


**DECEMBER MENU**

**ROCK SENIOR CENTER**

Mon	Tue	Wed	Thu	Fri
<b>3</b> Chicken Parmesan Over Linguine Italian Veggies Mandarin orange Pineapple Cup Garlic Bread	<b>4</b> Liver & Onions <b>OR</b> Beef Steak Mashed Potatoes w/ Gravy; Green Beans Pears; Rye Bread	<b>5</b> Bourbon Beef Steak over Rice Tossed Salad Diced Carrots Fruit Cup	<b>6</b> Pork Chop Boiled Potatoes Peas Chunky Applesauce Dinner Roll	<b>7</b> <b>CLOSED</b>
<b>10</b> Hamburger Casserole Winter Blend Vegetables Escalloped Peaches	<b>11</b> BBQ Ham Balls Red Potatoes Prince William Vegetables Pineapple Tidbits	<b>12</b> Chicken Cordon Blue Twice-Baked Potatoes California Blend Vegetables Pistachio Dessert	<b>13</b> Pasty Three-Bean Salad Tropical Fruit	<b>14</b> <b>CLOSED</b>
<b>17</b> Breaded Chicken Breast Sandwich on a Bun Cheesy Potatoes Mixed Vegetables Fruit	<b>18</b> Potato Sausage Baked Beans Sliced Carrots Fruited Pudding	<b>19</b> Ham Sweet Potatoes Green Bean Casserole Ambrosia Dinner Roll Christmas Cookie	<b>20</b> Spaghetti with Meat Sauce Monte Carlo Blend Diced Pears Garlic Bread	<b>21</b> <b>CLOSED</b>
<b>24</b> <b>CLOSED FOR CHRISTMAS</b>	<b>25</b> <b>CLOSED FOR CHRISTMAS</b>	<b>26</b> Breaded Chicken Breast Diced Potatoes Peas and Carrots Sliced Peaches	<b>27</b> Tater Tot Casserole Corn Escalloped Apples Biscuit	<b>28</b> <b>CLOSED</b>
<b>31</b> Pepper Steak over Rice Carrots Flavored Applesauce	Subject to change Menu is for all our senior centers. Call your senior center with questions/comments.			

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

**WEEKLY ACTIVITIES (center closed on Fridays):** **ROCK** 356-6420

Every Monday, Senior Yoga, 9 a.m.; dDime bingo, 12:30-2:15 p.m.

Every Tuesday, Play cards, 1-4:30 p.m. Evening meal, 5 p.m.

Every Wednesday, Senior Yoga, 9 a.m.; Play cards, 10:30 a.m. to 3 p.m.

Every Thursday, Chair Yoga, 1:30 p.m.

**OTHER ACTIVITIES:**

Christmas Movie, Dec. 4, 2 p.m. TEFAP Food Distribution, Dec. 6, 8-1 p.m. Crafts, Dec. 11, 2:30 p.m. Bake sale, Dec. 11, 4-6 p.m. Christmas Dinner, Dec. 12, noon (call 356-6420 at least one day prior to reserve a seat). Christmas Cookie Exchange, Dec. 17, 10 a.m. Christmas Movie, Dec. 18, 2 p.m. Game night, Dec. 18, 6 p.m. Spin the wheel, Dec. 18, 6 p.m. Monthly Food Distribution, Dec. 19, 8 a.m. to 3 p.m. Birthday Party, Dec. 19, noon (call 356-6420 at least one day prior to reserve a seat). **Closed Dec. 24-25 for Christmas.** New Year's Eve BBQ, Dec. 31, noon (call 356-6420 at least one day prior to reserve a seat).