







October is Domestic Violence Awareness Month



Senior Center Zoom Calendar

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>11:00-11:30: Nutrition Education w/ Ms. Minor</p> <p>11:30 – 12:00 Yoga Monday – w/ Ms. Maria (in-person)</p> <p>12:00 – 1:00 – Lunch</p> <p>1:00 – 2:00 PB&J bites</p> 	<p>4</p> <p>10:00 – 12:30 DC Living Well – Chronic Health Workshop</p> <p>DC HEALTH <small>DC GOVERNMENT OF THE DISTRICT OF COLUMBIA MURIEL BOWSER, MAYOR</small></p> <p>***In-person & Phone call)</p> <p>In-person Group 10-12:30pm</p> <p>Virtual Group Trivia for Prizes!</p>	<p>5</p> <p>Trip: Nalls Pumpkin Hill</p>  <p>**Transportation will be provided (Sign up on Monday, October 3rd)</p>	<p>6</p> <p>11 – 11:30 Legal Counsel for the Elderly – In-person Group Education</p> <p>12:00 – 1:00 – Lunch</p> <p>1:00 – 2:00 Pumpkin Painting</p> 	<p>7</p> <p>11:00 – 12:00 Trivia for Prizes!</p> <p>12:00 – 1:00 – Lunch</p> <p>1:00 – 2:00</p> <p>B I N G O</p>
<p>10</p> <p>11:00-12pm: Yoga Monday – w/ Ms. Maria (in-person)</p> <p>12:00 – 1:00 – Lunch</p> <p>1:00 – 2:00 Roasted Pumpkin Seeds</p> 	<p>11</p> <p>10:00 – 12:30 DC Living Well – Chronic Health Workshop</p> <p>DC HEALTH <small>DC GOVERNMENT OF THE DISTRICT OF COLUMBIA MURIEL BOWSER, MAYOR</small></p> <p>***In-person & Phone call)</p> <p>In-person Group 10-12:30pm</p> <p>Virtual Group 11-12pm</p> <p>12:00 – 1:00 – Lunch</p> <p>1:00 – 2:00 Activity Book</p>	<p>12</p> <p>11 – 11:30 Meditation w/ Hannah</p> <p>11:30 – 12:00 Strength Training – w/ Ms. Maria</p> <p>12:00 – 1:00 – Lunch</p> <p>1:00-2:00 Mason Jar Lid Pumpkins w/ Terri West</p> 	<p>13</p> <p>11 – 11:30 Vitals w/ Nurse Cynthia</p> <p>11:30 – 12:00 Aerobics Class – w/ Ms. Maria</p> <p>12:00 – 1:00 – Lunch</p> <p>1:00 – 2:00</p> <p>B I N G O</p>	<p>14</p> <p>11:00 – 12:00 Activity Corner</p> <p>12:00 – 1:00 – Lunch</p> <p>1:00 – 2:00 T-shirt Tie-Dye w/ Ms. Pope</p> 



17

11:00-12pm:
Line Dancing – w/ Ms. Maria (in-person)

12:00 – 1:00 – Lunch

1:00 – 2:00
Apple pie in a jar w/ Terri West



18

10:00 – 12:30
DC Living Well – Chronic Health Workshop

DC HEALTH GOVERNMENT OF THE DISTRICT OF COLUMBIA MURIEL BOWSER, MAYOR

***In-person & Phone call)

In-person Group
10-12:30pm

Virtual Group
11-12pm

1:00 – 2:00
Coloring Meditation



19

11 – 11:30
Chat & Coffee

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


12:00 – 1:00 – Lunch

1:00-2:00



20

Trip:
Amish Market



**Transportation will be provided
(Sign up on Monday, October 17th)

21

11:00 – 12:00
Trivia for prizes!

Food Delivery (Kuehner House)

No in-person activity on this day.

24

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

12:00 – 1:00 – Lunch

1:00 – 2:00
Halloween Paint & Sips



25

10:00 – 12:30
DC Living Well – Chronic Health Workshop


DC HEALTH GOVERNMENT OF THE DISTRICT OF COLUMBIA MURIEL BOWSER, MAYOR

***In-person & Phone call)

In-person Group
10-12:30pm

Virtual Group
11-12pm

1:00 – 2:00: Yarn Garland



26

11 – 11:30
Healthy Breakfast w/ Brenda

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

12:00 – 1:00 – Lunch

1:00 – 2:00



with *Brenda*

27

Trip:
FRESHFARM White House Market



**Transportation will be provided
(Sign up on Monday, October 24th)

28

Trip:
Wegmans Grocery Store



**Transportation will be provided
(Sign up on Monday, October 24th)

Halloween Party!!



10-2pm

Come dressed for the costume contest!



- Ernest Hainsworth 10/02**
- 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**



STAFF

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





Great Northern Bean Stew



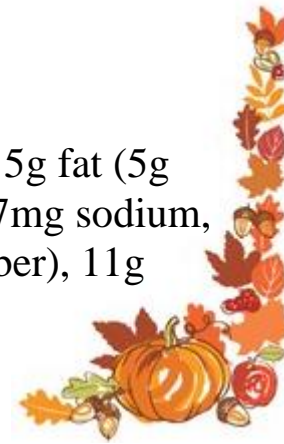
Ingredients:

- 1 *Pound* chicken cutlets
- $\frac{1}{4}$ *Teaspoon* salt (split)
- $\frac{1}{4}$ *Teaspoon* ground pepper (split)
- $\frac{1}{2}$ *Cup* of sun-dried tomatoes
- $\frac{1}{2}$ *Cup* of finely chopped shallots
- $\frac{1}{2}$ *Cup* dry white wine
- $\frac{1}{2}$ *Cup* heavy cream
- 2 *Tablespoons* chopped 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, TasteofHome

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

