

EVENTS





DECEMBER 2024

RED LION PA
EDITION

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>9:00 Brain/Board Games 9:30 Blood pressure Checks 9:45 Movie of the Month: <i>~Miracle in Bethlehem Pa</i> 10:30 Herbology 101 11:30 Lunch 12:00 Penny BINGO</p>	<p>3</p> <p>9:00 Brain/Board Games 9:45 Stix & Tones 10:15 Christmas Tree Decorating! 10:30 WORKOUT VIDEO 11:30 Lunch 12:00 Line Dancing w/ Linda 12:00 Chair Volleyball</p>	<p>4</p> <p>9:00 Brain/Board Games 10:00 Kitchen Academy <i>~Christmas Mini Cheesecakes</i> 10:15 Family Feud 11:30 Lunch 12:00 Qigong 12:00 Armchair Travelers <i>~Prague</i></p>	<p>5</p> <p>9:00 Brain/Board Games 9:45 Stix & Tones 10:15 Safe Skincare with Niki Mastro 10:30 Basic Step Line Dancing 11:30 Lunch 12:00 Line Dancing w/ Linda 12:00 Wii Bowling League</p>	<p>6</p> <p>9:00 Brain/Board Games 9:30 Independent Art 10:00 Kitchen Academy <i>~Christmas Mini Cheesecakes</i> 10:30 Wii Bowling Practice 11:30 Lunch 12:00 Penny BINGO</p>
<p>9 Wear Christmas Socks!</p> <p>9:00 Brain/Board Games 9:15 Strength Training w/ Amanda 9:30 Blood pressure Check 10:00 Blank Slate 10:30 Herbology 101 11:30 Lunch 12:00 Penny BINGO</p>	<p>10</p> <p>9:00 Brain/Board Games 9:45 Stix & Tones 10:15 'Learn about TMD' w/ LHM 10:30 Basic Step Line Dancing 11:30 Lunch 12:00 Line Dancing 12:00 Christmas Card Picture Day</p>	<p>11</p> <p>9:00 Brain/Board Games 9:15 Walk 15 10:15 Bible Study 10:30 Xmas Name That Tune <i>Group Game</i> 11:30 Lunch 12:00 Qigong 12:00 Hope Squad Workshop!</p>	<p>12</p> <p>9:00 Brain/Board Games 9:45 Stix & Tones 10:30 Mini Christmas Tree <i>Decorating Contest</i> 11:30 Lunch 12:00 Line Dancing 12:00 Wii Bowling League</p>	<p>13</p> <p>9:00 Brain/Board Games 9:30 Arts & Crafts <i>~ Hand Painted Christmas</i> <i>Ornaments</i> 10:30 Wii Bowling Practice 10:30 Gentle Seated Yoga 11:30 Lunch 12:00 Penny BINGO</p>
<p>16</p> <p>9:00 Brain/Board Games 9:15 Strength Training w/ Kasie 9:30 Blood pressure Checks 10:00 Family Feud 10:30 Herbology 101 11:30 Lunch 12:00 Penny BINGO</p>	<p>17</p> <p>9:00 Brain/Board Games 9:45 Stix & Tones 10:30 Pieces & Peppermints <i>Puzzle Competition</i> 10:30 Basic Step Line Dancing 11:30 Lunch 12:00 Line Dancing 12:00 Christmas Manicures with <i>Amanda & Ami</i></p>	<p>18 Wear a Christmas Sweater!</p> <p>9:00 Brain/Board Games 9:15 Walk 15 9:30 Socrates Café 10:00 Share the Love & "Meat" the Need Wrap-up Event 10:30 Secret Santa 11:30 Lunch 12:00 Qigong 12:00 Hope Squad Workshop!!</p>	<p>19</p> <p>9:00 Brain/Board Games 9:45 Christmas Stix & Tones 10:15 Hospice Trivia w/ Hospice Community 10:30 Basic Step Line Dancing 11:30 Lunch 12:00 Line Dancing 12:00 Wii Bowling League <i>Championship Games!</i></p>	<p>20</p> <p>9:00 Brain/Board Games 9:30 Independent Art 10:30 Gentle Seated Yoga 11:00 Christmas Cookies <i>& Karaoke!</i> 11:30 Lunch 12:00 Penny BINGO</p>
<p>23</p> <p>9:00 Brain/Board Games 9:30 Blood Pressure Checks 10:00-12:00 Winter Wonderland <i>Festival</i> 11:30 Lunch 12:00 Christmas BINGO</p>	<p>24</p> <p>9:00 Brain/Board Games 9:45 Stix & Tones Video 10:30 Christmas Trivia Game 10:30 Basic Step Line Dancing 11:30 Lunch CLOSING AT 12 P.M.</p>	<p>25</p> <p>CLOSED FOR CHRISTMAS DAY</p>	<p>26</p> <p>CLOSED</p>	<p>27</p> <p>9:00 Brain/Board Games 9:30 Arts & Crafts <i>~Candy Canes Body Scrub</i> 10:00 Winter Coloring 10:30 Yoga VIDEO 11:30 Lunch 12:00 Penny BINGO</p>
<p>30</p> <p>9:00 Brain/Board Games 9:15 Strength Training w/ Amanda 9:30 Blood pressure Checks 10:00 Chair Volleyball 10:30 Herbology 101 11:30 Lunch 12:00 Quarter BINGO</p>	<p>31</p> <p>9:00 Brain/Board Games 9:45 Stix & Tones 10:15 Countdown to Noon <i>New Years Eve Party!</i> 11:30 Lunch CLOSING AT 12 P.M.</p>	<hr/> <h1>MAKING SPIRITS BRIGHT</h1> <hr/>		

December

York County

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>3oz Teriyaki pork 1/2c. Rice 1/2c Carrots 1 Dinner Roll Fresh Fruit</p> 	<p>3</p> <p>3oz Pot Roast w/ 2oz Gravy 1/2c Mashed Potatoes 1/2c Mixed Vegetables Wheat Bread 1/2c Fruit Crisp</p>	<p>4</p> <p>1 Italian Burger (1T Peppers, Onions, White Cheese) 1c Creamy Potato Soup 1 Hamburger Roll Seasonal Fresh Fruit</p> 	<p>5</p> <p>3oz Open Faced Turkey Sandwich w/ 2oz Gravy 1/2c Whipped Potatoes w/ Chives 1/2c Sweet Corn 1 wheat bread 1 Cookie</p>	<p>6</p> <p>1 BBQ Pork Ribette 1/2c Hashbrown Cubes 1/2c Green Beans 1 Sandwich Bun 1/2c Pineapple Delight</p>
<p>9</p> <p>1 Cheese Omelet 1 Sausage Patty 1/2c Breakfast Potatoes 1 English Muffin w/ Jelly 4oz Apple Juice</p>	<p>10</p> <p>Burgundy Glazed Meatballs (4) 1/2c Rice 1/2c Carrots 1 Italian Breadstick Fresh Orange</p>	<p>11</p> <p>Grilled Chicken Salad (2oz Chicken, 1oz Cheddar, HB Egg over 1c Mixed Greens) 1c Cream of Broccoli Soup 1 Dinner Roll jello</p>	<p>12</p> <p>3oz Cajun Shrimp 1/2c Creamy Pasta 1/2c Peas 1 Breadstick 1/2c Pineapple</p> 	<p>13</p> <p>3oz Open Faced Roast Beef w/ 2oz Gravy 1/2c Mashed Potatoes 1/2c Mixed Vegetables 1 wheat bread 1/2c Pudding</p>
<p>16</p> <p>1 Pizza Burger (1oz Sauce, .5oz Mozzarella) 1/2c Potato wedge 1/2c corn Hamburger Bun 1/2c Fruit Crisp</p>	<p>17</p> <p>3oz Pork Chop w/ 2oz Gravy 1/2c. Rice 1/2c Candied Carrots 1 Dinner Roll cookie</p>	<p>18</p> <p>Holiday Special! 3oz Roast Turkey w/ 2oz Gravy 1/4c. Homeade Stuffing 1/2c Whipped Potatoes 1/2c. Seasoned Peas & Carrots Dinner Roll Apple Pie</p>	<p>19</p> <p>1 Lasagna w/ 2oz Meat Sauce 1c Tossed Salad w/ Tomato 1/2c Green Beans 1 Garlic Breadstick Fresh Fruit</p>	<p>20</p> <p>Chicken Bruschetta (3oz Chix, 2oz Tomato, .5oz Cheese 1/2c Pesto Pasta 1/2c Capri Blend Vegetables 1 Dinner Roll Fresh Fruit</p>
<p>23</p> <p>1c Chicken & Dumplings 1/2c Mixed Vegetables Whole Grain Buttermilk Biscuit Fresh Orange</p>	<p>24</p> <p>1c Pizza casserole w/ 2oz Tomato Sauce 1c Tossed Salad w/ Dressing 1/2c Carrots 1 Dinner Roll Fresh Fruit</p>	<p>25</p> <p>Christmas Day!</p> 	<p>26</p> <p>CLOSED</p>	<p>27</p> <p>Pasta & Meatballs (4) 3/4c Pasta w/ Marinara 1c Tossed Salad w/ Tomato 1 Garlic Breadstick 1/2c Mixed Fruit Salad</p>
<p>30</p> <p>3oz Honey BBQ Chicken Breast 1/2c Brown Rice 1/2c Carrots Wheat Bread Seasonal Fresh Fruit</p>	<p>31</p> <p>New Years Eve! 3oz Pulled Pork w/ 2oz sauerkraut 1/2c Whipped Potatoes w/ chives 1/2 c. Mixed Vegetables Wheat Bread Applesauce Cake</p>		