











# 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
<p><b>Halloween Party!!</b></p>  <p><b>10-2pm</b> Come dressed for the costume contest!</p>	<p>1 10:00 – 12:30 <b>DC Living Well – Diabetes Prevention Workshop</b></p> <p>DC   <b>HEALTH</b> <small>DC GOVERNMENT OF THE DISTRICT OF COLUMBIA MURIEL BOWSER, MAYOR</small></p> <p>***In-person &amp; Phone call)</p> <p><b>In-person Group</b> 10-12:30pm <b>Virtual Group</b> (11-12pm)</p>	<p>2 11 – 11:30 <b>Occupational Therapy w/Howard</b> 11:30 – 12:00 <b>Strength Training – w/ Ms. Maria</b> 12:00 – 1:00 – <b>Lunch</b></p> <p>1:00-2:00 <b>Complete Quilt Project</b></p> 	<p>3 <b>Trip:</b> <b>Roses Discount Store</b></p>  <p>**Transportation will be provided (Sign up by Wednesday, November 2nd)</p>	<p>4 <b>Trip:</b> <b>Walmart</b></p>  <p>**Transportation will be provided (Sign up by Wednesday, November 2nd)</p>
<p>7 11:00-12pm: Nutrition Education w/ Ms. Minor 11:30 – 12:00 <b>Yoga Monday – w/ Ms. Maria</b> (in-person) 12:00 – 1:00 – <b>Lunch</b></p> <p>1:00 – 2:00 <b>Snap Education w/Lynitta</b></p> 	<p>8 10:00 – 12:30 <b>DC Living Well – Diabetes Prevention Workshop</b></p> <p>DC   <b>HEALTH</b> <small>DC GOVERNMENT OF THE DISTRICT OF COLUMBIA MURIEL BOWSER, MAYOR</small></p> <p>***In-person &amp; Phone call)</p> <p><b>In-person Group</b> 10-12:30pm <b>Virtual Group</b> 11-12pm 12:00 – 1:00 – <b>Lunch</b> 1:00 – 2:00 <i>Spanish</i></p> <p><b>B I N G O</b> with <i>Brenda</i></p>	<p>9 11 – 11:30 <b>Occupational Therapy w/Howard</b> 11:30 – 12:00 <b>Strength Training – w/ Ms. Maria</b> 12:00 – 1:00 – <b>Lunch</b></p> <p>1:00-2:00 <b>Complete Quilt Project</b></p> 	<p>10 <b>Trip:</b> <b>Amish Market</b></p>  <p>**Transportation will be provided (Sign up by Wednesday, November 9th)</p>	<p>11 <b>Veterans Day</b> <b>Senior Center Closed</b></p> 



<p>14</p> <p>11:00-12pm: Line Dancing – w/ Ms. Maria (in-person)</p> <p>12:00 – 1:00 – Lunch</p> <p>1:00 – 2:00 Learn about National Pace Association</p> 	<p>15</p> <p>10:00 – 12:30 DC Living Well – Diabetes Prevention Workshop</p>  <p>***In-person &amp; Phone call)</p> <p>In-person Group 10-12:30pm</p> <p>Virtual Group 11-12pm</p> <p>1:00 – 2:00</p>  <p>with Brenda</p>	<p>16</p> <p>11 – 11:30 Occupational Therapy w/Howard</p> <p>11:30 – 12:00 Strength Training – w/ Ms. Maria</p> <p>12:00 – 1:00 – Lunch</p> <p>1:00 – 2:00 Reversible snowman and pumpkin</p> 	<p>17</p> <p>11 – 12pm: Frequently Asked Questions w/ United Healthcare</p> <p>12:00 – 1:00 – Lunch</p> <p>1:00 – 2:00 Reversible snowman and pumpkin</p> 	<p>18</p> <p>11:00 – 12:00 Trivia for prizes!</p> <p>Food Delivery (Kuehner House)</p> <p>No in-person activity on this day.</p>
<p>21</p> <p>11:00-12:00: Yoga Monday – w/ Ms. Maria (in-person)</p> <p>12:00 – 1:00 – Lunch</p> <p>1:00 – 2:00 Shadow Box w/ Terri</p> 	<p>22</p> <p>11:00-12:00: Tenant Advocacy and Support – Legal Counsel for the Elderly</p> <p>12:00 – 1:00 – Lunch</p> <p>1:00 – 2:00 Share and Bake</p>  <p>Bring your baked goods to share with peers</p>	<p>23</p> <p>11 – 11:30 Chat &amp; Coffee</p> <p>11:30 – 12:00 Strength Training – w/ Ms. Maria</p> <p>12:00 – 1:00 – Lunch</p> <p>1:00 – 2:00</p>  <p>with Brenda</p>	<p>24</p> <p>HAPPY thanksgiving</p> <p>Senior Center Closed</p>	<p>25</p> <p>HAPPY thanksgiving</p> <p>Senior Center Closed</p>



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11:00-12:00:  
Yoga Monday – w/ Ms. Maria (in-person)

12:00 – 1:00 – Lunch

1:00 – 2:00

Reminiscing about Thanksgiving



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## Trip: Movie Theatre



\*\*Transportation will be provided  
(Sign up by Wednesday, November 23rd)

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11 – 11:30  
Senior Center Meeting

11:30 – 12:00  
Strength Training – w/ Ms. Maria

12:00 – 1:00 – Lunch

1:00 – 2:00

Jeopardy Game



Maurice Mars	11/04
Demetria Long	11/13
Anthony Harris	11/18
Raymond Reynolds	11/21
Barbara Lake	11/26



### STAFF

**Brenda Badillo** - Program Support Specialist 202-381-1938  
**Denise Stoney** - Wellness Manager 202-235-1492  
**Joan Williams** - Senior Director of Senior Services





# 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: 188 TOTAL FAT: 5g SATURATED FAT: 3g TRANS FAT: 0g UNSATURATED FAT: 1g CHOLESTEROL: 11mg SODIUM: 104mg CARBOHYDRATES: 36g FIBER: 3g SUGAR: 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/>

