

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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"January is the threshold to new possibilities; dare to step forward and embrace the unknown"

*Happy New Year*

**SPARK IS CLOSED TODAY** 1 2

Turkey Burger on Bun with Roasted Peppers & Provolone, Wild & Brown Rice Pilaf, Steamed Broccoli, Milk	<b>B-day Lunch:</b> Pasta with Meatballs, Peas, Cold Pears, Milk	<b>Cold Meal:</b> Tuna Salad Sandwich, Coleslaw, Fruit Salad, Milk	Pork Pozole (Mexican Stew), Rice, Capri Vegetables, Milk	Three Bean Chili with Bulgar Wheat, Confetti & Pea Vegetables, Cold Apples, Milk
<b>10am</b> Fit for the Future (\$4) <b>10am</b> Whist/Other Games <b>12:30pm</b> BINGO w/ Sunrise Senior Center* <b>2pm</b> Korean Bong Sul <b>3pm</b> Korean Table Tennis <b>4pm</b> Korean Choir Class <b>5</b>	<b>10am</b> Tai Chi (\$4) <b>10am</b> Crafts with Friends <b>12 pm</b> PA Health & Wellness B-day Celebration & Program* <b>12:30pm</b> Legislator Letter Writing Campaign* <b>1pm</b> Game Club <b>1pm</b> Korean Dance & Drums <b>1:30pm</b> Korean Origami <b>3:30pm</b> Korean Smart Phone Class <b>6</b>	<b>10am</b> Wii Bowling <b>10am</b> Fit for the Future (\$4) <b>10am</b> Medicare Counseling by Appt** <b>12:30pm</b> Brain Boosters w/ Dresher Estates* <b>12:45pm</b> Progressive Pinochle <b>2pm</b> Korean Bong Sul <b>2:30pm</b> Korean Drawing <b>7</b> <b>3:30pm</b> Korean Sax	<b>THEME THURSDAY: WINTER WONDERLAND</b> <b>10:45am</b> Chair Yoga (\$4) <b>11:30am</b> Yoga (\$4) <b>12:30pm</b> Why Your Water Matters w/ NPWA* <b>1pm</b> Korean Women's Bong Sul <b>2pm</b> Korean Line Dancing <b>3pm</b> ESL for Koreans <b>3pm</b> Korean Sax <b>8</b> <b>4pm</b> Korean Creative Music Talk	<b>10:30am</b> Grief Support <b>10:30am</b> Colorectal Cancer Awareness w/ Fox Chase* <b>11am-1pm</b> Tech Tutor Appts** <b>12:30pm</b> Bingo <b>12:30pm</b> Korean Beg. Drums <b>1:30pm</b> Korean Kalimba <b>2pm</b> Korean Bong Sul <b>3pm</b> Korean Book Club <b>9</b> <b>3pm</b> Korean Sax

Meatloaf with Gravy, Mashed Potatoes, Mixed Vegetables, Milk	Sweet Italian Sausage & Peppers, Roasted Potatoes, Steamed Peas, Milk	Paprika Chicken with Brown & Wild Rice Pilaf, Peas & Carrots, Cold Pears, Milk	Turkey with Gravy, Stuffing, Glazed Sweet Potatoes, Green Beans, Milk	Crab Cake Sandwich with Tartar Sauce, Cauliflower, Cold Peaches, Milk
<b>Tax Appt Scheduling open for Gold and Lifetime Members*</b> <b>10am</b> Fit for the Future (\$4) <b>10am</b> Whist/Other Games <b>12:30pm</b> Prayer Care <b>2pm</b> Korean Bong Sul <b>3pm</b> Korean Table Tennis <b>4pm</b> Korean Choir Class <b>12</b>	<b>8am-12pm</b> AARP Day 1 of 2* <b>9am</b> Breakfast Club @ Peeps* <b>10am</b> Tai Chi (\$4) <b>10am</b> Storytime w/ Josephine* <b>10am-12pm</b> State Rep. Malagari Office Hours** <b>12:30pm</b> MCOAS Diabetes Prevention Program* <b>1pm</b> Game Club <b>1pm</b> Korean Dance & Drums <b>1:30pm</b> Korean Origami <b>3:30pm</b> Korean Smart Phone Class <b>13</b>	<b>8am-12pm</b> AARP Day 2 of 2* <b>10am</b> Wii Bowling <b>10am</b> Fit for the Future (\$4) <b>10am</b> Medicare Counseling by Appt** <b>12:30pm</b> Dementia Awareness & At Home Resources* <b>12:45pm</b> Progressive Pinochle <b>2pm</b> Korean Bong Sul <b>2:30pm</b> Korean Drawing <b>14</b> <b>3:30pm</b> Korean Sax	<b>10:45am</b> Chair Yoga (\$4) <b>11:30am</b> Yoga (\$4) <b>12:30pm</b> Trivia with Nancy <b>1pm</b> Korean Women's Bong Sul <b>2pm</b> Korean Line Dancing <b>3pm</b> ESL for Koreans <b>3pm</b> Korean Sax <b>15</b> <b>4pm</b> Korean Creative Music Talk	<b>10:30am</b> Art of Self Care* <b>11am-1pm</b> Tech Tutor Appts** <b>12:30pm</b> Bingo <b>12:30pm</b> Korean Beg. Drums <b>1:30pm</b> Korean Kalimba <b>2pm</b> Korean Bong Sul <b>3pm</b> Korean Book Club <b>16</b> <b>3pm</b> Korean Sax

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Roasted Chicken Thighs, Sweet Potatoes, Green Beans, Blueberry Buckle, Milk</p> <p><b>Tax Appt Scheduling open for All Eligible Households*</b></p> <p><b>10am</b> Fit for the Future (\$4)</p> <p><b>10am</b> Whist/Other Games</p> <p><b>12:30pm MLK Day of Service: Sleeping Mat Project*</b></p> <p><b>12pm</b> Korean Bong Sul</p> <p><b>3pm</b> Korean Table Tennis</p> <p><b>4pm</b> Korean Choir Class <b>19</b></p>	<p><b>Cold Meal:</b> Imitation Crab Salad on Bed of Lettuce w/ Grape Tomatoes, Garden Pea Confetti Salad, Cheddar Cheese Cubes, Milk</p> <p><b>10am</b> Tai Chi (\$4)</p> <p><b>10:30am Sounds of Motown with Damian*</b></p> <p><b>12:30pm MCOAS Diabetes Prevention Program*</b></p> <p><b>1pm</b> Game Club</p> <p><b>1pm</b> Korean Dance &amp; Drums</p> <p><b>1:30pm</b> Korean Origami</p> <p><b>3:30pm</b> Korean Smart Phone Class <b>20</b></p>	<p>Swedish Meatballs with Egg Noodles, Peas, Cold Pears, Milk</p> <p><b>10am</b> Wii Bowling</p> <p><b>10am</b> Fit for the Future (\$4)</p> <p><b>10am Medicare Counseling by Appt**</b></p> <p><b>12:45pm</b> Progressive Pinochle</p> <p><b>12:45pm Advisory Council**</b></p> <p><b>2pm</b> Korean Bong Sul</p> <p><b>2:30pm</b> Korean Drawing</p> <p><b>3:30pm</b> Korean Sax <b>21</b></p>	<p>Philly Roast Pork Sandwich on Hoagie Roll, Cauliflower, Cold Peaches, Milk</p> <p><b>10:45am</b> Chair Yoga (\$4)</p> <p><b>11:30am</b> Yoga (\$4)</p> <p><b>12:30pm AARP Veteran's Presentation*</b></p> <p><b>12:30pm</b> MontCo Assoc/Blind</p> <p><b>1pm</b> Korean Women's Bong Sul</p> <p><b>2pm</b> Korean Line Dancing</p> <p><b>3pm</b> ESL for Koreans</p> <p><b>3pm</b> Korean Sax</p> <p><b>4pm</b> Korean Creative Music Talk <b>22</b></p>	<p>Roasted Tilapia with Lemon Rice, Capri Vegetables, Oven Roasted Tomatoes, Milk</p> <p><b>10:30am Philly History pt 2 w/ Norm Dannis*</b></p> <p><b>10:30am</b> Grief Support</p> <p><b>11am-1pm Tech Tutor Appts**</b></p> <p><b>12:30pm</b> Bingo</p> <p><b>12:30pm</b> Korean Beg. Drums</p> <p><b>1:30pm</b> Korean Kalimba</p> <p><b>2pm</b> Korean Bong Sul</p> <p><b>3pm</b> Korean Book Club</p> <p><b>3pm</b> Korean Sax <b>23</b></p>
<p>French Toast with Syrup &amp; Butter, Peaches &amp; Granola, Scrambled Eggs, Milk</p> <p><b>10am-2pm GMU SLP Students on Site*</b></p> <p><b>10am</b> Fit for the Future (\$4)</p> <p><b>10am</b> Whist/Other Games</p> <p><b>12pm Book Club*</b></p> <p><b>12:30pm</b> Prayer Care</p> <p><b>2pm</b> Korean Bong Sul</p> <p><b>3pm</b> Korean Table Tennis</p> <p><b>4pm</b> Korean Choir Class <b>26</b></p>	<p>Baked Mac &amp; Cheese, Stewed Tomatoes, Steamed Green Beans, Milk</p> <p><b>10am</b> Tai Chi (\$4)</p> <p><b>10:30am Overnight Bus Trip Presentation*</b></p> <p><b>12pm Legal Consultations**</b></p> <p><b>12:30pm MCOAS Diabetes Prevention Program*</b></p> <p><b>1pm</b> Game Club</p> <p><b>1pm</b> Korean Dance &amp; Drums</p> <p><b>1:30pm</b> Korean Origami</p> <p><b>3:30pm</b> Korean Smart Phone Class <b>27</b></p>	<p><b>Special Lunch (\$10):</b> Chicken and Dumplings, Root Vegetable Medley, Apple Pie, Milk</p> <p><b>10am</b> Wii Bowling</p> <p><b>10am</b> Fit for the Future (\$4)</p> <p><b>10am Medicare Counseling**</b></p> <p><b>10am-12pm State Sen. Collett Office Hours**</b></p> <p><b>11:30am Special Lunch w/ John Conklin Entertainment (\$10)*</b></p> <p><b>12:45pm</b> Progressive Pinochle</p> <p><b>2pm</b> Korean Bong Sul</p> <p><b>2:30pm</b> Korean Drawing</p> <p><b>3:30pm</b> Korean Sax <b>28</b></p>	<p>Beef Stroganoff with Egg Noodles, Mixed Vegetables, Cold Peaches, Milk</p> <p><b>10:45am</b> Chair Yoga (\$4)</p> <p><b>11:30am</b> Yoga (\$4)</p> <p><b>12:30pm Internet Safety Program*</b></p> <p><b>1pm</b> Korean Women's Bong Sul</p> <p><b>2pm</b> Korean Line Dancing</p> <p><b>3pm</b> ESL for Koreans</p> <p><b>3pm</b> Korean Sax</p> <p><b>4pm</b> Korean Creative Music Talk <b>29</b></p>	<p>Caribbean Flounder over Dirty Rice, Roasted Potatoes, Broccoli, Milk</p> <p><b>10:30am Food for Thought*</b></p> <p><b>11am-1pm Tech Tutor Appts**</b></p> <p><b>12:30pm</b> Bingo</p> <p><b>12:30pm</b> Korean Beg. Drums</p> <p><b>1:30pm</b> Korean Kalimba</p> <p><b>2pm</b> Korean Bong Sul</p> <p><b>3pm</b> Korean Book Club</p> <p><b>3pm</b> Korean Sax <b>30</b></p>

- **Items with \*** are Special Programming for this month. Additional information is available in the "Special Program Descriptions" section of our newsletter or at the front desk of either Center.
- **Items with \*\*** are Resources & Services with additional information available in the "Illuminate Your Options" section of our website or electronic newsletter.
- Our center is open 8am - 4pm, Mon-Fri, with access to self-organized Rummikub, Puzzles, Card Games, Chess, and Creative Coloring. See Sabrina or a greeter at the front desk for questions or to access materials.

**Programs are free unless otherwise indicated.**



Scan me

Detailed descriptions for all of our regular and recurring programming can be found on our website:  
[www.sparkseniorcenters.org](http://www.sparkseniorcenters.org)  
or scan the QR code.