

January is National Mental Wellness Month

Zoom local# - (301) 15-8592
Meeting ID - 816 7131 7461



Senior Center Zoom Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>Sandra Davis: January 1st Shirley Hines: January 28th</p>			 <p>SENIOR CENTER CLOSED</p>	<p>1</p> <p>TRIP Walmart</p>
<p>5</p> <p>10:00-11:00 Meditation Coloring</p> <p>11:00 – 11:30</p> <p>Nutrition Ed w/ Ms. Minor</p> <p>11:30 – 12:00</p> <p>Yoga Monday – w/ Mr. Williams</p> <p>12:00 – 1:00 – Lunch</p> <p>1:00 – 2:00</p> <p>Family Feud Challenge with Markesha</p> <p>2:00-4:00 Spades Tournament</p>	<p>6</p> <p>10:00-12:00 Chronic Health Disease Workshop w/WellCentric DC</p> <p>12:00 – 1:00 – Lunch</p> <p>1:00 – 2:00</p> <p>Trust workshop w/Markesha -Iylana Vanzant</p>	<p>7</p> <p>10:00-11:00 New Year Health -n- Wellness Goals w/Denise</p> <p>11:00-12:00 Strength Training – w/ Mr. Williams</p> <p>12:00 – 1:00 – Lunch</p> <p>1:00 – 2:00</p> <p>Just Bead It (Jewelry making with Markesha)</p> 	<p>8</p> <p>10:00-11:00 Senior Center Meeting</p> <p>11:00-12:00 Senior Medicare Patrol (What Is New In Medicare 2026</p> <p>12:00 – 1:00 – Lunch</p> <p>1:00 – 2:00</p> <p>Activity w/Chantaya</p> <p>2:00-4:00 Co-Current Programming Participants Choice</p>	<p>9</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>No in-person activity on this day.</p>

<p>12</p> <p>10:00-11:00 Group Coffee-n-Chat</p> <p>11:00-12:00 Yoga Monday – w/ Mr. Williams</p> <p>12:00 – 1:00 – Lunch</p> <p>1:00 – 2:00 Trust workshop w/Markesha -Iylana Vanzant</p> <p>2:00-4:00 Spades Tournament</p>	<p>13</p> <p>10:00 – 12:00 Chronic Health Disease Workshop w/WellCentric DC</p> <p>12:00 – 1:00 – Lunch</p> <p>1:00 – 2:00 Trust workshop w/Markesha -Iylana Vanzant</p>	<p>14</p> <p>10:00-11:00 Group Coffee-n-Chat</p> <p>11:00-12:00 Strength Training – w/ Mr. Williams</p> <p>12:00 – 1:00 – Lunch</p> <p>1:00 – 2:00 Healthy Cooking Demo w/Markesha</p> 	<p>15</p> <p>10:00-11:00 Trivia For Us</p> <p>(Card Game Activity w/Markesha</p> <p>11:00-12:00 Hypertension Class w/ SOME Medical Clinic</p> <p>12:00 – 1:00 – Lunch</p> <p>1:00 – 2:00 Mental Health Parity w/DC Department of Insurance, Securities, and Banking</p>	<p>16</p> <p>10:00-11:00 Social Circle</p> <p>11:00-12:00 Meditation Coloring</p> <p>12:00 – 1:00 – Lunch</p> <p>1:00 – 2:00 DIY-Activity Packets</p> <p>2:00-4:00 Co-Current Programming</p> <p>Participants Choice</p>
<p>19</p> <p>Martin Luther King, Jr. Day</p> <p>CENTER CLOSED</p>	<p>20</p> <p>10:00 – 12:00 Chronic Health Disease Workshop w/WellCentric DC</p> <p>12:00 – 1:00 – Lunch</p> <p>1:00 – 2:00 Trust workshop w/Markesha -Iylana Vanzant</p>	<p>21</p> <p>10:00-12:00 Breakfast and learn with Georgetown Memory Disorder Program</p> <p>12:00 – 1:00 – Lunch</p> <p>1:00 – 2:00</p> 	<p>22</p> <p>10:00-11:00 Group Coffee-n-Chat</p> <p>11:00-12:00 Hypertension Class w/ SOME Medical Clinic</p> <p>12:00 – 1:00</p> <p>1:00 – 2:00 Strength Training – w/ Mr. Williams</p> <p>2:00-4:00 Spades Tournament</p>	<p>23</p> <p>Trip Good for Goods Coat and Soup Drive at Karin House</p>

<p>26</p> <p>10:00-11:00 Group Coffee-n-Chat</p> <p>11:00-12:00 Yoga Monday – w/ Mr. Williams</p> <p>12:00 – 1:00 – Lunch</p> <p>1:00 – 2:00 (Office Of Health Care Ombudsman and Bill Of Rights)</p> <p>2:00-4:00 Spades Tournament</p>	<p>27</p> <p>10:00-11:00 This and That Shop Talk</p> <p>11:00-12:00 Chronic Health Disease Workshop w/WellCentric DC</p> <p>12:00 – 1:00 – Lunch</p> <p>1:00-2:00 January Birthday Celebration</p> 	<p>28</p> <p>TRIP Red Lobster</p>	<p>29</p> <p>10:00-12:00 11:00-12:00 Hypertension Class w/ SOME Medical Clinic</p> <p>12:00 – 1:00 – Lunch</p> <p>1:00-2:00 Craft Corner with Markesha</p> <p>2:00-4:00 Co-Current Programming Participants Choice</p>	<p>30</p> <p>TRIP Amish Market</p>
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HAPPY NEW YEAR 2026

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

[Three Bean Soup Recipe \(allrecipes.com\)](https://www.allrecipes.com/recipe/250000/3-bean-soup/)