







# December is Seasonal Affective Disorder Awareness Month



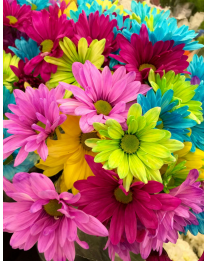




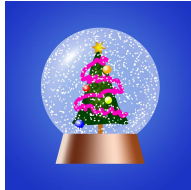






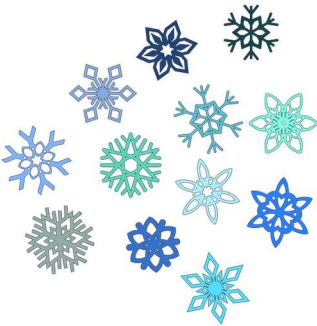
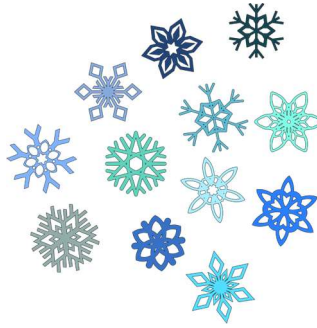
Zoom local# - (301) 715-8592  
Zoom Meeting ID - 816 7131 7461

Senior Center Zoom Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>10:00-11:00 <b>Senior Center Meeting</b> 11:00-12:00 Nutrition Education w/ Ms. Minor 11:30 – 12:00 Yoga Monday – w/ Ms. Maria (in-person) 12:00 – 1:00 – Lunch 1:00 – 2:00 Snap Education</p>	<p>3</p> <p>10:00-11:00 <b>Group Coffee-n-Chat</b> 11:00-12:00 Forgiveness workshop w/Markesha-Iylana Vanzant 12:00 – 1:00-Lunch 1:00-2:00 Arts-n-Crafts w/Chantaya</p>	<p>4</p> <p>10:00-11:00 <b>Morning Motivational Chat</b> 11:00– 12:00 Exercise w/Maria 12:00 – 1:00 – Lunch 1:00-2:00- </p>	<p>5</p> <p>10:00-11:00 <b>Group Coffee-n-Chat</b> 11:00-12:00 Co-Current Programming Participants Choice 12:00-1:00-Lunch 1:00-2:00 Poetry w/ Mr./ Brown</p>	<p>6</p> <p><b>Trip: Burlington Shopping Center</b></p>
<p>9</p> <p>10:00-11:00 <b>Group Coffee-n-Chat</b> 11:00-12:00 Yoga Monday – w/ Ms. Maria (in-person) 12:00 – 1:00 – Lunch 1:00 – 2:00 DIY-Snow Globes w/Markesha </p>	<p>10</p> <p>10:00-11:00 <b>Activity Corner w/Markesha</b> 11:00-12:00 Forgiveness workshop w/Markesha-Iylana Vanzant 12:00 – 1:00 – Lunch 1:00-2:00 DIY- <b>Wooden Christmas Ornaments</b> </p>	<p>11</p> <p><b>Trip: Mayor's Annual Senior Holiday Celebration</b>  10:00 am – 2:00 pm, at the DC Armory, </p>	<p>12</p> <p>10:00-11:00 <b>Group Coffee-n-Chat (Mindfulness Activity)</b> 11:00– 12:00 Holiday Jeopardy w/Markesha 12:00 – 1:00 – Lunch 1:00-2:00 Family First Life Presentation</p>	<p>13</p> <p><b>Trip: Amish Market</b></p>



<div>16</div> <div>10:00-11:00 <b>Group Coffee-n-Chat</b> 11:00-12pm: Yoga Monday – w/ Ms. Maria 12:00 – 1:00 – Lunch 1:00 – 2:00 <b>Christmas Candy Toy Project w/ Ms. Buford</b></div> <div></div>	<div>17</div> <div>10:00-11:00 <b>Group Coffee-n-Chat</b> 11:00– 12:00 Forgiveness workshop w/Markesha-Iylana Vanzant 12:00 – 1:00 – Lunch 1:00 – 2:00 <b>Domestic Violence Presentation w/ House of Ruth</b></div> <div></div>	<div>18</div> <div>10:00-11:00 <b>Morning Motivational Chat</b> 11:00– 12:00 <b>Exercise w/Maria</b> 12:00 – 1:00 – Lunch 1:00-2:00- <b>Therapeutic Flower w/ Kaifa (Plants-Bloom Reimagined)</b></div> <div></div>	<div>19</div> <div><b>Trip:</b> <b>Senior Services Holiday Party!</b> <b>10-2pm</b> (Transportation will be provided by the Senior Center)</div>	<div>20</div> <div><b>Virtual Trivia for prizes!</b>  <b>No in-person activity on this day.</b>  <b>Food Delivery (Kuehner House)</b></div> <div></div>
<div>23</div> <div>10:00-11:00 <b>Group Coffee-n-Chat</b> 11:00-12:00: Yoga Monday – w/ Ms. Maria (in-person) 12:00 – 1:00 – Lunch 1:00 – 2:00 <b>Christmas Bingo w/ CC</b> <b>Holiday Jeopardy w/Markesha</b> <b>Ugly Sweater Contest</b></div> <div></div>	<div>24</div> <div>10:00-11:00am <b>Group Social Circle</b> 11:00-12:00pm: Forgiveness workshop w/Markesha-Iylana Vanzant 12:00 – 1:00 – Lunch 1:00 – 2:00 <b>DIY- Christmas Foam Wreaths</b></div> <div></div>	<div>25</div> <div><b>Merry Christmas Senior Center Closed</b></div> <div></div>	<div>26</div> <div>10:00-11:00am <b>Coffee-n-Chat (Group)</b> 11:00– 12:00 <b>(Activity Corner)</b> 12:00 – 1:00 – Lunch 1:00 – 2:00 <b>Snow Globes w/Markesha</b></div> <div></div>	<div>27</div> <div>10:00-11:00am Movie Matinee 12:00 – 1:00- 1:00 – 2:00 Lunch “Continue Movie Matinee”</div> <div></div>

<p>30</p> <p><b>10:00-11:00</b>  <b>Group Coffee-n-Chat</b></p> <p><b>11:00-12:00:</b>  <b>Yoga Monday</b> – w/ Ms. Maria (in-person)  <b>12:00 – 1:00 – Lunch</b>  <b>1:00 – 2:00</b>  <b>Activity Corner</b></p> 	<p>31</p> <p><b>10:00-11:00</b>  <b>Cognitive Activities</b></p> <p><b>11:00-12:00</b>  <b>Forgiveness workshop</b>  w/Markesha-Iylana Vanzant</p> <p><b>12:00 –1:00 – Lunch</b>  <b>1:00 – 2:00</b>  <b>Sharing Holiday Memories</b></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#/>