ Ms. Maria 12:00 – 1:00 Lunch 1:00 – 2:00– Bird House Activity w/Denise</p> 	<p>19</p> <p>Trip: Unique Thrift Store</p>	<p>20</p> <p>11:00 – 12:00 Trivia for prizes! Food Delivery (Kuehner House) No in-person activity on this day.</p>
<p>23</p> <p>10:00-11:00 Group Coffee-n-Chat 11 – 12:00 Yoga Monday – w/ Ms. Maria 12:00 – 1:00 – Lunch 1:00 – 2:00 Snap Education Presentation/Cooking Demo</p> 	<p>24</p> <p>10:00-11:00 DIY-Apple Picking Bags 11:00– 12:00 Senior exercises w/ Activity Corner 12:00 – 1:00 – Lunch 1:00 – 2:00 Quilt Project</p> 	<p>25</p> <p>10:00-11:00 Breakfast Demo w/Markesha Meditation w/ Markesha 11:00-11:30 Strength Training w/Maria 12:00-1:00-Lunch 1:00 – 2:00</p> 	<p>26</p> <p>10:00-11:00 Group coffee-n-Chat (Current events) 11:00– 12:00 Jeopardy Game w/Markesha 12:00 – 1:00 - Lunch 1:00 – 2:00 Homeland Security Presentation (Emergency Preparedness)</p>	<p>27</p> <p>Trip: Cheesecake Factory</p>

30

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

Halloween Trivia
Challenge

31

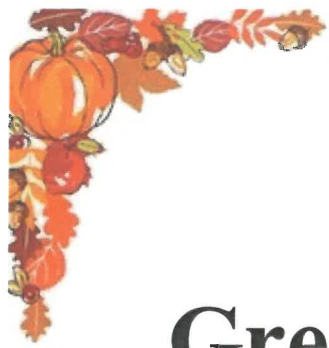
**Kuehner House
Annual Costume Party**

**10:00am- 2:00pm –
Breakfast and Lunch will be
served.**



Kohli Kitty 10/04
Pamela Jackson 10/11
David Gladden 10/14
Rickey David 10/14
Felicia Wardrick 10/18
Robert Twyman 10/21
Mary Smith 10/23





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, Taste of Home

<https://www.tasteofhome.com/recipes/great-northern-bean-stew/>

Webinars:

<https://www.youtube.com/watch?v=sgpEZm5anlo>

