










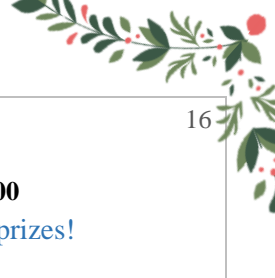
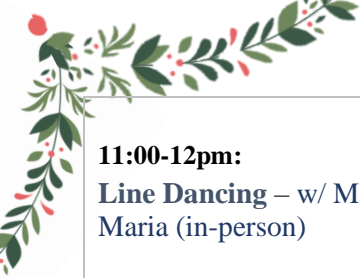
# December is Universal Human Rights Month



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

Senior Center Zoom Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
 <p><b>STAFF</b>  <b>Brenda Badillo</b> - Program Support Specialist 202-381-1938  <b>Denise Stoney</b> - Wellness Manager 202-235-1492  <b>Joan Williams</b> - Senior Director of Senior Services</p>	 <p><b>Maurice Mars</b> 11/04  <b>Demetria Long</b> 11/13  <b>Anthony Harris</b> 11/18  <b>Raymond Reynolds</b> 11/21  <b>Barbara Lake</b> 11/26</p>		<p>1</p> <p><b>11:00– 12:00</b>  Christmas treats w/ Brenda  <b>12:00 – 1:00 – Lunch</b></p> <p><b>1:00 – 2:00</b>  <i>Winter</i>    with <i>Brenda</i></p>	<p>2</p> <p><b>Trip:</b>  <b>Crossroads Place Shopping Plaza</b>  Giant, TJ Maxx, Burlington, and HomeGoods</p> <p>**Transportation will be provided  (Sign up by Wednesday, November 30th)</p>
<p>5</p> <p><b>11:00-12pm:</b>  Nutrition Education w/ Ms. Minor  <b>11:30 – 12:00</b>  Yoga Monday – w/ Ms. Maria (in-person)  <b>12:00 – 1:00 – Lunch</b></p> <p><b>1:00 – 2:00</b>  Snap Education w/Lynitta</p> 	<p>6</p> <p><b>Mayor's Annual Senior Holiday Celebration</b></p> <p><b>10:00 am – 2:00 pm, at the DC Armory,</b></p> <p>Transportation will be provided for those that signed up before Monday, November 21<sup>st</sup>.</p>	<p>7</p> <p><b>10:00-12pm:</b>  <b>Vaccination Clinic w/ Ed</b>  (Flu shot for seniors, COVID booster shots, and ... available)</p>  <p><b>12:00 – 1:00 – Lunch</b>  <b>1:00-2:00</b>  <b>Activity Corner</b>  (Board games, cards, puzzles)</p>	<p>8</p> <p><b>Trip:</b>  <b>Amish Market</b></p>  <p>**Transportation will be provided  (Sign up by Wednesday, December 6th)</p>	<p>9</p> <p><b>11:00 – 12:00</b>  <b>Trivia for prizes!</b>  <b>No in-person activity on this day.</b></p> <p><b>SOME Holiday Party</b>  <b>(Senior Center closed after 12pm)</b></p>



12  
**11:00-12pm:**  
**Line Dancing** – w/ Ms. Maria (in-person)  
  
**12:00 – 1:00 – Lunch**  
  
**1:00 – 2:00**  
**Decorate and Stuff Holiday Stockings** w/ Terri



13  
**Trip:**  
**I-HOP**  
**RIVERTOWN**



\*\*Transportation will be provided  
 (Sign up by Wednesday, December 9th)

14  
**11:00– 12:00**  
**Strength Training** – w/ Ms. Maria (in-person)  
**12:00 – 1:00 – Lunch**  
  
**1:00 – 2:00**  
**B I N G O**



15  
**Senior Services Holiday Party!**  
  
**10-2pm**  
  
 (Transportation will be provided by the Senior Center)

16  
**11:00 – 12:00**  
**Trivia** for prizes!  
  
**Food Delivery** (*Kuehner House*)  
  
**No in-person activity on this day.**

19  
**11:00-12:00:**  
**Yoga Monday** – w/ Ms. Maria (in-person)  
  
**12:00 – 1:00 – Lunch**  
  
**1:00 – 2:00**  
**PACE Egnog & Cookies**

20  
**10:00-11:00am:**  
**Relaxation and Seasonal Moods discussion** w/ Hannah & Sarah  
  
**11:00-12:00pm:**  
**Coffee & Chat**  
**12:00 – 1:00 – Lunch**  
  
**1:00 – 2:00**  
**DIY Mason jar snowman**



21  
**11:00– 12:00**  
**Strength Training** – w/ Ms. Maria (in-person)  
  
**12:00 – 1:00 – Lunch**  
  
**1:00 – 2:00**  
**B I N G O**



22  
**11 – 12pm**  
**Presentation:** Managing Emotions & Healthier Holidays  
  
**12:00 – 1:00 – Lunch**  
  
**1:00 – 2:00**  
**Pine cone ornament DIY**



23  
**11:00– 12:00**  
**Cross-word Puzzle Competition**  
**12:00 – 1:00 – Lunch**  
  
**1:00 – 2:00**  
**Movie Day**





26

**Senior Center Closed**

**11:00-12:00:**  
**Yoga Class** – w/ Ms. Maria (in-person)

**12:00 – 1:00 – Lunch**

**1:00 – 2:00**

**New Year's Wreath**



27

**11:00– 12:00**  
**Strength Training** – w/ Ms. Maria (in-person)

**12:00 – 1:00 – Lunch**

**1:00 – 2:00**

**Year 2023 Vision Board**



28

**11 – 12pm**  
**New Years Eve Warm & Fuzzies** w/ Brenda  
**(Cookies and Hot Chocolate provided)**

**12:00 – 1:00 – Lunch**

**1:00 – 2:00**

**Cranberry Mint Mocktail Cheers** w/ Brenda



29

**11 – 12pm**  
**Bingo w/ Brenda**  
**12:00 – 1:00 – Lunch**

**1:00 – 2:00**

**Homemade potpourri w/ Brenda**

**New Year, New Scent!**



30





# 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#/>