

DECEMBER MENU

GLADSTONE SENIOR CENTER

Mon

Tue

Wed

Thu

Fri

<p>3 Chicken Parmesan Over Linguine Italian Veggies Mandarin orange Pineapple Cup Garlic Bread</p>	<p>4 Liver & Onions <u>OR</u> Beef Steak Mashed Potatoes w/ Gravy; Green Beans Pears; Rye Bread</p>	<p>5 Bourbon Beef Steak over Rice Tossed Salad Diced Carrots Fruit Cup</p>	<p>6 Pork Chop Boiled Potatoes Peas Chunky Applesauce Dinner Roll</p>	<p>7 Beef Stew Coleslaw Fresh Apple Biscuit</p>	
<p>10 Hamburger Casserole Winter Blend Vegetables Escalloped Peaches</p>	<p>11 BBQ Ham Balls Red Potatoes Prince William Vegetables Pineapple Tidbits</p>	<p>12 Chicken Cordon Blue Twice-Baked Potatoes California Blend Vegetables Pistachio Dessert</p>	<p>13 Pasty Three-Bean Salad Tropical Fruit</p>	<p>14 Western Omelets Hash Browns Juice Muffin Fresh Orange</p>	
<p>17 Breaded Chicken Breast Sandwich on a Bun Cheesy Potatoes Mixed Vegetables Fruit</p>	<p>18 Potato Sausage Baked Beans Sliced Carrots Fruited Pudding</p>	<p>19 Ham Sweet Potatoes Green Bean Casserole Ambrosia Dinner Roll Christmas Cookie</p>	<p>20 Spaghetti with Meat Sauce Monte Carlo Blend Diced Pears Garlic Bread</p>	<p>21 Cream of Broccoli Soup Turkey Sandwich Cucumber/Tomato Salad Grape Dessert</p>	
<p>24 CLOSED FOR CHRISTMAS</p>	<p>25 CLOSED FOR CHRISTMAS</p>	<p>26 Breaded Chicken Breast Diced Potatoes Peas and Carrots Sliced Peaches</p>	<p>27 Tater Tot Casserole Corn Escalloped Apples Biscuit</p>	<p>28 Hamburger on Bun Oven Potatoes Broccoli/Cauliflower Salad Fruited Jell-O</p>	
<p>31 Pepper Steak over Rice Carrots Flavored Applesauce</p>	<p style="text-align: center;"><i>Subject to change</i></p> <p style="text-align: center;">Menu is for all our senior centers. Call your senior center with questions/comments.</p>				

HOW DO I GET TO THE SENIOR CENTER? EMAIL THE CENTER

WEEKLY ACTIVITIES: GLADSTONE 428-2201

Every Monday, Sit N Be Fit, 10-10:45 a.m. Cribbage, noon. Hand & Foot, noon.
 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, 9:30-11 a.m.

OTHER ACTIVITIES:
 TEFAP Food Distribution, Dec. 7, 8:30 a.m. to noon. **Christmas Extravaganza**, Dec. 12, 4-7 p.m. (call 428-2201 at least one day prior to reserve a seat). **Movie Day** (“**Christmas with the Kranks**”), Dec. 14. 12:30 p.m. **Arts and Crafts Club**, Dec. 17, noon to 3:30 p.m. **Book Club**, Dec. 18, noon. **Foot Clinic**, Dec. 19, (by appointment only, call 428-2201). **Closed Dec. 24-25 for Christmas.** **Birthday Lunch**, Dec. 28, 11:30 a.m. (call 428-2201 at least one day prior to reserve a seat).