

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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"January is the first blank page of a 365-page book, write it boldly."

Happy New Year

SPARK IS CLOSED TODAY

Baked Cod, Roasted Tomatoes with Mac & Cheese, Mandarin Oranges, Milk

10am Wii Sports or Jeopardy
1pm Model Building
1:30pm Stretch & Tone (\$4)

Chicken Marsala, Long Grain & Wild Rice, Green Beans & Carrots, Peaches, Whole Grain Roll & Butter, Milk

9:15am Tai Chi (\$5)
9:30-10:45am BP Screenings*
10:30am NEW! Fitness Drumming w/ Lisa (\$4)*
11am Help Yourself to Healthy Living: Aging Well & Living Better*
1:30pm Art Class (\$5)
1:30pm Bingo for Bucks

Sloppy Joe on Whole Grain Bun, Chips, Cole Slaw, Cookie, Milk

9-10:20am Haircuts
9:15am Pilates Strength (\$4)*
9:30am Group Trivia
10am Stamp Club
10:30am Scrabble
12:30pm Pinochle
1pm Mahjong
1pm Hunt/Fish Club*
1:30pm "Dance w/ Lysandra" Class (\$4)
1:30pm Stretch & Tone (\$4)*

Eggplant Parmesan, Green Salad, Whole Grain Roll & Butter, Mandarin Oranges, Milk

8am Chess
9:15am Tai Chi (\$5)
9:30am Coloring for Calmness
9:30am-2pm Social Services Appts w/ Tara**
10am Ping Pong*
10:30am-12pm Cash for Gold*
10:30am-12pm Tech Tutoring Appts w/ Ed**
1pm Rummikub
1pm AARP Veteran's Presentation*

Chicken Pot Pie in Puff Pastry, Green Beans, Pudding, Milk

THEME THURSDAY: WINTER WONDERLAND
9am Wood Carving
9am Medicare Counseling Appts**
9:30am Stitch & Chat
12:30pm Advisory Council **
12:30pm Bridge
12:30pm Skip-Bo
1pm Table Toppers*
1:30pm Tone & Balance (\$4)

Baked Haddock, Rice Pilaf, Vegetable Medley, Cookie, Milk

10am Wii Sports or Jeopardy
11am State Rep Scheuren Office Resource Hour**
1pm Model Building*
1pm Happy? Ya! Ya! Crew: Let's Get Moving*
1:30pm Stretch & Tone (\$4)

Grilled Cheese on Whole Grain Bread, Low Sodium Vegetable Soup, Peaches, Milk

Tax Appt Scheduling open for Gold and Lifetime Members*
9:15am Tai Chi (\$5)
10:30am NEW! Fitness Drumming w/ Lisa (\$4)*
1:30pm Art Class (\$5)
1:30pm Bingo for Bucks

Sweet & Tangy Cranberry Chicken, Brown Rice, Broccoli, Fruit Cup, Milk

9am Breakfast Club @ Peeps Diner*
9:15am Pilates Strength (\$4)*
9:30am Group Trivia
10:30am Scrabble
12:30pm Pinochle
1pm Mahjong
1:30pm Book Club*
1:30pm "Dance w/ Lysandra" Class (\$4)

Fish & Chips with Tartar Sauce, Glazed Carrots, Pineapple Slaw, Pudding, Milk

8am Chess
9:15am Tai Chi (\$5)
9:30am Coloring for Calmness
10:30am Good Shepherd Rehab*
10:30am-12pm Tech Tutoring Appts w/ Ed**
1pm Music BINGO w/ Senior Living Specialists*
1pm Rummikub

Meatloaf with Mushroom Gravy, Mashed Potatoes, Green Beans, Cookie, Whole Grain Roll & Butter, Milk

9am Wood Carving
9:30am Stitch & Chat
12:30pm Bridge
12:30pm Skip-Bo
1:30pm Tone & Balance (\$4)

Mixed Greens Salad with Grilled Chicken, Cranberries, Pepitas, & Feta, Pear Salad, Corn Muffin Mandarin Oranges, Milk

10am Wii Sports or Jeopardy
10:45am Overnight Bus Trip Presentation*
1pm Model Building*
1:30pm Stretch & Tone (\$4)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Open Faced Turkey Sandwich on Whole Wheat Bread, Cranberry Sauce, Mixed Vegetables, Peaches, Milk</p> <p>Tax Appt Scheduling open for All Eligible Households*</p> <p>9:15am Tai Chi (\$5)</p> <p>10:30am NEW! Fitness Drumming w/ Lisa (\$4)*</p> <p>1pm MLK Day of Service-Sleeping Mat Project*</p> <p>1:30pm Art Class (\$5)</p> <p>1:30pm Bingo for Bucks 19</p>	<p>Tilapia, Green Salad, Whole Grain Roll & Butter, Cookie, Milk</p> <p>9-10:20 Haircuts by Appt (\$10)*</p> <p>9:15am Pilates Strength (\$4)*</p> <p>9:30am Group Trivia</p> <p>10:30am Scrabble</p> <p>12:30pm Pinochle</p> <p>1pm Mahjong</p> <p>1pm Hunt & Fish Club*</p> <p>1:30pm "Dance w/ Lysandra" Class (\$4) 20</p>	<p>Baked Macaroni & Cheese, Stewed Tomatoes, Green Beans, Pudding, Milk</p> <p>8am Chess</p> <p>9:15am Tai Chi (\$5)</p> <p>9:30am Coloring for Calmness</p> <p>9:30am-2pm Social Services Appts w/ Tara**</p> <p>10am Ping Pong*</p> <p>12:30pm Legislator Letter Writing Campaign*</p> <p>10:30am-12pm Tech Tutoring Appts w/ Ed**</p> <p>1pm Rummikub</p> <p>1pm Oscar Hammerstein* 21</p>	<p>SPECIAL LUNCH (\$10): Beef Stew, Mixed Green Salad, Whole Grain Roll & Butter, Cherry or Apple Pie, Milk</p> <p>9am Wood Carving</p> <p>9am Medicare Counseling Appts**</p> <p>9:30am Stitch & Chat</p> <p>10am-2pm GMU SLP Students First Day*</p> <p>12-1:30pm Special Lunch w/ Mummies (\$10)</p> <p>12:30pm Bridge</p> <p>12:30pm Skip-Bo</p> <p>1:30pm Tone & Balance (\$4) 22</p>	<p>Spaghetti with Marinara Sauce, Italian Sausage, Caesar Salad, Fruit Cup, Milk</p> <p>10am Wii Sports or Jeopardy</p> <p>1pm Model Building*</p> <p>1pm Happy? Ya! Ya! Crew: Let's Get Moving*</p> <p>1:30pm Stretch & Tone (\$4) 23</p>
<p>Beef Taco Salad, Brown & Whole Grain Rice, Tortilla Chips, Pineapple, Cookie, Milk</p> <p>9:15am Tai Chi (\$5)</p> <p>10:30am NEW! Fitness Drumming w/ Lisa (\$4)*</p> <p>1:30pm Art Class (\$5)</p> <p>1:30pm Bingo for Bucks 26</p>	<p>Scrambled Eggs with Cheddar Cheese, 1/2 Belgian Waffle, Turkey Sausage, Mandarin Oranges, Milk</p> <p>9:15am Pilates Strength (\$4)*</p> <p>9:30am Group Trivia</p> <p>10:30am Scrabble</p> <p>12:30pm Pinochle</p> <p>1pm Mahjong</p> <p>1:30pm "Dance w/ Lysandra" Class (\$4) 27</p>	<p>B-day Lunch: Meatball Sandwich with Marinara & Parmesan, Roasted Potatoes, Green Salad, Fruit, Milk</p> <p>8am Chess</p> <p>9:15am Tai Chi (\$5)</p> <p>9:30am Coloring for Calmness</p> <p>10:30am-12pm Tech Tutoring Appts w/ Ed**</p> <p>1pm Rummikub</p> <p>1pm PA Health & Wellness B-day Celebration & Painting Activity* 28</p>	<p>Roast Pork w/ Gravy, Mashed Potatoes, Sauerkraut, Green Salad, Whole Grain Dinner Roll & Butter, Pudding, Milk</p> <p>9am Wood Carving</p> <p>9:30am Stitch & Chat</p> <p>10am-2pm GMU SLP Students*</p> <p>12:30pm Bridge</p> <p>12:30pm Skip-Bo</p> <p>1:30pm Tone & Balance (\$4) 29</p>	<p>Crab Cake with Old Bay Mayo, Whole Grain Dinner Roll & Butter, Lettuce & Tomato, Sweet Potato Fries, Mandarin Oranges, Milk</p> <p>9:30am Veterans' Coffee Catch-Up*</p> <p>10am Wii Sports or Jeopardy</p> <p>10am Healthy Steps in Motion (Pre-Registration required)*</p> <p>1pm Model Building*</p> <p>1:30pm Stretch & Tone (\$4) 30</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, including access to our fitness room, library, pool table, and ample space for relaxing, socializing, game playing, puzzling etc.

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
or scan the QR code.