December 2026 ~ Activities Calendar *(Tuesday Nights ~ see page 10!)*

Monday	Tuesday	Wednesday	Thursday	Friday
AC=Arts &Crafts **CR=Conference Room** **DR=Dining Room** **FS=Fitness studio** **GR=Great Room** **RR=Game Room** **WC=Wellness Center**	**1** 9:00am: Quilting (AC) 9:00am: Line Dancing (FS) 10:00am: Cribbage (RR) 10:30am: Gentle Yoga (FS) 1:00pm: Swing Your Partner (FS) 1:30pm: Bingo (GR)	**2** 8:45am: Zumba Gold (FS) 9:00am: Ceramics (AC) 9:00am: Jewerly (RR) 9:00am: Massage by appt (WC) 10:00am: Tea with TA (Cafe) 10:00am: Fun with Opera (CR) 10:30am: Healthy Bones (FS) 1:00pm: Movie (RR) 1:00pm: Healthy Bones (FS)	**3** 9:00am: Tai Chi (FS) 9:30am: Foot Care by appt (WC) 9:30am: Dominos (RR) **10:30am: Friends Jewelry Sale (AC)** 12:45pm: Mahjong (RR) **1:30pm: Earls & Pearls Concert (GR)** 2:30pm: Active Yoga (FS)	**4** 8:45am: Boomer Bootcamp (FS) 10:00am: Boomer Bootcamp (FS) 10:00am: Blood pressure ck (WC) **10:00am: Cornerstone Caregivers Info** 1:00pm: Ceramics (AC) 1:00pm: Decorating (DR) 1:00pm: Healthy Bones (FS)
7 9:00am: Knitting Club (AC) 9:30am: Boomer Bootcamp (FS) 10:00am: Computer by appt (CR) 1:00pm: Scrabble (Café) 1:00pm: Watercolor pencil (AC) 1:15pm: Pitch (GR) 1:30pm: Flex & Core (FS)	**8** 9:00am: Quilting (AC) 9:00am: Line Dancing (FS) 10:00am: Cribbage (RR) **10:30am: Latkes (Café)** 10:30am: Gentle Yoga (FS) **11:00am: Lunch Bunch Trip** 1:00pm: Swing Your Partner (FS) 1:30pm: Bingo (GR)	**9** 8:45am: Zumba Gold (FS) 9:00am: Dental Hygiene (WC) 9:00am: Ceramics (AC) 10:30am: Healthy Bones (FS) **12:00pm: Lunch & Learn (GR)** **1:00pm: Target Express** 1:00pm: Movie (RR) 1:00pm: Healthy Bones (FS)	**10** 9:00am: Tai Chi (FS) 9:30am: Foot Care by appt (WC) 9:30am: Dominos (AC) 10:15am: Meditation (CR) 10:30am: Friends Meeting (RR) 10:30am: Sen. Oliveira Aide (Cafe) 12:45pm: Mahjong (RR) 2:30pm: Active Yoga (FS)	**11** 8:45am: Boomer Bootcamp (FS) 10:00am: Boomer Bootcamp (FS) 10:00am: Blood pressure ck (WC) **10:00am: Go Geeks** (RR) 1:00pm: Ceramics (AC) 1:00pm: Healthy Bones (FS) 1:00pm: Guidance by Li (RR)
14 9:00am: Knitting Club (AC) 9:30am: Boomer Bootcamp(FS) 10:00am: Computer by appt (CR) **10:00am: Take Charge of Health (RR)** 1:00pm: Scrabble (Café) 1:15pm: Pitch (GR) 1:30pm: Flex & Core (FS)	**15** 9:00am: Quilting (AC) 9:00am: Line Dancing (FS) 10:00am: Cribbage (RR) 10:30am: Gentle Yoga (FS) 1:00pm: Brown Bag pick up (CR) 1:00pm: Swing Your Partner (FS) 1:30pm: Bingo (GR)	**16** 8:45am: Zumba Gold (FS) 9:00am: Ceramics (AC) 10:00am: Fun with Opera (CR) 10:30am: Healthy Bones (FS) **10:30am: Milk & Cookies (Café)** **1:00pm: Target Express** 1:00pm: Movie (RR) 1:00pm: Healthy Bones (FS) 4:30pm: Council on Aging Mtg (CR)	**17** 9:00am: Tai Chi (FS) 9:30am: Foot Care by appt (WC) 9:30am: Dominos (RR) 10:00am: Sunshine Paint (AC) 10:15am: Meditation (CR) **12:00pm: Birthday Lunch/Fun Sweater** 12:45pm: Mahjong (RR) **1:00pm: Card Making (AC)** 2:00pm: Writers Block/**Book Club** 2:30pm: Active Yoga (FS)	**18** 8:45am: Boomer Bootcamp (FS) 10:00am: Boomer Bootcamp (FS) 10:00am: Blood pressure ck (WC) 10:30am: Trivia (RR) 1:00pm: Ceramics (AC) 1:00pm: Healthy Bones (FS)
21 9:00am: Knitting Club (AC) 9:30am: Boomer Bootcamp (FS) 10:00am: Computer (CR) 10:30am: Rep. Saunders Aide (Café) 1:00pm: Scrabble (Café) 1:00pm: Watercolor pencil (AC) 1:15pm: Pitch (GR) 1:30pm: Flex & Core (FS)	**22** 9:00am: Quilting (AC) 9:00am: Line Dancing (FS) 10:00am: Cribbage (CR) 10:30am: Gentle Yoga (FS) **1:00pm: Feastive seasonings (AC)** 1:00pm: Swing Your Partner (FS) 1:30pm: Bingo (GR)	**23** 8:45am: Facials by appt (WC) 8:45am: Zumba Gold (FS) 9:00am: Ceramics (AC) 10:30am: Healthy Bones (FS) **11:00am: Christmas lunch (DR)** 1:00pm: Movie (RR) 1:00pm: Healthy Bones (FS)	**24** 9:00am: Tai Chi (FS) 9:30am: Dominos (RR) 10:15am: Meditation (CR) **CENTER CLOSES AT 11:30am**	**25** **CENTER CLOSED** **Merry Chrsitmas!**
28 9:00am: Knitting Club (AC) 9:30am: Boomer Bootcamp (FS) 10:00am: Computer by appt (CR) 1:00pm: Scrabble (Café) 1:00pm: Limitless Legends (CR) 1:15pm: Pitch (GR) 1:30pm: Flex & Core (FS)	**29** 9:00am: Quilting (AC) 9:00am: Line Dancing (FS) 10:00am: Cribbage (CR) 10:30am: Gentle Yoga (FS) **1:00pm: Paraffin wax (AC)** 1:00pm: Swing Your Partner (FS) 1:30pm: Bingo (GR)	**30** 8:45am: Zumba Gold (FS) 9:00am: Ceramics (AC) 10:30am: Healthy Bones (FS) **11:00am: New Years lunch (DR)** 1:00pm: Movie (RR) 1:00pm: Healthy Bones (FS) 1:00pm: TED Talk (CR)	**31** 9:00am: Tai Chi (FS) 9:30am: Dominos (RR) 10:15am: Meditation (CR) **CENTER CLOSES AT 11:30am**	**CENTER CLOSED** **Happy New Year!**

December 2026 ~ Lunch Menu

Food Allergy Concerns? Call to ask about the ingredients!

Monday	Tuesday	Wednesday	Thursday	Friday
Just a reminder to PLEASE hang up your coat on a coat hook or in the coat room. Coats on the back of chairs are a tripping hazard for the servers. Thanks!	1 Fish sandwich with cheese tater tots	2 Cobb salad	3 Shepherd's Pie Roll	4 Eggplant rollatini Caesar salad
7 Mushroom swiss burger Chips Pickle	8 Roasted vegetable pizza Cucumber salad	9 *LUNCH & LEARN* Sausage grinder Onions & peppers Steak fries	10 Big Mac Salad (vegetarian option)	11 Chicken salad finger sandwich Chips Corn chowder
14 Swedish meatballs Egg noodles Vegetable	15 Seafood newburg White rice Corn	16 French toast casserole Breakfast sausage	17 *BIRTHDAY LUNCH* Baked ham Au gratin potatoes Mixed vegetable	18 KFC bowl Dinner roll (vegetarian option)
21 Baked salmon Wild rice Peas	22 Asian chicken salad (contains nuts) (vegetarian option)	23 *CHRISTMAS LUNCH* Pot roast Mashed potatoes Glazed carrots	24 *No Lunch served* *Center closes at* *11:30am*	25 CENTER CLOSED Merry Chrsitmas!
28 Pulled pork sandwich Tater tots Coleslaw	29 Pepperoni cheese tortellini bake Side salad	30 *NEW YEARS EVE LUNCH* Chicken cordon bleu Rice pilaf Vegetable	31 *No Lunch served* *Center closes at* *11:30am*	CENTER CLOSED Happy New Year!