

Wilsonville Community Seniors, Inc.  
c/o Wilsonville Community Center  
7965 SW Wilsonville Road  
Wilsonville, OR 97070-7756  
(503) 682-3727

# WCSI GAZETTE

**DECEMBER 2024**

*"There are no strangers here,  
Only friends you haven't met yet"*

## Mission and Purpose

The mission and purpose of Wilsonville Community Seniors, Inc. (WCSI) is to make a positive contribution to the lives of senior citizens, the community of Wilsonville, and maintain positive relationships with other Seniors and the community by providing:

- **Increase Visibility:** Visibility establish WCSI as an independent and cooperative advocate for the Seniors in Wilsonville
- **Collaboration:** Collaboration with the City of Wilsonville and the Wilsonville Community to provide mutually beneficial opportunities for service by the Senior community through the efforts of WCSI
- **Enrichment:** Providing activities for Seniors to interact with each other and with the community at large. Including physical, recreational and educational experiences that promote learning, intellectual growth and enrich social abilities.

## 2023-2024 WCSI Board of Directors

Chair:	Nancy Combs
Vice Chair:	Priscilla Johnson
Secretary:	Jaelithe Formway Nelson
Treasurer:	Sandy Bernstein
Outreach:	Donna Atkinson
Board Members:	
Cynthia Allen, Karen Atkinson, Steven Bushman Roberta Crew, Aster Getachew, Jim Kendall, and Brian Stevenson	

## Community Center Staff Parks & Recreation:

Director:	Kris Ammerman
Program Manager:	Brian Stevenson
Coordinator:	Erica Behler
Admin. Assistant:	Linda Martinez
Nutrition Coordinator:	Janice Mash
Information & Referral Specialist:	Sadie Wallenberg
Fitness Specialist:	Brad Moore

## Social Services

Our Information & Referral Specialist, Sadie Wallenberg, is available to provide:

- Assessment of need and case monitoring
- Information and referrals
- Free loan of health equipment
- Assistance with public transportation

**Gazette Editor and Publisher:** Nancy Combs

## Center Hours

8:00 am to 5:00 pm Monday thru Friday



**Meet at City Hall 10:30 am**  
**Bus will leave at 10:45 am, returning approx. 3:30**

**UNLESS otherwise noted below**

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**Sign up begins on Monday, Dec. 2nd @ 9:00am**

**Thursday, Dec. 12th**  
**Meet at 4:15 pm leaving at 4:30pm**

**Happy Hour Boston Pub,**  
**See the Holiday Lights in Wilsonville**

**SAVE THE DATE**  
**Thursday Jan. 9th**  
**Lunch at Oliver Garden then off to**  
**Trader Joe's in King City**

**Limit of 2 grocery bags per person**  
**for your purchases**



Please Join us on  
Wednesday, December 4th

@ 1:00 p.m. for an hour of Bingo

**Bingo Games are free with a small prize for**  
**the winners. Meet in the Multi Purpose Room**



## Wilsonville Community Center Brian Stevenson, Program Manager

### Tree Lighting and Toy Drive 2024

This year's Community Tree Lighting Event in Town Center Park will take place on Thursday, December 5 from 5-7 pm. Come see performances by local choir groups and take a picture with Santa!

'Tis the season for giving. Come drop off a new, unwrapped toy donation under our holiday tree at the Wilsonville Community Center, Monday through Friday from 8 am to 5 pm through December 6. The toys will be collected and distributed to those less fortunate this holiday season.

### Fill a Stocking for a Wilsonville Senior!

The Parks and Recreation Department is enlisting the help of the community to fill stockings for seniors enrolled in the Community Center's Home Delivered Meal Program. Filled stockings can be donated to the Wilsonville Community Center, Monday through Friday 8 am to 5 pm through December 6.

Fun items to include in your stocking might be small games/puzzles or a keepsake ornament. Useful gifts include personal care items, greeting cards/stamps, gift cards to local grocery stores, coffee/tea/cocoa and wrapped snacks.

### Las Posadas Celebration

To keep alive locally the cherished holiday traditions meaningful to many Wilsonville-area residents of Hispanic/Latin American descent, the City of Wilsonville welcomes guests to attend the second annual Las Posadas celebration on **Tuesday, Dec. 17, 4-6 pm** in at the **Wilsonville Community Center.**

Presented by members of the City's Diversity, Equity and Inclusion Committee, Wilsonville's Las Posadas celebration will include light refreshments, music and other surprises to delight guests of all ages. All are welcome. For more information, contact Zoe Mombert, [mombert@ci.wilsonville.or.us](mailto:mombert@ci.wilsonville.or.us).

### Medicare 101

Learn the basics of Medicare including what to expect when turning 65 or qualifying on the basis of disability, Medicare advantage, Medicare supplement overview or help with prescription drugs, or other programs available. This free program will take place on **Tuesday, December 10 at 10:30 am** and be held at the Wilsonville Community Center. Register at: [NWMedicareAdvisors.com](http://NWMedicareAdvisors.com)

### AARP Tax Aide

Free AARP Income Tax assistance will be held at the Wilsonville Community Center on Tuesdays beginning February 4. Income tax preparation and electronic filing for both 2024 Federal and State Returns will be provided by trained and certified IRS-AARP Tax Aide Volunteers. Appointments will be accepted beginning on Monday, January 6, 2025.

## December 2024 Activities Schedule

	<b>ONGOING ACTIVITIES</b>	<b>CLASSES AND PROGRAMS STARTING SOON (PRE-REGISTRATION REQUIRED + )</b>
<b><u>Monday</u></b>	<p style="text-align: center;"><b>Sit, Stand, and Be Fit</b> 11:00 am - 11:45 am (\$1 drop in)</p> <p style="text-align: center;"><b>Weight Loss Support Group</b> 12:30 pm - 1:15 pm</p> <p style="text-align: center;"><b>Poetry Club</b> 1:00 pm - 3:00 pm (1st &amp; 3rd Monday)</p> <p><b>Mexican Train Dominoes</b> 1:00 pm - 4:00 pm</p>	<p style="text-align: center;"><b>Located at Community Center unless otherwise noted.</b></p> <p style="text-align: center;"><b><u>Class Spotlight</u></b> <b>Beginning Tai Chi</b> Tuesdays and Thursdays, 10/31 - 12/12 Begin your journey of self improvement with Yang style Tai Chi. Improve balance, flexibility, memory &amp; mindfulness while learning the first section of the 108 form &amp; a variety of Qi-Gong. 2:00 pm - 2:45 pm (\$10 drop in)</p> <p style="text-align: center;"><b>Oil Painting + “A Perfect Winter Day”</b> Saturday, 12/14 10:00 am - 2:00 pm (\$50) (Parks &amp; Rec. Admin Office)</p> <p style="text-align: center;"><b>Wilsonville Community Seniors Holiday Party +</b> Enjoy holiday sing alongs, team trivia games, crafts, and more! There will be a white elephant gift exchange. If you plan to participate, please bring a small wrapped present. No charge Wednesday, 12/18 1:00 pm - 3:00 pm <b>Please call 503-682-3727 to sign-up</b></p> <p style="text-align: center;"><b><u>Tree Lighting</u></b> Join Wilsonville Parks and Recreation for the annual tree lighting event. There will be hot cocoa, choir performances, pictures with Santa, a ‘Letters to Winter Wonderland’ station and more! Thursday, 12/5 Town Center Park 5:30 pm - 7:00 pm</p> <p style="text-align: center;"><b><u>Las Posadas</u></b> Experience family fun, music, and celebration. Cherish holiday traditions by re-enacting the Nativity story, piñata fun, along with rich assortment of food and music. Tuesday, 12/17 4:00 pm - 6:00 pm</p>
<b><u>Tuesday</u></b>	<p style="text-align: center;"><b>Piecemakers Quilting</b> 9:00 am – 11:45 am (Tauchman House)</p> <p style="text-align: center;"><b>Ukulele Jam Group</b> 9:30 am– 11:30 am (Parks &amp; Rec. Admin Office)</p> <p style="text-align: center;"><b>Partners Bridge</b> 12:30 pm - 3:30 pm Call 503-449-5855 to sign up</p> <p style="text-align: center;"><b>Virtual Reality Fitness</b> 1:00 pm - 2:00 pm</p> <p><b>Art Club</b> 1:00 pm - 2:30 pm (2nd Tuesday)</p>	
<b><u>Wednesday</u></b>	<p><b>Photography Club</b> 10:00 am - 11:30 am</p> <p style="text-align: center;"><b>Sit, Stand, and Be Fit</b> 11:00 am - 11:45 am (\$1 drop in)</p> <p style="text-align: center;"><b>Pinochle/Cribbage Play</b> 1:00 pm - 4:00 pm</p> <p style="text-align: center;"><b>Bingo</b> 1:00 pm - 2:00 pm (1st &amp; 3rd Wednesday)</p>	
<b><u>Thursday</u></b>	<p style="text-align: center;"><b>Improving Your Bridge</b> 10:00 am - 11:30 am</p> <p style="text-align: center;"><b>Ladies Afternoon Out</b> 1:00 pm - 3:00 pm</p> <p style="text-align: center;"><b>I-5 Connection Community Chorus</b> 10:00 am - 12:00 pm</p>	
<b><u>Friday</u></b>	<p style="text-align: center;"><b>Sit, Stand, and Be Fit</b> 11:00 am - 11:45 am (\$1 drop in)</p> <p style="text-align: center;"><b>Conversational Spanish Group</b> 10:30 am - 11:30 am</p> <p style="text-align: center;"><b>Bridge</b> 11:30 am - 3:00 pm</p> <p><b>Mexican Train Dominoes</b> 1:00 pm - 4:00 pm</p>	

**Wilsonville Community Seniors  
HOLIDAY PARTY**

**WEDNESDAY, DECEMBER 18TH**

**1:00 –3:00 PM**

**COMMUNITY CENTER MULTI PURPOSE ROOM**



**Join us for a fun afternoon**

**We encourage you to wear your Festive Holiday Shirts to the party**

**Pre Registration is required**

**Sign up sheet will be at the front desk starting Monday Dec. 2nd  
Call or drop in at the Center to add your name to the list**

**\*\*\*** The afternoon will end with the White Elephant Gift Exchange.  
If you plan to participate in the gift exchange, please bring a wrapped present.



WILSONVILLE WALKERS  
DECEMBER 2024

Every Tuesday and Thursday morning at 9:30 a.m. the Walkers get together to enjoy a walk of about two miles usually on local paths. Below is the list of those paths and the date for each walk. For directions on how to reach those paths, please call Kenton or Mary Wolfe at 503-694-8376. Our coffee hour following our walk will be at Boston's Pub & Grill unless otherwise indicated.

Dec. 3 Tues. **Tualatin City Park to Cook Park**, 8549 SW Tualatin Road, Tualatin. Meet in the parking lot after going under the railroad trestle. Coffee hour at Donut Land, 19350 SW Boones Ferry Road.

Dec. 5 Thurs. **Mentor Graphics** - meet in the former bowling alley parking lot (across from the post office)

Dec. 10 Tues. **Graham Oaks Nature Trail**, 11825 SW Wilsonville Road. No coffee hour today. Our "annual" Holiday Party will be at Spring Ridge at Charbonneau, 32200 SW French Prairie Rd, Wilsonville beginning at 11:30 a.m. Make your reservations by Nov. 24th with Mary Wolfe. See email with details to follow.

Dec. 12 Thurs. **George Rogers Park**, 611 S State Street, Lake Oswego. Coffee hour at Rolling Hills Community Church, 3550 SW Borland Road, Tualatin hosted by the Osborns.

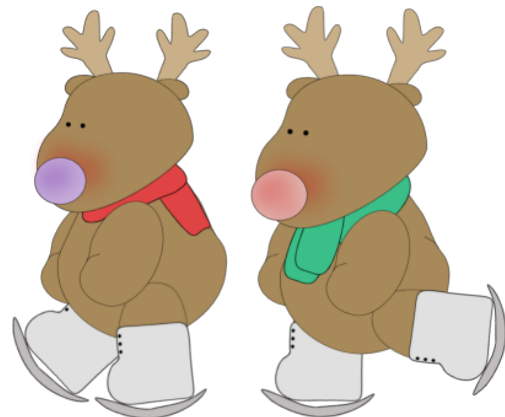
Dec. 17 Tues. **Memorial Park, lower**

Dec. 19 Thurs. **Villebois** - meet in the WES/Smart Transit Center parking lot, 9699 SW Barber Blvd, Wilsonville

Dec. 24 Tues. **Old Town/Boones Bridge** - meet near McMenemy's in the Fred Meyer parking lot

Dec. 26 Thurs. **Brown's Ferry Park**, 5855 SW Nyberg Street, Tualatin. Coffee hour at Panera Bread in the Nyberg Shopping Center

Dec. 31 Tues. **Charbonneau** - meet in Village Center parking lot for our walk and coffee hour at Lux Sucre Desserts



## Library News

### Greg Martin -Adult Services Librarian

Hello Wilsonville Library Fans,

It's December, and the promise of a New Year is right around the corner. We at the library hope it will be a good one for you and yours! FYI, we'll be **closed this month on Tuesday the 24<sup>th</sup> and Wednesday the 25<sup>th</sup> for the Holidays**. Here are some of the events the library will host when we're *not* closed:

We hold a **Beginning ESL class** on Mondays from 11:00am to 12:30pm on December 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup>, and 30<sup>th</sup>. We also host an **Intermediate ESL class** held on Tuesdays from 10am to 11:30am on the 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup>, and 30<sup>th</sup>. These classes are geared toward English as a Second Language learners, but anyone who would like to improve their English skills is invited to attend. No sign-up necessary - Just drop in!

FYI - In case you didn't already know, the **Clackamas WIC Program hosts a pop-up clinic on Fridays** inside the Wilsonville Library Rose Room or sometimes in the Wilsonville Library parking lot (with their WIC on Wheels mobile clinic) between 10am-12pm and 1pm-4pm. WIC helps income-eligible women, infants and children up to age 5 by providing nutritious foods and education, lactation support, health care screenings and referrals to resources.

On **Tuesdays**, (December 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup>, and 30<sup>th</sup>)—you can meet with a representative from **ODHS (the Oregon Department of Human Services)**, who may be able to help with housing or other social service matters. The representative will be at the library from 10am to 12pm, and again after lunch, from 1pm to 3pm. No appointments or signups are needed, but please do give us a call on the day, just to double check that the ODHS folks have arrived.

On **Wednesday, December 4<sup>th</sup>, at 1pm**, you can join fellow local history enthusiasts in the **Wilsonville Historical Society** as they explore Wilsonville's history in a group setting. Learn about & research our community's history and bring your questions. Membership is not required to attend meetings. For more information, please visit [www.wilsonvillehistory.com](http://www.wilsonvillehistory.com).

Our ever-popular **PROFILES lectures** will also pop up (online) on Wednesday, December 4<sup>th</sup> from 11am to 12:30pm. Taught by Emeritus Professor Bill Thierfelder, this month we feature a lecture titled **A Charles Dickens Christmas**. Dickens has famously been called "The Man Who Invented Christmas." Inspired by the writings of Washington Irving earlier in the 19<sup>th</sup> century, Dickens wrote five Christmas novellas between 1843 and 1848 and over a dozen short stories between 1852 and 1866. Each of these--including the perennial favorite *A Christmas Carol*--helped to shape how the holiday season is celebrated in Britain and America. This program explores these wonderful flights of holiday fantasy and their lasting influence. Sign up to receive the Zoom meeting code but act quickly! [www.wilsonvillelibrary.org/classes](http://www.wilsonvillelibrary.org/classes).

Our popular **SpaceTalks** presentation has a new topic, which lands at **11am on Saturday, December 14<sup>th</sup>**. The presentation is titled *The Bold Mission of Apollo 8*. On December 21, 1968, a mighty Saturn V booster rocket lifted off with three astronauts onboard for the very first time--not to circle the Earth, but to go into orbit around the Moon! Come and learn the story of this bold NASA decision as we revisit this history-making flight. Free and open to all at the library.

## Library News Continued

Also on **Saturday, December 14<sup>th</sup>**, from 2 - 3pm, please join us at the library's large picture windows for the latest in our popular Book Notes Concerts: Remembering Czech Christmas! Immerse yourself in a celebration of traditional Czech Christmas festivities with this harmonious blend of music and dance. No signup necessary—just come and claim a seat!

On **Monday, December 16<sup>th</sup>**, beginning at 1pm, budding or experienced genealogists can join a growing group of like-minded folks of all levels from the Wilsonville area to discuss genealogy tips, tricks and research. One of the library's most popular offerings, these discussions are free and informal and moderated by Librarian Malia Laughton. New members at any level are always welcome.

On **Thursday, December 19<sup>th</sup>**, beginning at 1 pm, how about joining us for a perambulation in the gelid environs of Wilsonville? The **Book Walk** will host a post-jentacular high-step through the verdancy of Memorial Park (and back)! During the walk we'll conjubilate about this month's book: ***Hello Beautiful*** by Ann Napolitano. Here is a quicker teaser:

*College student William Waters meets Julia Padavano, a spirited and ambitious young woman who surprises William with her appreciation of his quiet steadiness. With Julia comes her family; and the Padavanos fold Julia's new boyfriend into their loving, chaotic household.*

*But then darkness from William's past surfaces, jeopardizing not only Julia's carefully orchestrated plans for their future, but the sisters' unshakeable loyalty to one another. The result is a catastrophic family rift that changes their lives for generations. Will the loyalty that once rooted them be strong enough to draw them back together when it matters most?*

Walkers should meet in the library's lobby at 1pm. Walks generally last about 45 minutes and will meet rain or shine!



## UNIQUE HOLIDAY TRADITIONS

One of **Ukraine's** favorite festive traditions is not one for those with a fear of creepy crawlies! Where we would have baubles, tinsel and stars, Ukrainians use decorations that mimic the natural formation of spiders' webs shimmering with dew. The tradition goes back to a folktale about a poor widow who could not afford to decorate a tree for her children. Legend has it that spiders in the house took pity on the family, and spun beautiful webs all over the tree, which the children awoke to find on Christmas morning. Spiders' webs are also considered to be lucky in Ukrainian culture.

The Christmas tree tradition embraced around the world today is believed to have started in **Germany** back in the 16th century, so it comes as no surprise that our continental cousins still have some unique customs relating to the festive conifers. One of these is to hide a pickle somewhere within the branches of the tree, and give a gift to whichever child in the household finds it.

In the **Venezuelan** capital of Caracas, swathes of city-dwellers make their way to mass on roller skates every year on Christmas morning. The tradition is now so well established that many of the city's streets are closed to traffic from 8am, so that the skating congregation can get to church safely. It's even said that children will sleep with one lace from their skates tied around their toe, the other skate dangling from the window so that their friends can wake them up with a friendly tug on the lace.

Many homes in **Finland** come equipped with their own sauna, and at Christmas time this cosy spot becomes a sacred space associated with long dead ancestors. On Christmas Eve, it's customary to strip naked and take a long and respectful stint in the sauna, which is also believed to be home to the legendary sauna 'elf'. After the sauna session, Finns head out to the evening celebrations - while spirits of those ancestors take their place in the bubbling water.

Every year in the days leading up to 25th December, **Dutch** children eagerly place their shoes by the fire in the hopes that Sinterklaas will fill them with small gifts and treats in the night. Traditionally, carrots are left in the shoes for Sinterklaas' faithful steed, a white horse named Amerigo. In the olden days, naughty children would receive a potato in lieu of gifts, but potato punishment is no longer considered an appropriate scare tactic.

One of the more unique festive traditions we've heard of comes from **Iceland**, where a giant cat is said to roam the snowy countryside at Christmas time. Traditionally, farmers would use the Yule Cat as an incentive for their workers - those who worked hard would receive a new set of clothes, but those who didn't would be devoured by the gigantic cat-like beast. Today it is customary for everyone in Iceland to get new clothing for Christmas to avoid an unsavory demise.

When you think of Christmas food, mince pies and turkey are often high on the list. In **South Africa**, however, it's the creepy crawlies that local children look forward to. Festive fried caterpillars may seem like one of the more unusual Christmas traditions, but these caterpillars aren't just the run-of-the-mill variety you find in the garden. The Pine Tree Emperor Moth, or Christmas caterpillar, is covered in very festive hues - giving all who swallow a little extra luck in the coming year.

Every Christmas, families around **Sweden** gather around the television at 3pm sharp to watch Donald Duck deliver his raspy message. Everything on Christmas is planned around the television special, and more than 40% of Sweden's population still tune in like clockwork. The tradition dates back to the 1960s when televisions were a new commodity in Sweden and only two channels aired - one of which played Disney cartoons at Christmas.

The Kiwis are all about the pōhutukawa, a beautiful tree that is native to **New Zealand** with gnarled roots and bright crimson flowers. The first mention of the pōhutukawa tree came from Austrian geologist Ferdinand von Hochstetter in 1867. He described locals decorating their churches and homes with the brightly colored branches at Christmas. Today the tree is a recognized symbol around New Zealand and is featured on cards, decorations and in carols sung in school



# December

- CANDLE
- CANDY CANE
- CAROLS
- CHRISTMAS
- DECORATIONS
- EGGNOG
- ELF ON A SHELF
- FIREPLACE
- FROSTY
- GINGERBREAD
- HANNUKAH
- HOLIDAY
- HOT CHOCOLATE
- ICICLE
- JINGLE BELLS
- MISTLETOE
- NUTCRACKER
- ORNAMENTS
- POINSETTIA
- PRESENTS
- REINDEER
- SANTA CLAUS
- SLEIGH
- SNOWFLAKE
- SNOWMAN
- STOCKING
- TINSEL
- UGLY SWEATER
- WINTER
- WREATH

WORD SEARCH DIRECTIONS: Find and circle the vocabulary words in the grid. Look for them in all directions including backwards and diagonally.

L	U	H	S	X	V	E	W	F	R	O	S	T	Y	H	G	F	R	S	F	P
O	W	B	O	O	L	N	F	A	W	Y	O	Q	U	U	P	L	I	K	D	T
Y	N	U	T	C	R	A	C	K	E	R	G	E	S	J	L	E	E	R	H	E
B	V	U	I	O	H	N	L	F	E	A	C	I	U	U	O	H	K	N	A	X
Q	X	C	J	Z	C	G	A	U	S	I	N	A	A	G	Y	S	A	P	C	P
X	I	K	S	D	E	A	Y	M	E	H	J	E	L	L	L	A	L	Y	W	K
V	L	S	S	K	Q	L	R	N	E	S	O	M	C	Y	B	N	F	N	H	F
X	H	E	G	G	A	Y	D	O	F	N	J	T	A	S	N	O	W	M	A	N
P	R	E	S	E	N	T	S	N	L	V	T	U	T	W	A	F	O	A	N	S
C	R	E	I	N	D	E	E	R	A	S	O	S	N	E	N	L	N	C	N	S
A	P	S	H	D	I	E	T	F	V	C	Y	S	A	A	J	E	S	V	U	A
N	A	T	M	I	S	T	L	E	T	O	E	L	S	T	W	Y	C	T	K	M
D	I	F	I	R	E	P	L	A	C	E	U	E	N	E	O	R	O	D	A	T
Y	T	R	E	T	N	I	W	E	L	S	Y	I	Z	R	O	W	E	Y	H	S
C	T	E	E	H	U	W	P	R	G	I	N	G	E	R	B	R	E	A	D	I
A	E	E	G	S	T	O	C	K	I	N	G	H	O	L	I	D	A	Y	T	R
N	S	J	I	N	G	L	E	B	E	L	L	S	X	S	A	F	C	I	P	H
E	N	V	J	R	J	G	E	T	A	L	O	C	O	H	C	T	O	H	Q	C
R	I	J	J	C	B	S	N	O	I	T	A	R	O	C	E	D	P	L	V	B
G	O	N	G	G	E	M	Z	O	Y	J	V	Z	L	Q	I	R	F	B	L	G
R	P	Y	N	W	B	Q	Q	O	B	L	M	S	G	N	T	Z	Q	L	A	Y

# December 2024

Monday	Tuesday	Wednesday	Friday
2 Quiche Hash Browns Mini Scone Fruit 	3 Chicken Divan Rice Pilaf Peas/Carrots Roll Cake/Berries	4 Chef Salad Turkey/Ham/Cheese Egg/Tomato Fruit Bread Stick	6 Cheese Burger WW Bun Lettuce/Tomato Slice Potato wedges Apple Crisp 
9	10	11	13
Parmesan Crusted Cod With Tartar Sauce Cous-Cous Normandy Vegetables Yogurt/Berries cup	Chicken Enchiladas Sour Cream/Diced Tomatoes Shredded Lettuce Fiesta Rice/Corn Vanilla Pudding(cinnamon)	Curried Chicken Salad Carrot/Celery/Cilantro/ Cashews/Raisins Seeded Roll Cookie	Tuna Salad Sandwich Tossed Greens Sun Chips Lemon Bar
16	17	18	20
Chicken Parmesan Mixed Vegetable Garlic Breadstick Jello 	Beef Stew With Carrots & Potatoes Biscuit Fruit	<b>Holiday Meal</b> Beef Wellington Mashed Potatoes Vegetable Roll  Holiday Dessert	½ Toasted Ham & Cheese Sandwich Tomato Soup Brownie
23	24	25	27
Ham & Scalloped Potato Casserole Vegetable Pudding	<b>Happy Holidays! Center Closed</b> 		Tacos Shredded Lettuce/Cheese/Tomato Fiesta Rice Cookie
30	31		
Sweet and Sour Chicken Brown Rice Kyoto Vegetables Fruit 	Minestrone Soup With Sausage Crusted Roll Snickerdoodle Cookie		

Lunch is served at the Community Center on Mondays. Tuesdays, Wednesdays and Fridays at 12:00 pm. Donations (\$3.50 for those 60 and over and \$4.25 for those under 60) are encouraged but not required. Menu subject to change due to availability of supplies and produce. **Please note: there will be no HDM on Tuesdays. Meals are subject to change.**