

DECEMBER MENU

GLADSTONE SENIOR CENTER

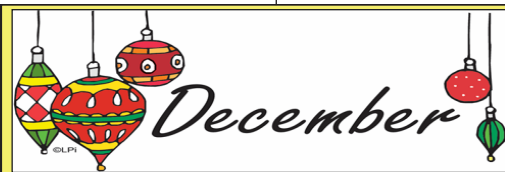
Mon

Tue

Wed

Thu

Fri



DECEMBER MENU
Menu is for ALL our senior centers. Please call your center with questions/comments.

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CLOSED FOR ALL-STAFF TRAINING

<p>4 Chicken Parmesan over Linguine Italian Veggies Garlic Bread Mandarin orange/ pineapple cup</p>	<p>5 Beef Stroganoff/ Noodles Mixed Vegetables Coleslaw Apple</p>	<p>6 Swiss Steak Sour Cream & Chive Potatoes Diced Carrots Fruit Cup</p>	<p>7 Pork Choppette Boiled Potatoes Peas Chunky Applesauce</p>	<p>8 Cream of Broccoli Ham & Cheese Sandwich Cucumber/Tomato Salad Grape Dessert</p>
<p>11 Tasty Hamburger Casserole Winter Blend Veggies Escalloped Apples</p>	<p>12 BBQ Ham Balls Parsley Potatoes Brussel Sprouts Pineapple Cake</p>	<p>13 Chicken Cordon Bleu Twice-Baked Potatoes California Blend Fresh Fruit Christmas Dessert</p>	<p>14 Pasty Tropical Fruit Coleslaw</p>	<p>15 Cheese Omelet Hash Browns Juice Muffin Fresh Fruit</p>
<p>18 Chicken Breast Philly Mashed Potatoes Spinach Salad Apple</p>	<p>19 Callifornia Medley Soup Meat Sandwich Pea & Cheese Salad Fruit</p>	<p>20 Ham; Sweet Potatoes Green Bean Casserole Ambrosia Dinner Roll; Dessert</p>	<p>21 Liver and Onions Mashed Potatoes Country Trio Vegetables Pears; Rye Bread</p>	<p>22 Baked Chicken Mashed Potatoes Peas & Carrots Sliced Peaches</p>
<p>25 CLOSED CHRISTMAS</p>	<p>26 CLOSED CHRISTMAS</p>	<p>27 Hamburger on Bun Oven Potatoes Mixed Vegetables Fruit</p>	<p>28 Tater Tot Casserole Vegetable Blend Fruited Pudding Dessert</p>	<p>29 Potato Sausage Baked Beans Carrots Fruited Pudding</p>

HOW DO I GET TO THE SENIOR CENTER?

WEEKLY ACTIVITIES: **GLADSTONE** 428-2201

Every Monday, Sit N Be Fit, 10-10:45 a.m. Cribbage, noon. Hand & Foot, noon. Painting, 12:30 p.m.

Every Tuesday, Card making 12:30 p.m. 500 cards, 12:30 p.m. Evening bingo, 6:45 p.m.

Every Wednesday, Sit N Be Fit, 10-10:45 a.m. Pinochle, 12:30 p.m.

Every Thursday, Tai Chi, 10-11 a.m. Hand & Foot, 12:30 p.m. Center Bingo, 1-4 p.m.

Every Friday, Line Dancing (beginners), 9:30-11 a.m. Line Dancing (regular).

OTHER ACTIVITIES:

Center closed for All Staff training, Dec. 1. TEFAP Food Distribution, Dec. 8, 8:30 to noon. Blood Pressure Screening, Dec. 12, 11-11:30 a.m. Christmas Extravaganza, Dec. 13, 4:30-7:30 p.m. (call 428-2201 at least one day prior to reserve a seat). **Movie Day** ("It's a Wonderful Life!"), Dec. 15, immediately after lunch. **Foot Clinic**, Dec. 20, (by appointment only, call 428-2201). **Center closed for Christmas**, Dec. 25-26.