

Monday

Tuesday

Wednesday

Thursday

Friday

## Activity Calendar

December 2023

Senior Moments Adult Day Center

31 Kingsbury Ave, Tolland 860-643-9500

					1
Hairdresser (By Appointment Only) 4	5	Foot Care Nurse 6	7	8	
Monthly Gazette Ladder Bolo Exercise: Key West Work Out <b>Music with Ron</b> Idioms and Clichés	Iconic NYC Foods Nix the Six/Cooking Club: Hot Pastrami Dip Exercise: Bay Swim <b>Music with Ron</b> I Love NYC Jumble	Star of the Month Bingo Exercise: Gimme an E! Bowling Wacky Wordies	Pearl Harbor: Moms Club Visit w/Santa <b>Carols with Ron</b> Exercise: Apple A Day Hula Hoop Challenge Word Generation	Celebrating Hanukah Elevenses/Bakers Rack: Fruit & Nut Clusters Exercise: In Madrid Washer Toss <b>Crooning with Karen</b>	
Hairdresser (By Appointment Only) 11	12	13	14	15	
Brain Busters Players Choice Exercise: Chair Yoga <b>Music with Ron</b> Christmas Spelling Bee	An International Christmas Flip It/Bakers Rack: Peppermint Bark Exercise: Roll the Dice <b>Music with Ron</b> Christmas Word Jumbles	Classic Christmas Toys & Books I Got It/Craft Club: Painted Glass Ornament Exercise: New England Birdie Toss Christmas Carol Word Match	Crazy Christmas Customs <b>Music with Ron</b> Exercise: Presidential Fitness Bowling Name 10	Bring Us Some Figgy Pudding Bingo Exercise: Chair Boxing Shooters <b>Crooning with Karen</b>	
Hairdresser (By Appointment Only) 18	19	Bowling Club 9:30am 20	21	22	
What Am I? Clown Toss Exercise: Rain Forest <b>Music with Ron</b> A Minty Match	Holiday Humor Bingo Exercise: Qigong <b>Music with Ron</b> "Gift" Categories	History of Christmas Trees Five Alive/Craft Club: Kissmas Trees Exercise: 2-min Tune Up Bucket Brigade All "Lit Up"	Jingle All The Way <b>Music with Ron</b> Exercise: Bay Swim Ping Pong Pyramid Peace on Earth Word Mining	The Night Before Christmas Exercise: Gimme an E <b>Folk Music w/Cameron</b> Bowling <b>Crooning with Karen</b>	
CLOSED 25	26	27	28	29	
	Kwanza Tales Kwanza Roll the Dice/ Bakers Rack: Kwanza Benne Cakes Exercise: An Apple Day <b>Music with Ron</b> Mixed –Up Kwanza	Who am I? Bingo Exercise: Chair Yoga Bowling Rhymes with Snow	Jeopardy Trivia <b>Music with Ron</b> Exercise: Roll the Dice Corn Hole New Years Pass it On	What's New in 2024? EZ Yahtzee/Cooking Club New Year's Appetizers Exercise: New England Style Horse Shoes <b>Crooning with Karen</b>	

December Birthdays: Bob C 12/14, Ray P 12/19

Monday

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Thursday

Friday

## Senior Moments

December 2023

## Lunch &amp; Snack Menu

 <div> <div>1</div> <div>Mac &amp; Cheese w/Green Beans</div> <div>Stella D'oro Cookies</div> </div>									
4	5	6	7	8					
Chicken Tenders w/Cream Spinach & Corn	Fish Fillet on a Roll w/Mashed Potatoes & Corn	Egg Salad Sandwich w/Fritos & Pickle	Hot Dog on a Bun w/Baked Beans & Tater Tots	Peanut Butter & Jelly Sandwich w/Banana & Chips					
Chocolate Wafers	Jell-O with Cool Whip	**Hot Pastrami Dip w/Rye Bread**	Vanilla Pudding	**Fruit & Nut Cluster**					
11	12	13	14	15					
Ham & Cheese Sandwich w/Vegetable Soup	Pizza w/3 Bean Salad	Chicken Patty on a Roll w/Alfredo Noodles	Hamburger on a Roll w/Pasta Salad	Cheese Ravioli w/Sauce w/Side Salad					
Fiber One Brownies	**Peppermint Bark**	Peanut Butter Wafer	Chocolate Chip Cookies	Ice Cream Cup					
18	19	20	21	22					
Grilled Cheese Sandwich w/Tomato Soup	Tuna Fish Sandwich w/Pickle & Gold Fish	Popcorn Chicken w/Stuffing & Mixed Veggies	Hawaiian Meatballs w/Rice	Pizza w/Green Salad					
Fig Newtons	Rice Cake w/Peanut Butter	Chocolate Pudding	Blueberry Muffin	Cheese Danish					
25	26	27	28	29					
	Peanut Butter & Jelly Sandwich w/Veggie Chips	Sloppy Joe on a Roll w/Fries & Green Beans	Chicken Salad w/Walnuts & Cranberries & Cheese Puffs	Turkey Chili w/Cheese & Corn Bread					
	**Kwanzaa Benne Cakes	Vanilla Wafers	Peanut Butter Crackers	**Pizza Dip with Garlic Bread**					

Rotating Menu/Substitutes available/Menu includes 5 Nutritional food components/Dairy Product offered with each meal/Fruit offered with Breakfast