

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Beef Stroganoff with Egg Noodles, Mixed Vegetables, Cold Peaches, Milk</p> <p><b>10am-2pm</b> GMU Speech Language Pathology Students (Last Day)</p> <p><b>10am</b> Fit for the Future (\$4)</p> <p><b>10am</b> Whist/Other Games</p> <p><b>12:30pm</b> Aetna Medicare 101*</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>1</b></p>	<p>Sweet Italian Sausage, Roasted Potatoes, Steamed Peas, Milk</p> <p><b>10am</b> Tai Chi (\$4)</p> <p><b>10am</b> Crafts with Friends*</p> <p><b>11:30am-2:30pm</b> GMU OT Health Assessments*</p> <p><b>12pm</b> Safe Food Storage Trivia (during lunch)*</p> <p><b>1pm</b> Game Club</p> <p><b>1pm</b> Korean Dance/Drums</p> <p><b>1:30pm</b> Korean Origami</p> <p><b>3:30pm</b> Korean Smart Phone Class <b>2</b></p>	<p>Roasted Chicken Thighs, Sweet Potatoes, Green Beans, Blueberry Buckle, Milk</p> <p><b>8am-12pm</b> AARP 4hr Class*</p> <p><b>9am</b> B'Fast Club @ West Main Diner*</p> <p><b>10am</b> Wii Bowling</p> <p><b>10am</b> Fit for the Future (\$4)</p> <p><b>10am</b> Medicare Counseling by Appt**</p> <p><b>12:30pm</b> Plan Ahead Pannel*</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>3</b></p>	<p>Cheese Stuffed Shells, Crushed Tomato Sauce, Broccoli, Mixed Vegetables, Milk</p> <p><b>THEME THURSDAY: Ugly Sweater Day*</b></p> <p><b>9am</b> Yoga (\$4)</p> <p><b>10:15am</b> Chair Yoga (\$4)</p> <p><b>12:30pm</b> Gov't Benefits Update*</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>4</b></p>	<p>Swedish Meatballs, Egg Noodles, Peas, Cold Pears, Milk</p> <p><b>10:30am</b> Movement and Mindfulness Class*</p> <p><b>11am-1pm</b> Tech Tutor Appts**</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>5</b></p>
<p>Waffles and Turkey Sausage Patty, Breakfast Potatoes, Collard Greens, Milk</p> <p><b>10am</b> Fit for the Future (\$4)</p> <p><b>10am</b> Whist/Other Games</p> <p><b>11:30am</b> Movie Matinee &amp; Lunch*</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>8</b></p>	<p>Roasted Tilapia with Lemon Rice, Capri Vegetables, Roasted Tomatoes, Milk</p> <p><b>10am</b> Tai Chi (\$4)</p> <p><b>10am</b> Storytime w/ Josephine*</p> <p><b>10:45am</b> Library for Accessible Media Presentation*</p> <p><b>10am-12pm</b> State Rep. Malagari Office Hours**</p> <p><b>1pm</b> Game Club</p> <p><b>1pm</b> Korean Dance/Drums</p> <p><b>1:30pm</b> Korean Origami</p> <p><b>3:30pm</b> Korean Smart Phone Class <b>9</b></p>	<p>Baked Mac &amp; Cheese, Roasted Peppers, Steamed Green Beans, Milk</p> <p><b>10am</b> Wii Bowling</p> <p><b>10am</b> Fit for the Future (\$4)</p> <p><b>10am</b> Medicare Counseling by Appt**</p> <p><b>12:30pm</b> Baby Picture Matching*</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>10</b></p>	<p>White Chicken Chili, Brown Rice, Roasted Zucchini &amp; Tomatoes, Milk</p> <p><b>9am</b> Yoga (\$4)</p> <p><b>10:15am</b> Chair Yoga (\$4)</p> <p><b>12:30pm</b> White Elephant Gift Exchange*</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>11</b></p>	<p>Chicken Pot Pie, Cauliflower, Cold Apples, Milk</p> <p><b>10:30am</b> Grief Support</p> <p><b>10:30am</b> Winter Safety w/ Deb Jankowski*</p> <p><b>11am-1pm</b> Tech Tutor Appts**</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</p> <p><b>4:30-7:30pm</b> Korean Programming Showcase* <b>12</b></p>
<p>Turkey with Gravy, Stuffing, Glazed Sweet Potatoes, Green Beans, Milk</p> <p><b>10am</b> Fit for the Future (\$4)</p> <p><b>10am</b> Whist/Other Games</p> <p><b>10am-12pm</b> State Sen. Collett Office Hours (special date)**</p> <p><b>12:30pm</b> Veterans' Resource Group w/ Rob*</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>15</b></p>	<p>Caribbean Flounder over Dirty Rice, Roasted Potatoes, Broccoli, Milk</p> <p><b>10am</b> Tai Chi (\$4)</p> <p><b>10:30am</b> Kwanza and Christmas Traditions w/ Dr. Lewis-Campbell *</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>16</b></p>	<p><b>Special Lunch (\$5):</b> Ham Steak with Pineapple, Mashed Potatoes, Brussels Sprouts, Milk, Holiday Cookies</p> <p><b>10am</b> Wii Bowling</p> <p><b>10am</b> Fit for the Future (\$4)</p> <p><b>10am</b> Medicare Counseling by Appt**</p> <p><b>11:30am</b> Special Lunch (\$5)*</p> <p><b>12:15pm</b> Dillon Scott on Viola*</p> <p><b>12:45pm</b> Advisory Council**</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>17</b></p>	<p>Pasta with Meatballs, Peas, Cold Pears, Milk</p> <p><b>9am</b> Yoga (\$4)</p> <p><b>10:15am</b> Chair Yoga (\$4)</p> <p><b>12:30pm</b> MontCo Assoc/Blind</p> <p><b>12:30pm</b> Pen Pal info session with Boys &amp; Girls Club*</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>18</b></p>	<p>Pot Roast Dinner, Steamed Green Beans, Cold Peaches, Milk</p> <p><b>10:30am</b> Food for Thought*</p> <p><b>11am-1pm</b> Tech Tutor Appts**</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>19</b></p>

# SPARK of Lansdale Senior Center DECEMBER 2025

Lunch is served daily from 11:30 am - 12:30 pm.  
Advanced Reservations are required.  
Call 215-362-7432 for all lunch or program reservations and appts.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Pork Pozole (Mexican Stew), Rice, Capri Vegetables, Milk</p> <p><b>10am</b> Fit for the Future (\$4) <b>10am</b> Whist/Other Games <b>12pm PA Health &amp; Wellness Bday Celebration and Program*</b> <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>22</b></p>	<p>General Tso Chicken, Fried Rice, Broccoli, Milk</p> <p><b>10am</b> Tai Chi (\$4) <b>12pm Legal Consultations**</b> <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>23</b></p>	<p>Meatloaf with Gravy, Mashed Potatoes, Mixed Vegetables, Milk</p> <p><b>10am</b> Wii Bowling <b>10am</b> Fit for the Future (\$4) <b>10am</b> Medicare Counseling by Appt** <b>12:45pm</b> Progressive Pinochle <b>CLOSING AT 2PM</b> <b>2pm</b> Korean Bong Sul <b>2:30pm</b> Korean Drawing <b>3:30pm</b> Korean Sax <b>24</b></p>	 <p><b>CLOSED FOR CHRISTMAS</b></p>	<p><b>9am-2pm Red Cross Blood Drive 26</b></p>
<p>Mini Pancakes, Turkey Sausage, Scrambled Eggs, Spinach, Milk</p> <p><b>10am</b> Fit for the Future (\$4) <b>10am</b> Whist/Other Games <b>12pm</b> Book Club* <b>12:30pm Karaoke Fun*</b> <b>2pm</b> Korean Bong Sul <b>3pm</b> Korean Table Tennis <b>4pm</b> Korean Choir Class <b>29</b></p>	<p>Sweet Italian Sausage, Roasted Potatoes, Steamed Peas, Milk</p> <p><b>10am</b> Tai Chi (\$4) <b>1pm</b> Game Club <b>1pm</b> Korean Dance &amp; Drums <b>1:30pm</b> Korean Origami <b>3:30pm</b> Korean Smart Phone Class <b>30</b></p>	<p><b>Cold Meal:</b> Turkey Sandwich, Mint and Pea Salad, Orange Slices, Milk</p> <p><b>10am</b> Wii Bowling <b>10am</b> Fit for the Future (\$4) <b>10am</b> Medicare Counseling by Appt** <b>12pm Noon Year's Eve*</b> <b>12:45pm</b> Progressive Pinochle <b>CLOSING AT 2PM</b> <b>2pm</b> Korean Bong Sul <b>2:30pm</b> Korean Drawing <b>3:30pm</b> Korean Sax <b>31</b></p>		<p>WISHING YOU A HAPPY HOLIDAY SEASON FROM ALL OF US AT SPARK SENIOR CENTER</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**  
or scan the QR code.