

ONSTED SENIOR CITIZEN CENTER  
 AMERICAN LEGION, ONSTED, MICHIGAN  
 DIRECT Julie Ruttinger

Menu and Calendar  
 Cook- Carole Jones

8:30 - 2:30 MON - WED - THUR

PHONE: 467-6917

WE BEGIN SERVING LUNCH  
 AT 11:30

# DECEMBER 2018

## Nutrition Notes:

MONDAY	WEDNESDAY	THURSDAY
3 9:30 GENTLE EXERCISE 10:00 STRETCH & BALANCE 10:30 <b>BLOOD PRESSURE CHECK</b> 1:00 <b>CHRISTMAS CARD CRAFT</b>	5 9:00 CARDIO DRUMMING 10:00 BIBLE STUDY 12:00 CARDS, GAMES & PUZZLES 12:15 BINGO	6 9:15 LINE DANCING w/ GLORIA 12:00 CARDS, GAMES & PUZZLES
10 9:30 GENTLE EXERCISE 10:00 STRETCH & BALANCE 12:30 VEGGIE MOBILE 1:00 <b>John Valenti - Christmas</b>	12 9:00 CARDIO DRUMMING 10:00 BIBLE STUDY 12:00 CARDS, GAMES & PUZZLES 12:15 CRAFT	13 9:15 LINE DANCING w/ GLORIA 12:00 CARDS, GAMES & PUZZLES
17 <b>SANTA IS COMING!!</b> 9:30 GENTLE EXERCISE 10:00 STRETCH & BALANCE 12:30 VEGGIE MOBILE 11:30 <b>CHRISTMAS POTLUCK</b>	19 9:00 CARDIO DRUMMING 10:00 BIBLE STUDY 12:00 CARDS AND GAMES 12:15 CRAFT	20 9:15 LINE DANCING w/ GLORIA 12:00 CARDS, GAMES & PUZZLES 10:30 <b>BOARD MEETING ???</b>
24 CLOSED <b>MERRY CHRISTMAS!</b>	26 <b>NO EXERCISE CLASS</b> 10:00 BIBLE STUDY 12:00 CARDS AND GAMES 12:15 BINGO	27 9:15 LINE DANCING w/ GLORIA 12:00 CARDS, GAMES & PUZZLES
31 CLOSED <b>HAPPY NEW YEAR!</b>		

What a gift it is to be able to choose what we can eat everyday. I want to encourage you to “treat yourself and don’t cheat yourself” this holiday season. Balance your plate like a scale and for every rich and calorically dense food you choose, find one that is lighter in comparison. If you find that your plate has one too many rich foods, simply choose to eat lighter at your next few meals. Remember that the family recipe, pecan pie, can be loaded with up to 500 or more calories for one slice. It’s okay to *share* a piece of pie or other scrumptious dessert. Choose wisely and try to stay focused on your health; physically, mentally, emotionally and spiritually in every season of your life.

~Wishing you wellness...

Cassie Hollenbeck, Nutrition Director

LENAAWEE COUNTY DEPARTMENT ON AGING, 1040 S. WINTER ST., SUITE. 3003, ADRIAN, MI 49221, PHONE: 264-5280

3-Dec Linda Ruggles - Christmas card craft

10-Dec John Valenti - Christmas Songs

12-Dec Christmas Crafts

17-Dec CHRISTMAS POTLUCK and Secret Santa Exchange, SANTA will be here!

19-Dec Christmas Crafts

CLOSED 12/24 & 12/31 for CHRISTMAS and NEW YEAR'S EVE HOLIDAYS





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