








# December is Seasonal Affective Disorder Awareness Month










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

Senior Center Zoom Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>10:00-11:00 <b>Senior Center Meeting</b></p> <p>11:00-12:00 <b>Nutrition Education</b> w/ Ms. Minor</p> <p>11:30 – 12:00 <b>Strength Training w/Mr. Williams</b></p> <p>12:00 – 1:00 – <b>Lunch</b></p> <p>1:00 – 2:00-<b>Snap Education</b></p> <p>2:00-4:00- <b>Social Circle</b></p>	<p>2</p> <p>10:00-11:00 <b>Group Coffee-n-Chat</b></p> <p>11:00-12:00 <b>Trust workshop</b> w/Markesha-Iylana Vanzant</p> <p>12:00 – 1:00-<b>Lunch</b></p> <p>1:00-2:00 <b>Activity w/ Chantaya</b></p>	<p>3</p> <p>10:00-11:00 <b>Morning Motivational Chat</b></p> <p>11:00– 12:00 <b>Strength Training w/Mr. Williams</b></p> <p>12:00 – 1:00 – <b>Lunch</b></p> <p>1:00-2:00- <b>B I N G O</b></p>	<p>4</p> <p>10:00-11:00am <b>Movie Matinee</b></p> <p>12:00 – 1:00- <b>1:00 – 2:00 Lunch</b></p> <p>“Continue Movie Matinee</p> 	<p>5</p> <p><b>Trip:</b> <b>PG Plaza</b></p>
<p>8</p> <p>10:00-11:00 <b>Group Coffee-n-Chat</b></p> <p>11:00-12:00 <b>Strength Training w/Mr. Williams</b></p> <p>12:00 – 1:00 – <b>Lunch</b></p> <p>1:00 – 2:00 <b>DIY-</b> <b>Club Memory Presentation w/ Sibley Memorial Hospital</b></p>  <p>2:00-4:00 <b>Spades Tournament</b></p>	<p>9</p> <p>10:00-11:00 <b>Activity Corner</b> w/Markesha</p> <p>11:00-12:00 <b>Trust workshop</b> w/Markesha-Iylana Vanzant</p> <p>12:00 – 1:00 – <b>Lunch</b></p> <p>1:00-2:00 <b>December Birthday Celebration</b></p> 	<p>10</p> <p>10:00-11:00 <b>Group Coffee-n-Chat</b></p> <p>11:00– 12:00 <b>12:00 – 1:00 – Lunch</b></p> <p>1:00 – 2:00 <b>Healthy Appetizer's with Markesha</b></p> 	<p>11</p> <p>10:00-11:00 <b>Group Coffee-n-Chat (Mindfulness Activity)</b></p> <p>11:00– 12:00 <b>Holiday Jeopardy w/Markesha</b></p> <p>12:00 – 1:00 – <b>Lunch</b></p> <p>1:00-2:00DIY- <b>Christmas Wreaths w/Markesha</b></p>  <p>2:00-4:00 <b>Social Circle</b></p>	<p>12</p> <p><b>Trip:</b> <b>Senior Services</b> <b>Holiday Party!</b> <b>10-2pm</b> <b>(Transportation will be provided by the Senior Center)</b></p>



<p>15</p> <p>10:00-11:00 <b>Group Coffee-n-Chat</b> 11:00-12pm: Strength Training w/Mr. Williams 12:00 – 1:00 – Lunch 1:00 – 2:00 <b>Christmas Candy Toy Project w/ Ms. Buford</b></p>  <p>2:00-4:00 Spades Tournament</p>	<p>16</p> <p>10:00-11:00 <b>Group Coffee-n-Chat</b> 11:00– 12:00 <b>Trust workshop w/Markesha-Iylana Vanzant</b> 12:00 – 1:00 – Lunch 1:00 – 2:00 <b>Christmas Snow Globes w/Markesha</b></p> 	<p>17</p> <p><b>Trip:</b> <b>Mayor Bowser's 27th Annual Senior Holiday Celebration</b>  10:00 am – 2:00 pm, at the <b>South East Tennis Learning Center</b></p> 	<p>18</p> <p>10:00-11:00am <b>Coffee-n-Chat (Group)</b> 11:00– 12:00 Strength Training w/Mr. Williams (Activity Corner) 12:00 – 1:00 – Lunch 1:00 – 2:00 (DIY- Holiday Activity Package)</p>	<p>19</p> <p><b>Virtual Trivia</b>  <b>No in-person activity on this day.</b>  <b>Food Delivery (Kuehner House)</b></p> 
<p>22</p> <p>10:00-11:00 <b>Group Coffee-n-Chat</b> 11:00-12:00: Strength Training w/Mr. Williams 12:00 – 1:00 – Lunch 1:00 – 2:00 <b>Domestic Violence Presentation w/ House of Ruth</b></p>  <p>2:00-4:00 <b>C0-Current Programming Participants Choice</b></p>	<p>23</p> <p>10:00-11:00am <b>Group Social Circle</b> 11:00-12:00pm: <b>Trust workshop w/Markesha-Iylana Vanzant</b> 12:00 – 1:00 – Lunch 1:00 – 2:00</p> 	<p>24</p> <p>10:00-11:00am <b>Coffee-n-Chat (Group)</b> 11:00– 12:00 Strength Training w/Mr. Williams 12:00 – 1:00 – Lunch 1:00 – 2:00 <b>Jeopardy Game w Markesha</b></p> 	<p>25</p> <p><b>Merry Christmas Senior Center Closed</b></p>	<p>26</p> <p><b>Trip:</b> <b>Amish Market</b></p>

<p>29</p> <p><b>10:00-11:00</b>  <b>Group Coffee-n-Chat</b></p> <p><b>11:00-12:00:</b>  Strength Training w/Mr. Williams</p> <p><b>12:00 – 1:00 – Lunch</b></p> <p><b>1:00 – 2:00</b>  <b>Activity Corner</b></p>  <p><b>2:00-4:00</b>  Spades Tournament</p>	<p>30</p> <p><b>Trip:</b>  <b>Bible Museum</b></p>	<p>31</p> <p><b>10:00-11:00</b>  <b>Meditation Coloring</b></p> <p><b>11:00-12:00</b>  Strength Training w/Mr. Williams</p> <p><b>12:00 –1:00 – Lunch</b></p> <p><b>1:00 – 2:00</b>  <b>Sharing Holiday Memories</b></p>  <p><b>2:00-4:00</b>  <b>C0-Current Programming</b>  <b>Participants Choice</b></p>	<p><b>Happy Birthday</b></p>  <p>Alexander Forese 12/31  Barbara Dixon 12/9  Sandra Johnson 12/10  Joseph Arrington 12/19  Annie Miller 12/22  Christie Gardner 12/28</p>	
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# Roasted Garlic Clove Chicken



## Ingredients:

- 8 chicken thighs
- Kosher salt and freshly ground black pepper
- 1 head garlic, separated into whole cloves, papery skin removed (about 20 cloves)
- 3 tablespoons olive OIL
- 1 tablespoon butter
- 2 teaspoons herbes de provence
- 1 teaspoon flour
- 1/4 cup chicken stock
- 1/2 lemon, juiced

## Nutrition Facts Per Serving:

calories 299, total fat 22g, saturated fat 6g, carbohydrates 5g, dietary fiber 0g, sugar 0g, protein 19g, cholesterol 110mg, sodium 302mg



## Directions:

1. Preheat the oven to 350 degrees F.
2. Rinse and pat dry the chicken. Salt and pepper liberally and allow to temper on a cutting board while you prepare the garlic. In a large ovenproof saute pan over medium heat, cook the whole garlic cloves in olive oil and butter, stirring occasionally, until lightly golden, about 10 minutes. Remove the garlic from the pan and set aside. Increase the heat to medium high and brown the chicken skin-side down until the skin is golden and crispy, about 5 minutes. Turn the chicken over, sprinkle on herbes de Provence. Add the garlic back to the pan and place hot pan in oven. Bake the chicken until cooked through, about 25 minutes. Once the chicken is done, remove chicken thighs and garlic to a platter. Place the pan over medium-high heat and sprinkle the drippings with flour and stir to incorporate. Deglaze the pan with the stock and lemon juice. Pour the sauce over the chicken on the platter and serve with bread for sauce-mopping and garlic-spreading.

## References:

**Roasted Garlic Clove Chicken**, *Food Network*,  
<https://www.foodnetwork.com/recipes/melissa-darabian/roasted-garlic-clove-chicken-recipe-1925350#/>