

December ACTIVITY CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
2 Bingo- 10AM Rummikub- 12:30PM 9am National Institute On Aging Handout	3 Exercise Class- 9:15AM Line Dance Int. 9:30AM Beg. 10:30AM Pokeno 1PM Arts/Crafts 1PM	4 Bingo 10AM Rummikub 12:30PM Knit/Crochet By Appt 9am Armchair Travel	5 Exercise Class- 9:15AM Karaoke 10AM Bible Study 1030am Line Dance 1pm	6 Rummikub- 10AM Line dance- 10:45AM Pinochle- 12:30PM Bingo- 1PM
9 Bingo- 10AM Rummikub- 12:30PM 11th Depression Awareness	10 Exercise Class- 9:15AM Line Dance Int. 9:30AM Beg. 10:30AM Pokeno 1PM Arts/Crafts 1PM	11 Bingo 10AM Rummikub 12:30PM Knit/Crochet By Appt 10am Tech Help	12 Exercise Class- 9:15AM Karaoke 10AM Bible Study 1030am Line Dance 1pm	13 Rummikub- 10AM Line dance- 10:45AM Pinochle- 12:30PM Bingo 1pm 930am Medicare Presentation
16 Bingo- 10AM Rummikub- 12:30PM	17 Exercise Class- 9:15AM Line Dance . 9:30AM Beg. 10:30AM Pokeno 1PM Arts/Crafts 1PM	18 Bingo 10AM Rummikub 12:30PM Knit/Crochet By Appt	19 Exercise Class- 9:15AM Bible Study- 10:30AM Line dance 1PM 10am Hair Cuts 10am Tatted Remnants Musical Band	20 Line Dance 1045AM Rummikub 12:30PM Knit/Crochet By Appt Bingo 1PM
23 Bingo- 10AM Rummikub- 12:30PM 9am Christmas Praty	24 Exercise Class 9:15AM Line Dance Int. 9:30AM Beg. 10:30AM Pokeno 1PM Arts/Crafts 1PM	25 MERRY CHRISTMAS CLOSED	26 Exercise Class- 9:15AM Karaoke 10AM Bible Study 1030am Line Dance 1pm	28 Rummikub- 10AM Line dance- 10:45AM Pinochle- 12:30PM Bingo 1pm
Bingo- 10AM Rummikub- 12:30PM	31 Exercise Class- 9:15AM Line dance 930AM			

Special Events

- December 2nd 9am National Institute On Aging Handout
- December 4th 9am Armchair Travel
- December 9th 11am Depression Awareness
- December 11th Tech Help
- December 13th 930 Medicare Presentation
- December 19th 10am Hair Cuts/10am Live Musical Band called the Tatted Remnants
- December 25th Merry Christmas

REMINDER

Meals are served from 12:00 PM - 1:00 PM, Monday - Friday and require a 2-day advance reservation. To reserve a meal, please call or stop by your local center to sign up. Meals must be consumed on site and may contain or have been exposed to allergens such as Dairy, Gluten, Soy, and Shellfish

MANAGEMENT

Ishtar Jorden
Senior Center Supervisor
(904) 291 - 3520
ijorden@agingtrue.org

FOR ADDITIONAL ASSISTANCE
ISHTAR JORDEN AND
HECTOR JIMENEZ
ARE AVAILABLE

December LUNCH MENU

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

CONTACT US

3916 Section Street
 Middleburg, FL.
 32068

(904) 291 - 3520

Hours of Operations

Monday - Friday

9:00 AM till 4:30 PM

Saturday - Sunday

Office Closed

agingtrue.org/clay-county/

[facebook.com/agingtrue](https://www.facebook.com/agingtrue)

OTHER LOCATIONS

Keystone Heights

125 N.E. Commercial Circle
 Keystone Heights, FL. 32656
 (352) 473 - 7121

Green Cove Springs

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

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)