






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

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



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

**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 \(allrecipes.com\)](http://allrecipes.com)