



DECEMBER ACTIVITY CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
2 Card Games & Billiards 9:00-4:30 Beg. Line Dance 9:00 Chair Exercise 12:00 Bunko 1:00	3 Knit/Crochet 9:00 Spades 9:00-11 CHAIR VOLLEYBALL 9:30-10:45 Bingo 12:30	4 Card Games & Billiards 9:00-4:30 Medicare Rob w/Care Plus 10:00 Bible History 10:00 Bingo 12:30	5 Knit/Crochet 9:00 Mexican Train 12:00 CHAIR VOLLEYBALL 2:00-3:30	6 Card Games & Billiards 9:00-4:30 Bingo-cize 10:00 Healthy Foods w/Christine Snyder 11:30 Bingo 12:30
9 Card Games & Billiards 9:00-4:30 Beg. Line Dance 9:00 Chair Exercise 12:00 Bunko 1:00	10 Knit/Crochet 9:00 Spades 9:00-11 CHAIR VOLLEYBALL 9:30-10:45 Bingo 12:30	11 Card Games & Billiards 9:00-4:30 Medicare Rob w/Care Plus 10:00 Bible History 10:00 Bingo 12:30	12 Knit/Crochet 9:00 Mexican Train 12:00 CHAIR VOLLEYBALL 2:00-3:30	13 Blood Pressure / Glucose Checks 8:30-10 Card Games & Billiards 9:00-4:30 Verizon Educational Handout 10:00 Bingo 12:30
16 Commodities Card Games & Billiards 9:00-4:30 Beg. Line Dance 9:00 Chair Exercise 12:00 Bunko 1:00	17 Knit/Crochet 9:00 Spades 9:00-11 CHAIR VOLLEYBALL 9:30-10:45 Bingo 12:30	18 Card Games & Billiards 9:00-4:30 Build Your Tech Skills w/Leah 9:30 Bible History 10:00 Bingo 12:30	19 Knit/Crochet 9:00 Mexican Train 12:00 CHAIR VOLLEYBALL 2:00-3:30	 20 9-10:30 Don't be late!
23 Card Games & Billiards 9:00-4:30 Beg. Line Dance 9:00 Chair Exercise 12:00 Bunko 1:00	24 Knit/Crochet 9:00 Spades 9:00-11 CHAIR VOLLEYBALL 9:30-10:45 Bingo 12:30	25 <i>Merry Christmas</i>  CLOSED	26 Knit/Crochet 9:00 Growing Bolder Series 10:00 - 10:30 Mexican Train 12:00 CHAIR VOLLEYBALL 2:00-3:30	27 Blood Pressure / Glucose Checks 8:30-10 Card Games & Billiards 9:00-4:30 Bingo-cize 10:00 Bingo 12:30 Birthday Celebration! 
30 Card Games & Billiards 9:00-4:30 Beg. Line Dance 9:00 Chair Exercise 12:00 Bunko 1:00	31 Knit/Crochet 9:00 Spades 9:00-11 CHAIR VOLLEYBALL 9:30-10:45 Bingo 12:30	 Join Us for Our Annual "Breakfast with Santa" Breakfast will be Served @ 9:00 Games! Prizes! Raffles 9-2 Let's Have Some FUN!		

***Haircuts By Donna / Set up Appointment with Donna!**

HOLIDAY HEALTH & SAFETY TIPS FOR OLDER ADULTS!

While the holidays are a time of gatherings with family and friends, they can also be a source of stress, as exercise schedules might be disrupted for shopping excursions and rich holiday meals make it difficult to adhere to a particular diet. Staying healthy can be a challenge during this time of year, especially for seniors.

1. Make healthy food choices
2. Follow exercises
3. Take breaks
4. Stay hydrated
5. Stick to a sleep schedule

SAFETY TIPS: The holidays can be a great chance to spend time with your loved ones. But with all the commotion of holiday celebrations comes the added risk of injuries and accidents for seniors.

1. Remove excess decorations and clutter from the floor.
2. Keep extension cords out of the way.
3. Use battery-powered candles instead of real.
4. Make sure there is ample lighting inside and outside the home.
5. Avoid using step stools or ladders when putting up decorations.

Happy Birthday

- Diana Fetterhoff
- Ron Fuller
- Dee Estevez
- Darlene Dornbush
- Troy McGee
- Lenny Reagan
- Lonnie Redding
- Rusty Fetterhoff



SENIOR CENTER OF KEYSTONE HEIGHTS



Lunch is Served: 11 am
Monday - Friday
Please Reserve Your Lunch
2 Days in Advance
(352) 473 - 7121



DECEMBER MEAL CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
2 Salisbury Steak Parsiled Whipped Potatoes Summer Veggies Dinner Roll Fruit Cup Milk	3 Pork Sausage Blackeyed Peas Collard Greens Hot Dog Bun Fruit Cup Mustard Milk	4 Beef & Bean Chili Corn Green Beans Saltine Crackers Fruit Milk	5 Breaded Chicken Patty Peas Glazed Carrots Hamburger Bun Fruit Milk	6 Taco Meat Pinto Beans Mexican Rice Lettuce/Tomato/Cheese Flour Tortilla Fruit Taco Sauce Milk
9 Swedish Meatballs Egg Noodles California Veggies Dinner Roll Fruit Cup Milk	10 BBQ Rib Patty Northern Beans Cabbage Wheat Bread Fruit Cup Milk	11 Sloppy Joe Dilled Carrots Brussel Sprouts Hamburger Bun Fruit Milk	12 Mushroom Chicken Peas Corn Dinner Roll Fruit Milk	13 Hamburger Patty w/Bun Baked Pinto Beans Whipped Potatoes Fudge Creme Cookie Mustard/Ketchup Milk
16 Meatloaf/Brown Gravy Delmonico Potatoes Herbed Green Beans Dinner Roll Fruit Cup Milk	17 Chicken Taco Meat Mexican Corn Mexican Rice Lettuce/Tomato/Cheese Flour Tortilla Fruit Cup Milk	18 Pork Sausage Lima Beans Garden Veggies Hot Dog Bun Fruit Cup Mustard Milk	19 Italian Macaroni Orange Carrots Peas Dinner Roll Fruit Milk	20 Glazed Ham Cheesy Whipped Potatoes Green Beans Amandine Dinner Roll Fudge Creme Cookie Milk
23 Meatballs w/Gravy Garlic Whipped Potatoes Spring Veggies Wheat Bread Fruit Cup Milk	24 Chicken/Sausage Jambalaya Country Corn Green Beans Dinner Roll Fruit Cup Milk	25 	26 BBQ Chicken Black-eyed Peas Turnip Greens Wheat Bread Fruit Milk	27 Swiss Steak Northern Beans Broccoli & Carrots Wheat Bread Fruit Milk
30 Salisbury Steak Parsiled Whipped Potatoes Summer Veggies Dinner Roll Fruit Cup Milk	31 Pork Sausage Blackeyed Peas Collard Greens Hot Dog Bun Fruit Cup Mustard Milk	Remember... 		

**Meals must be consumed on site and may contain or have been exposed to allergens such as: Dairy, Gluten, Soy, and Shellfish*

CONTACT US

CHRISTINE PAPPAS HANKINS
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Hours of Operation
Monday - Friday
8:30 AM till 4:30 PM
(352) 473 - 7121

 agingtrue.org/clay-county

 facebook.com/agingtrue

OTHER LOCATIONS

Green Cove Springs
604 Walnut Street
Green Cove Springs, FL 32043
(904) 284 - 3134

Middleburg
3916 Section Street
Middleburg, FL. 32068
(904) 291 - 3520

Orange Park
414 Stowe Avenue
Orange Park, FL. 32073
(904) 269 - 4731

OTHER SERVICES

- Meals on Wheels
- Case Management
- Mental Wellness
- Long Term Care
- In-home Services
- Respite Care
- R.E.L.I.E.F. Program
- Adult Day Health Services
- Utility Assistance (EHEAP)