AGING PARTNERS
A Pioneering Area Agency on Aging

My Life... My Time... My Way...

My Center News

December 2016

Holiday Lights CaraVAN Tour (Downtown and Northeast Centers)

Dinner and holiday music: 5:30 p.m.
Lights tour departure: 6:30 p.m.
$8 meal suggested contribution for people age 60 and over.
$8 meal fee for people under age 60.
$6 transportation suggested contribution for people age 60 and over.

- **Downtown Center: Wednesday, Dec. 7**
  Snow date: Wednesday, Dec. 14
- **Northeast Center: Friday, Dec. 9**
  Snow date: Friday, Dec. 16

Who doesn't love the holidays? Holiday treats, holiday sweaters and of course, all those glowing holiday lights brightening our fair city! Join us for holiday music with Gary O'Brien at the piano, a tasty HyVee food and holiday light displays!

Northeast Center's meal: of ham and potato casserole, mixed vegetables, Kings' Hawaiian roll and pineapple upside down cake.

Downtown Center's meal: Chicken Fried Steak w/country gravy, mashed potatoes, mixed vegetables and pineapple upside down cake.

Seating is limited. For reservations, call the Northeast Center at 402-441-7151 by Wednesday, Dec. 7.

Bob Ross Oil Painting Class

Saturday, Dec. 10
9:30 a.m. to 3:30 p.m.
Lake Street Center,
2400 S. 11th St.

Students will be painting this mountain scene onto the canvas. Paint along with certified instructor Donald R. Belik in this one-day painting class. Start, complete and take home a finished oil painting. No experience required. All materials and supplies are provided. Cost: $50.

To register for class, call 402-441-7157.

"Fisherman's Trail"

CITY OF LINCOLN NEBRASKA

Belmont Center

Belmont Recreation Center
1234 Judson St., Lincoln, NE 68521
Open: Mondays, Tuesdays, Thursdays, 9 a.m. to 1 p.m.
Lunch served: 11:30 a.m.
Manager: Pam Lander, 402-441-7990

Mondays, Tuesdays and Thursdays

- Dominoes, Rummikub and cards at 9 a.m.

Tuesdays

- BINGO at 11:30 a.m.

Special Event Programs

Dec. 1 "Preventing blood clots when hospitalized," presented by Bryan nursing students, at 11:30 a.m.

Dec. 5 "A Well-Seasoned Heart" nutrition handout by Denise Boyd, RD, at 11:30 a.m.

Dec. 8 Letters for Santa and lessons from snow people

Dec. 12 Christmas firsts

- "Tai Chi" demonstration performed by Ann Heydt, Aging Partners Health and Fitness, at 11:30 a.m.

Dec. 13 Holiday dinner at noon.

Dec. 19 Toys word search

Dec. 22 Christmas cookie exchange party. Please bring a sample of your baking to share with fellow participants.

Dec. 26 Aging Partners and all senior centers will be closed today for the Christmas holiday.

Dec. 29 Person, place or thing?

Jan. 2 Aging Partners and all senior centers will be closed today for the New Year holiday.

JoAnn Maxey Center

Malone Community Center
2032 "U" St., Lincoln, NE 68503
Open: Wednesdays and Fridays, 9 a.m. to 1 p.m.
Lunch served: 11:30 a.m.
Manager: Pam Lander, 402-441-7849

Wednesdays

- BINGO at 11:30 a.m.

Wednesdays and Fridays

- Dominoes, Rummikub and cards at 9 a.m.

Special Event Programs

Dec. 2 "Winter Produce: The Gifts that Keep on Giving," presented by Susan Keese, Aging Partners, at 11:30 a.m.

Dec. 9 "A Well-Seasoned Heart" nutrition handout by Denise Boyd, RD, at 11:30 a.m.

Dec. 16 Holiday dinner at noon.

Dec. 26 Aging Partners and all senior centers will be closed today for the Christmas holiday.

Dec. 28 "Facebook, Instagram, Twitter," presented by eighth grade Girl Scout troop 20236, at 11:30 a.m. The troop is working toward their Silver Award. These girls have put together a program to help explain this maze. They also will answer questions.

Dec. 30 BINGO at 11:30 a.m. Please bring snacks to share as we celebrate 2017.

Jan. 2 Aging Partners and all senior centers will be closed today for the New Year holiday.

Tax Assistance Volunteers Needed

The Community Action Partnership (CAP) of Lancaster and Saunders Counties is in need of volunteers to assist with their Tax Preparation Program. Training will be provided. Volunteers will be working at CAP, located at 210 "O" Street, or at other tax assistance prep sites throughout Lincoln. For details or to volunteer, contact Balsam Ali at 402-471-4515 (ext. 264), or bali@communityactionatwork.org.

Severe Weather Closing Information

In the event of severe weather or dangerous conditions, Aging Partners Centers may be closed. As a rule, if the Lincoln Public Schools are closed, Aging Partners Senior Centers also will close.

Please listen to KFOR 103.3 FM or 1240 AM radio for the most accurate and up-to-date Senior Center closing information.

Downtown Center

1005 "O" St., Lincoln, NE 68508
Dining room open: Monday - Friday, 9 a.m. to 2 p.m.
Lunch served: 11:30 a.m. to 12:15 p.m.
Building hours: 8 a.m. to 4:30 p.m.
Manager: Denise Howe, 402-441-7154

Mondays

- The Clefs perform each Monday at 10:30 a.m. Come enjoy this talented group of musicians.

Wednesdays

- BINGO at 10:30 a.m. "Savannah Pines Retirement Community" is our prize sponsor this month. *Thank you for your generous support.*

Fridays

- Come visit with a friend or make new friends while enjoying some freshly made popcorn and watching our large screen television.

Special Event Programs

Dec. 1 Celebrate our December birthdays by having lunch with us as Robert Patton performs at 11 a.m. Robert is a tenor who'll delight us with his beautiful voice.

Dec. 7 Holiday Lights CaraVAN Tour – Seating is limited. See page one for details.

Dec. 8 "Dementia Awareness," presented by Terri Jo Goldsmith, RN with Country House, at 10:45 a.m.

Dec. 13 "A Well-Seasoned Heart," nutrition handout by Denise Boyd, RD.

Dec. 15 Talented harpist Heidi Beran will be performing for our holiday meal from 11 a.m. to noon. Please join us for this special event.

Dec. 20 Health Clinic: "Sharing and Caring," with Dr. Jean Krejci. Talk your winter blues away with this compassionate counselor.

Dec. 22 Health Clinic: Angels Care Home Health nurses will provide blood pressure screenings at 11 a.m.

Dec. 23 Santa will be here to pass out the "Be a Santa to a Senior" gifts that you signed up for. Richard Patterson will be performing Christmas tunes on the piano at 10 a.m. Thanks to Home Instead Senior Care for organizing this event.

Dec. 26 & Jan. 2 Aging Partners and all centers will be closed, for the Christmas and New Year holidays.

Dec. 29 "Facebook, Instagram, Twitter," presented by eighth grade Girl Scout troop 20236, at 10 a.m. The troop is working toward their Silver Award. These girls have put together a program to help explain this maze. They also will answer questions.

Shopping News

HyVee: Wednesday, Dec. 7
Wal-Mart: Wednesday, Dec. 21

Reserve a spot before noon the Monday before shopping. Van leaves the center at 12:30 p.m. Trip cost: $4

FUN Fact About Christmas

The world's largest Christmas stocking measured 106-feet and 9-inches long and 49-feet and 1-inch wide. It weighed as much as five reindeer and held almost 1,000 presents. It was made by the Children's Society in London on December 14, 2007.

MERRY CHRISTMAS
and Happy New Year !

Lake Street Center

Saint James United Methodist Church
2400 S. 11th St., Lincoln, NE 68502
Open: Monday - Friday, 9 a.m. to 1 p.m.
Lunch served: 11:30 a.m.
Manager: Kelle Brandt, 402-441-7157

Monday - Friday

- Coffee and visiting at 9 a.m.
- Pitch, games and puzzles.

Mondays

- Exercise class at 10:30 a.m.

Tuesdays

- BINGO at 10 a.m. Please bring a prize.

Wednesdays

- Writer's group at 11 a.m.
- Exercise class at 12:30 p.m.

Fridays

- Exercise class at 10:30 a.m.

Special Event Programs

Dec. 1 Time to decorate the center for the holidays

Dec. 2 Play some Pitch.

Dec. 5 Days of December.

Dec. 6 Lessons from a snowman.

Dec. 7 Enjoy the music of the Unpaid Bills.

- "Christmas shopping stories or mishaps."

Dec. 8 Anyone for Pinochle? After many requests, we'll start playing today at 10 a.m.

- The Lincoln City Libraries Bookmobile will visit from noon to 1 p.m. today.

Dec. 9 Play some Pitch.

Dec. 10 Bob Ross painting class from 9:30 a.m. to 3:30 p.m. If you are interested, please sign up in advance. You need not be an artist to enjoy this class. Just have the desire to paint. Cost: $50.

Dec. 12 "A Well-Seasoned Heart," nutrition handout by Denise Boyd, RD.

Dec. 13 Christmas firsts! This is the last day to sign up for the center's holiday dinner on Dec. 15.

Dec. 14 Winter wonderland gifts to make for those in care facilities.

- Shopping assistance at noon. Cost: $2.

Dec. 15 Today is the center's holiday dinner. Please make sure you have registered.

Dec. 16 Play some Pitch.

Dec. 19 Come and listen to some Christmas stories.

Dec. 20 Let's play holiday BINGO. Bring an item associated with the season. Use your imagination.

Dec. 21 Enjoy the toe-tapping music of Fine Wine at 10 a.m. We will also have our center Christmas party today. Bring goodies to share. Winter officially begins today.

Dec. 22 Play Pinochle at 10 a.m.

- The Lincoln City Libraries Bookmobile will visit from noon to 1 p.m. today.

Dec. 23 "The Night Before Christmas"

Dec. 26 Aging Partners and all senior centers will be closed today for the Christmas holiday.

Dec. 27 "Facebook, Instagram, Twitter," presented by eighth grade Girl Scout troop 20236, at 10 a.m. The troop is working toward their Silver Award. These girls have put together a program to help explain this maze. They also will answer questions.

Dec. 28 Enjoy the music of The Baker Bunch at 10 a.m. It is also National Chocolate Day. Maybe there will be samples around for all to enjoy this holiday season.

- Shopping assistance at noon. Cost: $2.

Dec. 29 Play Pinochle at 10 a.m.

Dec. 30 New Year's Eve party at 10 a.m. Bring goodies to share.

Jan. 2 Aging Partners and all senior centers will be closed today, for the New Year holiday.

Northeast Center

6310 Platte Ave., Lincoln, NE 68507
Open: Monday - Friday, 8 a.m. to 4 p.m.
Lunch served: 11:30 a.m. to 12:15 p.m.
Manager: David Chapelle, 402-441-7151

Monday

- "Reminiscing with Phil." Stop by for a cup of coffee, a cookie and let's chat about this, that, and other things, at 10 a.m.

Wednesdays

- Grab-bag BINGO from 10 to 11:15 a.m. Please bring a prize!
- 10-Point Pitch and Bridge from 12:30 to 3 p.m.

Thursday

- "Surfing the Internet." Learn the basics of Internet access and how to make it work for you, at 9:30 a.m.

Mondays and Fridays

- Games galore. Dominoes, Pitch, Rummikub and cards.
- Join us for brain-teasing board games and fun, from 12:30 to 3 p.m.

Public access computers – four work stations are available to the public from 8 a.m. to 3:30 p.m. Monday through Friday.

Special Event Programs

Dec. 2 Enjoy the music of Fine Wine at 10 a.m.

Dec. 7 Homestead Rehabilitation Center nurses will provide blood pressure screenings at 9 a.m.

Dec. 8 Monthly birthday celebration at 11:30 a.m. Recognition and free lunch to those celebrating a December birthday. The birthday lunch is restricted to the day of the party only. For reservations call 402-441-7151 before Tuesday, Dec. 6.

- *Happy Birthday to Rose Patras (31), Edith Kinbacher (28),Charles Jones (22), Carol Massing (26), Earl Robinett (20), Christil Gies (19)*

Dec. 9 Enjoy the music of August Moon.

- Holiday Lights CaraVAN Tour – Seating is limited. See page 1 for details.

Dec. 12 Foot care with Dr. Fountain at 9 a.m.

Dec. 13 Come and enjoy a holiday meal while listening to Jimmy Mack, at 10 a.m. Call 402-441-7151 for meal reservations before Thursday, Dec. 10.

Dec. 16 Enjoy the music of Countrified at 10 a.m.

Dec. 21 Asera Hospice Care nurses will provide blood pressure screenings at 9 a.m.

- "A Well-Seasoned Heart," nutrition handout by Denise Boyd, RD, at 10 a.m.

Dec. 23 Enjoy the music of the UnPaid Bills at 10 a.m.

Dec. 26 Aging Partners and all senior centers will be closed today for the Christmas holiday.

Dec. 30 Happy New Year! Join us to ring in the new year a little early. Festivities and the music of Fine Wine begins at 10 a.m.

Jan. 2 Aging Partners and all senior centers will be closed today for the New Year holiday.

Jan. 10 Commodities delivery, at 9 a.m.

Another FUN Fact About Christmas

The image of Santa Claus flying in a sleigh started in 1819.

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Bennet Center

American Legion Hall, 970 Monroe St.
Open: Tuesdays and Thursdays, 9 a.m. to 1 p.m.
Lunch served: noon
Manager: Paula Chamberlain, 402-416-7693
Reservations: 402-782-6780 (Phyllis) Thursdays

Tuesdays and Thursdays

- Games and cards at 10 a.m.

Special Event Programs

Dec. 1 Jackie Homan from Rainy Day Ceramics at 1 p.m.

Dec. 6 BINGO at 1 p.m.

Dec. 8 Crafts with Sharon Schweitzer, Lancaster Rehabilitation Center Marketing Director, at 1 p.m.

- Health Clinic: Good Samaritan Center nurses will provide blood pressure screenings at 11 a.m.

Dec. 13 December word game at 1 p.m.

Dec. 15 Enjoy the performance by Reuben Adkins at 1 p.m.

Dec. 20 Santa Claus trivia at 1 p.m.

Dec. 22 BINGO at 1 p.m.

- Recognition for those celebrating a December birthday. *Happy Birthday to Sandy Pettigrew (31)!*
- "A Well-Seasoned Heart," nutrition handout by Denise Boyd, RD.

Dec. 26 Aging Partners and all senior centers will be closed today for the Christmas holiday.

Dec. 27 Person, place or thing at 1 p.m.

Jan. 2 Aging Partners and all senior centers will be closed today for the New Year holiday.

Firth Center

Firth Community Center,311 Nemaha St.
Open: Mondays, 9 a.m. to 1 p.m.
Lunch served: 11:30 a.m.
Manager: Paula Chamberlain, 402-416-7693
Reservations: 402-416-7693 (Paula)

Mondays

- Games and cards at 10 a.m.

Special Event Programs

Dec. 5 "Time Machine Visit from a Civil War Vet," presented by Jerry Lippincott at 12:30 p.m.

Dec. 12 BINGO at 12:30 p.m.

- Recognition for those celebrating a December birthday. *Happy Birthday to Ilene Docter (15)!*

Dec. 19 Crafts with Doris Foster at 12:30 p.m.

- "A Well-Seasoned Heart," nutrition handout by Denise Boyd, RD.

Dec. 26 Aging Partners and all senior centers will be closed today for the Christmas holiday.

Jan. 2 Aging Partners and all senior centers will be closed today for the New Year holiday.

Hickman Center

Presbyterian Church,300 E. 3rd St.
Open: Wednesdays, 9 a.m. to 1 p.m.
Lunch served: 11:30 a.m.
Manager: Paula Chamberlain, 402-416-7693
Reservations: 402-792-2006 (Maxine)

Wednesdays

- Games and cards at 10 a.m.

Special Event Programs

Dec. 7 Jackie Homan from Rainy Day Ceramics at 12:30 p.m.

- "A Well-Seasoned Heart," nutrition handout by Denise Boyd, RD.

Dec. 14 BINGO at 12:30 p.m.

Dec. 21 Crafts with Sharon Schweitzer, Lancaster Rehabilitation Center Marketing Director, at 12:30 p.m.

Dec. 26 & Jan. 2 Aging Partners and all centers will be closed, for the Christmas and New Year holidays.

Dec. 28 White elephant gift exchange at 12:30 p.m.

- Health Clinic: Haven Manor nurses will provide blood pressure screenings at 11 a.m.

Jan. 2 Aging Partners and all senior centers will be closed today for the New Year holiday.

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402-476-1225

Waverly Center

First United Methodist Church,14410 Folkestone St.
Open: Fridays, 9 a.m. to 1 p.m.
Lunch served: 11:30 a.m.
Manager: Paula Chamberlain, 402-416-7693
Reservations: 402-416-7693 (Paula)

Fridays

- Games and cards at 10 a.m.

Special Event Programs

Dec. 2 BINGO at 12:30 p.m.

- Recognition for December birthdays.
- Health Clinic: Waverly Care Center nurses will provide blood pressure screenings.

Dec. 9 "Fun Around Nebraska," presented by Barb Tyler, Independence House Marketing Director, at 12:30 p.m.

- "A Well-Seasoned Heart," nutrition handout by Denise Boyd, RD.

Dec. 16 Jackie Homan from Rainy Day Ceramics at 12:30 p.m.

Dec. 23 Waverly Center closed.

Dec. 26 & Jan. 2 Aging Partners and all centers will be closed, for the Christmas and New Year holidays.

Dec. 30 Enjoy music by the Clefs, at 12:30 p.m.

Lancaster County

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Normal operating hours:
One-way fare: $2 — Additional Stop: $2
Round trip fare: $4 — 10-Punch Rider Card: $20

Outside normal operating hours:
One-way fare: $5 — Round trip fare: $10
Additional Stop: $5

- Each rider will be charged an additional boarding fare of $5 for a trip exceeding 100 miles or 6 hours in duration.
- A five-rider minimum is required for all trips scheduled outside normal operating hours.
- Trips accepted in the order received until vehicle capacity and/or driver availability is reached.
- Trips can be scheduled up to one month in advance of your trip.

Call 402-441-7031 for more details or to schedule a trip.

Aging Partners Health and Fitness

233 S. 10th St., Suite 101, Lincoln / 402-441-7575

2017 HAPPY NEW YEAR!

The Aging Partners Health and Fitness center is open from 8 a.m. to 4 p.m. Monday through Friday A certified personal trainer is available Tuesdays and Thursdays from 9 a.m. to 2 p.m. or by appointment. There is a $10 monthly suggested contribution for people age 60 and over and a $15 fee for people under age 60. All ages are welcome at the fitness center. If you are on a break from work, feel free to stop and check out all we have to offer. Cardio equipment, new strength training equipment, free weights, balance and other exercise aids are available at the center.

For most classes, there is a $4 per class suggested contribution for people age 60 and over or a $5 per class fee for people under age 60. Punch cards are available. Preregistration is required for all classes by calling the number above.

Beginners Tai Chi for Balance and Fall Prevention Class - Basic 8 Form *(eight-week sessions)*

Auld Recreation Center, 1650 Memorial Drive

This is a modified program for older adults. It is designed to improve posture, enhance balance and build strength. Participants are taught simple movements that are performed slowly.

- Thursdays, 9 to 10 a.m.
  Jan. 26 through March 23 (no class Feb. 16)
  March 30 through May 18

Traditional Tai Chi – 24 Form *(eight-week sessions)*

Auld Recreation Center, 1650 Memorial Drive

Tai Chi has been shown to reduce stress, enhance core strength and balance and stimulate mental clarity. Participants will practice slow and gentle Tai Chi movements while learning to incorporate healthy breathing techniques into each of the forms. Classes include full instruction.

- Fridays, 9 to 10 a.m.
  Jan. 27 through March 17
  March 24 through May 12

Tai Chi – Continuing 24 Form *(eight-week sessions)*

This class is suggested for those who have completed the 24 Form instructional classes.

- Auld Recreation Center, 1650 Memorial Drive
  Fridays, 10:15 to 10:45 a.m.
  Jan. 27 through March 17
  March 24 through May 12
- Cotner Center Condominium, 1540 Cotner Blvd.
  Mondays, 10:30 to 11 a.m.
  Jan. 23 through March 20 (no class Feb. 20)
  March 27 through May 15

Diabetes Self-Management Workshop

This free six-week program is designed to help you or someone you care for learn to live a healthy life with diabetes. This workshop was developed by Stanford University and will help you or someone you know learn how to: manage symptoms, including fatigue and depression; use relaxation techniques; eat healthy; improve your communication skills; use medication effectively; monitor your blood sugars; solve problems and set goals. It will help you increase your self-confidence, feel better and take charge! To register, or for more information, please contact Julie at 402-326-2904 or julie.chytil@nebraska.gov.

- Wednesdays, 1 to 3:30 p.m. Location to be determined.

Relax, Rejuvenate and Renew

Friday, April 28
9 a.m. to 2:30 p.m.
Southeast Community College
Jack Huck Continuing Education Center
301 S. 68th Street Place

This half-day mini retreat is for family caregivers or anyone looking to recharge their physical, emotional and spiritual batteries. Programs include "The Transformative Power of Music and Dream On," presented by Tracie Foreman;" "The Astonishing Power of Appreciation," presented by Debbie Way; and "Yoga for Relaxation and Stress Management," presented by Terri Swanson.

Registration deadline is Thursday, April 20.

Register online at http://bit.ly/RegisterCE or call 402-441-7575 or 402-437-2700 for a registration form.

AGING PARTNERS
A Pioneering Area Agency on Aging

UNMC Health Clinics

Co-sponsored with the University of Nebraska Medical Center

For additional clinic information, call 402-441-7575.
For transportation, call 402-441-7506.

University of Nebraska Medical Center

No Appointments Necessary!

Downtown Center

1005 "O" St., Lower Level

Clinic services are available to people age 60 and over. Please bring a list of your prescriptions and over-the-counter medications.

Schedule

Osteoporosis screenings are not available at the Downtown Clinic.

- Thursdays, 9:30 a.m. to 1:30 p.m.
  Dec. 1 (all services available)
  Dec. 15 (foot care only)
  Jan. 12 (foot care only)
  Jan. 26 (all services)
  Feb. 2, 9, 16 and 23 (all services)
  March 2, 9, 16 and 30 (all services)

Services Available

Comprehensive foot care, ear wax removal, blood glucose screenings, blood pressure screenings, cholesterol screenings and health promotion education.

Vermeer House Center

4000 S. 84th St. (located north of St. Mark's Church.)

Clinic services are available to people age 60 and over. Please bring a list of your prescriptions and over-the-counter medications.

Schedule

- Wednesdays, 9:30 a.m. to 1:30 p.m.
  Dec. 14 (foot care only)
  Jan. 11 (foot care only)
  Jan. 25 (all services)
  Feb. 1, 8, 15 and 22 (all services)
  March 1, 8, 15 and 29 (all services)

Services Available

Comprehensive foot care, blood glucose screenings, blood pressure screenings, cholesterol screenings, osteoporosis screenings and health promotion education..

A $15 suggested contribution will help us continue to provide services.

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The Miracle of the Poinsettia!

At Christmas in Mexico, most houses display the Poinsettia. Just as we have holly, mistletoe and the Christmas tree, the Mexicans have the poinsettia. They believe that the beautiful plant brings a blessing that will last all year. The tradition has existed since 1834 when a miracle occurred in a tiny village.

In those days, it was customary for people in the villages to take gifts to the Baby Jesus at Christmas Eve. Little Maria, a poor peasant girl had no gift, but she did so want to enter the church and see the Baby Jesus in his crib.

She stood outside, watching others as they entered carrying their gifts. Some took food while others took crochet, and lace work and others carried flowers. But little Maria had nothing. One lady passed her with a huge bundle of flowers in her arms. As she walked by, a leaf fell from the enormous bunch and landed at Maria's feet. She picked it up and thought, "I will take this leaf."

Others saw Maria pick up the leaf and smiled as she carefully wrapped it in her small handkerchief. And then, clutching her tiny gift, Maria entered the church.

She took her place at the end of the line of people waiting to make their offerings. Then at last, it was Maria's turn. She stretched out her arm and carefully opened her fingers to place the leaf on the altar in front of the crib.

There was a gasp from the adults who had seen Maria fold the leaf into her tiny handkerchief. For as her fingers separated, it was seen that the little peasant girl was now holding a beautiful flower. The miraculous bloom was formed like a star with brilliant scarlet leaves.

Word of the miracle spread quickly through the church and people fell to their knees. The gift of the Poinsettia came to be known as "The Flower of the Holy Night."

(By www.thestorytelling-resource-centre.com)

December Menu

AGING PARTNERS
A Pioneering Area Agency on Aging

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Menus subject to change. **All meals include 1% or fat-free milk and margarine.** ***Low-sodium entree available.**	**For the holiday meal there will be a $6 suggested meal contribution for people age 60 and over and a $9 fee for those under age 60. There is a $4 suggested transportation contribution for people age 60 and over.**		**1** Roast beef w/gravy Mashed potatoes Green bean casserole Raisin bread Apricots	**2** Glazed chicken Au gratin potatoes Mixed vegetables Whole wheat bread Fresh fruit
5 Tuna noodle casserole Country blend vegetables Whole wheat roll Peaches	**6** Beef stew Marinated vegetable salad Biscuit w/honey Banana cream flip	**7** Chicken and noodles Caesar salad w/dressing Low-sodium V-8 French bread Fruit cocktail	**8** Braised beef and mushrooms over mashed potatoes Scandinavian blend vegetables Whole wheat bread Mandarin cottage cheese salad	**9** Chicken salad on a whole wheat bun Potato chowder Barley black bean salad Crackers Apricots
12 **Christmas Meal** **Firth** Salisbury steak Brown rice Tossed salad Dressing Fruity muffins Gelatin pear salad	**13** **Christmas Meal** **Belmont, Bennet, Northeast** Beef goulash Orange glazed carrots Waldorf salad Whole grain bread Apricots	**14** **Christmas Meal** **Asian, Hickman** Tilapia w/lemon garnish Hash brown casserole Beets Whole wheat roll Fresh fruit	**15** **Christmas Meal** **Bennet, Downtown, Lake** Lasagna Diced carrots Coleslaw Garlic bread Pistachio salad	**16** **Christmas Meal** **Waverly, Maxey** Beef stroganoff Whole grain pasta Mixed vegetables Whole wheat bread Mandarin oranges
19 Creamed chicken over a biscuit Steamed corn Fruited coleslaw Warm scalloped apples	**20*** Polish sausage on a bun Sauerkraut garnish Scalloped potatoes Pea Salad Peaches	**21** Baked cod w/tartar sauce Lemon juice Seasoned rice and beans Tossed salad w/dressing Sourdough bread Lemon fruit cup	**22** Spaghetti bake Parmesan cheese Garlic bread Tossed salad w/dressing Peach half Pudding	**23** Chicken patty on a bun Au gratin potatoes Marinated carrot salad Applesauce
26 ***Aging Partners and all senior centers will be closed today for the Christmas holiday.***	**27** Salmon w/tartar sauce Lemon juice Baby bakers Cauliflower radish salad Raisin bread Tropical fruit	**28*** Ham slice Sweet potatoes Asparagus Gingerbread Whipped topping Applesauce	**29** Beef chili w/crackers Cheese garnish Vegetable gelatin salad Cinnamon roll Orange	**30** Chicken, mushroom and wild rice casserole Winter salad Whole grain bread Diced pears

December 14 to 18 holiday menu:
Stuffed chicken breast, twice baked potato, California vegetable casserole, whole wheat rolls, berry pie with ice cream.

December
Lite Choice Menu

AGING PARTNERS
A Pioneering Area Agency on Aging

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Menus subject to change. **All meals include 1% or fat-free milk and margarine.** **Condiments available for all sandwiches.**			**1** BBQ pork Bun Coleslaw Tropical Fruit Graham crackers	**2** Salmon salad on whole wheat bread Celery sticks Peanut butter Rice Krispie bar Fruit
5 BBQ beef sandwich on a Bun Green bean salad Chips Fruity California salad	**6** Polish Sausage on a bun Sauerkraut Potato salad Mandarin oranges	**7** Pimento cheese salad sandwich on whole grain bread Hard-boiled egg Low-sodium V-8 Fruit	**8** Tuna salad sandwich on whole grain bread Celery sticks Peanut butter Diced apples w/cinnamon Pudding	**9** Roast beef sandwich Vegetable soup Crackers Mixed fruit
12 Cheese sandwich Tomato soup w/crackers Carrot raisin salad Strawberries and banana salad	**13** Scrambled egg burrito w/shredded cheese, salsa and sour cream Fiesta beans Mixed fruit	**14** Roast beef and cheese sandwich Corn chowder Crackers Bread and butter pickles Banana	**15** Egg salad sandwich Chick pea salad Grape juice Oatmeal cookie	**16** Turkey sandwich 3-bean salad Granola bar Apple
19 Ham and cheese sandwich Mixed salad w/dressing Orange juice Rice Krispie bar	**20** Beef chili w/crackers Celery sticks Peanut butter Muffin Orange	**21** BBQ pork on a bun Coleslaw Graham crackers Tropical fruit	**22** Beef stew Cornbread Honey Fruit	**23** Roast beef sandwich Pea salad Raisins Cookie
26 ***Aging Partners and all senior centers will be closed today for the Christmas holiday.***	**27** Ham and cheese pasta salad Tomatoes Bread Orange	**28** Cold oven fried chicken Potato salad Baked beans Roll Mixed fruit cup	**29** Turkey and cheese sandwich Low-sodium V-8 One cup salad Nutri-grain bar	**30** Chicken corn chowder Pickled beets Salad Muffin Grapes