











# December is Seasonal Affective Disorder Awareness Month



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

Senior Center Zoom Calendar

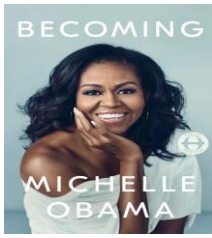
Monday	Tuesday	Wednesday	Thursday	Friday
 <p><b>STAFF</b> Denise Stoney - Wellness Manager 202-235-1492 Markesha Stancil- Wellness Activities Assistant 202-235-1600</p>	 <p>Alexandre Forese 12/31 Elmira Dupree 12/26 Martha Neal 12/2</p>	 <p>Symptoms of Seasonal Affective Disorder</p> <p>Winter SAD: Overeating, Unexplained weight gain, Sleeping more than usual, Depression</p> <p>Summer SAD: Loss of appetite, Unexplained weight loss, Insomnia, Irritability</p> <p>Sources: National Institutes of Health, Dr. Norman Rosenthal</p>		<p>1</p> <p><b>Trip:</b> Crossroads Place Shopping Plaza Giant, TJ Maxx, Burlington, and HomeGoods</p>
<p>4</p> <p>10:00-11:00 <b>Senior Center Meeting</b> 11:00-12pm: 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 w/Lynitta</p> 	<p>5</p> <p>10:00-11:00 Activity Corner w/Markesha 11:00-12:00 Medicare Bingo 12:00 – 1:00 – Lunch 1:00-2:00 Blood Pressure Check w/Nurse V</p> 	<p>6</p> <p>10:00-11:00 Meditation w/Markesha 11:00-12:00 Strength Training – w/ Ms.Maria 12:00 – 1:00 – Lunch 1:00-2:00 Health-n-Wellness Presentation w/Monica</p> 	<p>7</p> <p>10:00-11:00 Relaxation and Seasonal Moods discussion w/ Denise 11:00– 12:00 Pipe Cleaner Wreath Ornaments w/Markesha</p>  <p>12:00 – 1:00 – Lunch 1:00-2:00 BINGO</p>	<p>8</p> <p><b>Trip:</b> Senior Services Holiday Party! 10-2pm</p> <p>(Transportation will be provided by the Senior Center)</p>



11  
**10:00-11:00**  
**Morning Motivational Meeting w/Denise**  
**11:00-12pm:**  
**Yoga Monday – w/ Ms. Maria**  
**12:00 – 1:00 – Lunch**  
**1:00 – 2:00**  
**Holiday Movie w/Cookies and Eggnog w/Markesha**



12  
**10:00-11:00**  
**Group Coffee-n-Chat**  
**11:00– 12:00**  
**Lyrically Trivia Challenge w/Markesha**  
  
**12:00 – 1:00 – Lunch**  
**1:00 – 2:00**  
**Book club w/Markesha**



13  
**Trip:**  
**Mayor's Annual Senior Holiday Celebration**  
  
**10:00 am – 2:00 pm, at the DC Armory,**



14  
**10:00-11:00**  
**Morning Motivational Meeting w/Denise**  
**11:00– 12:00**  
**Exercise w/Maria**  
**12:00 – 1:00 – Lunch**  
**1:00-2:00-**  
**Hot chocolate gift in a jar w/Terri**



15  
**Virtual Trivia for prizes!**  
  
**No in-person activity on this day.**  
  
**Food Delivery (Kuehner House)**



18  
**10:00-11:00**  
**Group Coffee-n-Chat**  
**11:00-12:00:**  
**Yoga Monday – w/ Ms. Maria (in-person)**  
  
**12:00 – 1:00 – Lunch**  
  
**1:00 – 2:00**  
**Ginger Bread House/Ginger Bread Men w/Markesha**



19  
**10:00-11:00am**  
**Current Events w/Markesha**  
**11:00-12:00pm:**  
**Holiday Jeopardy w/Markesha**  
  
**12:00 – 1:00 – Lunch**  
  
**1:00 – 2:00**  
**Decorate and Stuff Holiday Stockings w/ Terri**



20  
**10:00-11:00am**  
**(Group Activity Corner)**  
**11:00– 12:00**  
**Strength Training – w/ Ms.**  
**12:00 – 1:00 – Lunch**  
**1:00 – 2:00**  
**Candy Cane Activity w/Joanne**



21  
**10:00-11:00am**  
**Coffee-n-Chat (Group)**  
**11:00– 12:00**  
**(Activity Corner)**  
**12:00 – 1:00 – Lunch**  
**1:00 – 2:00**  
**Snow Globes w/Markesha**



22  
**Trip:**  
**Amish Market**



25



**Senior Center  
Closed**

10:00-11:00  
Hot Chocolate/  
Apple Cider Social  
11:00-12:00:  
Sharing Holiday Memories

12:00 – 1:00 – Lunch  
1:00 – 2:00

**Food Demo  
W/Markesha**



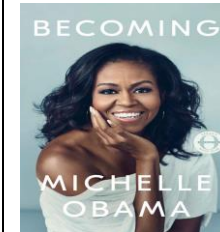
26

10:00-11:00  
**Group Shop Talk**  
11:00– 12:00  
Strength Training – w/ Ms.  
Maria  
12:00 – 1:00 – Lunch  
1:00 – 2:00  
**Quilt Project**



27

10:00-11:00  
**Coffee-n-Chat**  
11:00 – 12:00  
**Cognitive Activities**  
12:00 – 1:00 – Lunch  
1:00 – 2:00



Book club

w/Markesha

28

**Trip:  
Wegmans**

29



# 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#/>