



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Baked Cod, Roasted Tomatoes with Mac &amp; Cheese, Mandarin Oranges, Milk</p> <p><b>9:15am Tai Chi (\$5)</b> <b>10:30am NEW! Fitness Drumming w/ Lisa (\$4)*</b> <b>12:30pm Nutrition Program from Dept of Health/Human Services*</b> <b>1:30pm Art Class (\$5)</b> <b>1:30pm Bingo for Bucks</b></p> <p style="text-align: right;"><b>1</b></p>	<p>Italian Sausage, Peppers, Onions, &amp; Roasted Potatoes w/ Marinara Sauce, Fruit Cup, Milk</p> <p><b>9-10:20am Haircuts (\$10)*</b> <b>9:15am Pilates Strength (\$4)</b> <b>9:30am Group Trivia</b> <b>10am Stamp Club*</b> <b>10:30am Scrabble</b> <b>12:30pm Pinochle</b> <b>1pm Mahjong</b> <b>1pm Hunting/Fishing Club*</b> <b>1:30pm Dance w/ Lysandra (\$4)</b></p> <p style="text-align: right;"><b>2</b></p>	<p>Chicken Burger with Pesto, Roasted Red Peppers, Mozzarella, &amp; Spinach on Whole Grain Roll, Potato Chips, Pineapple, Milk</p> <p><b>8am Chess</b> <b>9am Breakfast Club @ West Main Diner*</b> <b>9:15am Tai Chi (\$5)</b> <b>9:30am Coloring for Calmness</b> <b>9:30am-2pm Social Services Appts w/ Tara**</b> <b>10am Gov't Benefits Update</b> <b>10am Ping Pong</b> <b>10:30am-12pm Tech Tutoring**</b> <b>1pm MCOAS Wintertime Safety w/ Debbie J</b> <b>1pm Rummikub</b></p> <p style="text-align: right;"><b>3</b></p>	<p>Chicken Salad Stuffed Tomato on bed of Lettuce, Whole Grain Roll &amp; Butter, Vanilla Pudding, Milk</p> <p><b>THEME THURSDAY: Ugly Sweater Day!</b> <b>9am Wood Carving</b> <b>9:30am Stitch &amp; Chat</b> <b>9:30-10:45am BP Screenings</b> <b>10am-2pm GMU SLP Students (Last day!)*</b> <b>11am Help Yourself to Healthy Living Presentation: Accessing Healthcare in US*</b> <b>12:30pm Bridge or Skip-Bo</b> <b>1:30pm Tone &amp; Balance (\$4)</b></p> <p style="text-align: right;"><b>4</b></p>	<p>Spaghetti and Meatballs, Green Beans, Mandarin Oranges, Milk</p> <p><b>10am Wii Sports or Jeopardy</b> <b>10am Humana Medicare Snack &amp; Learn*</b> <b>12:30pm Table Toppers*</b> <b>1pm Model Building*</b> <b>1:30pm Stretch &amp; Tone (\$4)</b></p> <p style="text-align: right;"><b>5</b></p>
<p>Paprika Chicken Breast, Brown &amp; Wild Rice, Peas &amp; Cauliflower, Peaches, Milk</p> <p><b>9:15am Tai Chi (\$5)</b> <b>9:45am Chrusciki Polish Cookie Class*</b> <b>10:30am NEW! Fitness Drumming w/ Lisa (\$4)*</b> <b>1:30pm Art Class (\$5)</b> <b>1:30pm Bingo for Bucks</b></p> <p style="text-align: right;"><b>8</b></p>	<p>Beef Taco Salad, Tortilla Chips, Fruit Cup, Milk</p> <p><b>9:15am Pilates Strength (\$4)</b> <b>9:30am Group Trivia</b> <b>10:30am Scrabble</b> <b>12:30pm Pinochle</b> <b>1pm Mahjong</b> <b>1:30pm Book Club*</b> <b>1:30pm "Dance w/ Lysandra" (\$4)</b></p> <p style="text-align: right;"><b>9</b></p>	<p>Tuna Melt on Rye, Low Sodium Tomato Soup, Mandarin Oranges, Milk.</p> <p><b>8am Chess</b> <b>9:15am Tai Chi (\$5)</b> <b>9:30am Coloring for Calmness</b> <b>10:30am-12pm Tech Tutoring Appts w/ Ed**</b> <b>1pm Rummikub</b> <b>1pm Decoupage with Cindy*</b></p> <p style="text-align: right;"><b>10</b></p>	<p>Crab Cake, Sweet Potato Fries, Beet Salad, Fruit Cup, Milk</p> <p><b>9am Wood Carving</b> <b>9am Medicare Counseling Appts**</b> <b>9:30am Stitch &amp; Chat</b> <b>12:30pm Advisory Council **</b> <b>12:30pm Bridge</b> <b>12:30pm Skip-Bo</b> <b>1:30pm Tone &amp; Balance (\$4)</b></p> <p style="text-align: right;"><b>11</b></p>	<p>Pork Loin, Sauerkraut, Mashed Potatoes, Cranberry Sauce, Milk</p> <p><b>10am Wii Sports or Jeopardy</b> <b>10am-2pm Christmas Bazaar*</b> <b>10am-2pm Toy Trains in Motion*</b> <b>10:30am-12pm Cash for Gold*</b> <b>11am State Rep Scheuren Office Resource Hour**</b> <b>1pm Model Building*</b> <b>1pm Happy? Ya! Ya! Crew: Let's Get Moving*</b> <b>1:30pm Stretch &amp; Tone (\$4)</b></p> <p style="text-align: right;"><b>12</b></p>
<p>Shrimp with Pesto Pasta, Green Salad, Cookie Milk</p> <p><b>9:15am Tai Chi (\$5)</b> <b>10:30am NEW! Fitness Drumming w/ Lisa (\$4)*</b> <b>1:30pm Art Class (\$5)</b> <b>1:30pm Bingo for Bucks</b></p> <p style="text-align: right;"><b>15</b></p>	<p><b>Bday Lunch:</b> Swedish Meatballs, Egg Noodles, Carrots &amp; Cauliflower, Apple Sauce, Milk</p> <p><b>9-10:20am Haircuts (\$10)*</b> <b>9:15am Pilates Strength (\$4)</b> <b>9:30am Group Trivia</b> <b>10:30am Scrabble</b> <b>12pm PA Health &amp; Wellness Bday Celebration*</b> <b>12:30pm Jazz Band Concert*</b> <b>12:30pm Pinochle</b> <b>1pm Mahjong</b> <b>1pm Hunt/Fish Club*</b> <b>1:30pm "Dance w/ Lysandra" Class (\$4)</b></p> <p style="text-align: right;"><b>16</b></p>	<p>Baked Lemon Fish, Brown Rice, Vegetable Medley, Pudding, Milk</p> <p><b>8am Chess</b> <b>9:15am Tai Chi (\$5)</b> <b>9:30am Coloring for Calmness</b> <b>9:30am-2pm Social Services Appts w/ Tara**</b> <b>10:30am Hanukkah Fun w/ Tara*</b> <b>10:30am-12pm Tech Tutoring Appts w/ Ed**</b> <b>1pm Rosemont Elder Law*</b> <b>1pm Rummikub</b></p> <p style="text-align: right;"><b>17</b></p>	<p>Mandarin Grilled Chicken on Mixed Green Salad with Feta, Almonds, Craisins, &amp; Chow Mein Noodles, Whole Wheat Roll &amp; Butter, Milk</p> <p><b>9am Wood Carving</b> <b>9:30am Stitch &amp; Chat</b> <b>10:30am Should I Stay or Should I Go? With Senior Living Specialists*</b> <b>12:30pm Bridge</b> <b>12:30pm Skip-Bo</b> <b>1:30pm Tone &amp; Balance (\$4)</b></p> <p style="text-align: right;"><b>18</b></p>	<p><b>Special Lunch (\$5):</b> Roast Turkey, Mashed Potatoes, Stuffing, Green Beans, Cranberry Sauce &amp; Pumpkin Pie</p> <p><b>10am Wii Sports or Jeopardy</b> <b>12pm Special Lunch: Traditional Thanksgiving Meal (\$5)*</b> <b>1pm Pollyanna Party, Sing-Along &amp; Story Time w/ Annie*</b> <b>1pm Model Building*</b> <b>1:30pm Stretch &amp; Tone (\$4)</b></p> <p style="text-align: right;"><b>19</b></p>

# SPARK *of Harleysville* Senior Center

## DECEMBER 2025

Lunch is served daily from 12 - 1 pm.  
Advanced Reservations are required.  
Call 215-256-6900 for all lunch or program  
reservations and appts.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>BBQ Pulled Pork Stuffed Sweet Potato w/ Cheddar Cheese, Broccoli, Pineapple, Milk</p> <p><b>9:15am</b> Tai Chi (\$5) <b>10:30am NEW! Fitness Drumming w/ Lisa (\$4)*</b> <b>1:30pm</b> Art Class (\$5) <b>1:30pm</b> Bingo for Bucks</p> <p style="text-align: right;"><b>22</b></p>	<p>Meatloaf with Gravy, Mashed Potatoes, Green Beans, Fruit Cup, Milk</p> <p><b>9:15am</b> Pilates Strength (\$4) <b>9:30am</b> Group Trivia <b>10:30am</b> Scrabble <b>12:30pm</b> Pinochle <b>1pm</b> Mahjong <b>1:30pm "Dance w/ Lysandra" Class (\$4)</b> <b>1:30pm Stretch &amp; Tone (\$4)</b></p> <p style="text-align: right;"><b>23</b></p>	<p>Chicken Pot Pie over Egg Noodles, Green Salad, Peaches, Milk</p> <p><b>8am</b> Chess <b>9:15am</b> Tai Chi (\$5) <b>9:30am</b> Coloring for Calmness <b>10am</b> Ping Pong <b>10:30am-12pm Tech Tutoring Appts w/ Ed**</b> <b>1pm</b> Rummikub <b>CLOSING AT 2PM</b></p> <p style="text-align: right;"><b>24</b></p>	<p style="text-align: center;">CLOSED FOR CHRISTMAS</p> 	
<p>Chicken Burger with Pesto, Roasted Red Peppers, Mozzarella, &amp; Spinach on Whole Grain Roll, Potato Chips, Pineapple, Milk</p> <p><b>9:15am</b> Tai Chi (\$5) <b>10:30am NEW! Fitness Drumming w/ Lisa (\$4)*</b> <b>1:30pm</b> Art Class (\$5) <b>1:30pm</b> Bingo for Bucks</p> <p style="text-align: right;"><b>29</b></p>	<p>Spaghetti and Meatballs, Green Beans, Mandarin Oranges, Milk</p> <p><b>9:15am</b> Pilates Strength (\$4) <b>9:30am</b> Group Trivia <b>10:30am</b> Scrabble <b>12:30pm</b> Pinochle <b>1pm</b> Mahjong <b>1:30pm "Dance w/ Lysandra" Class (\$4)</b></p> <p style="text-align: right;"><b>30</b></p>	<p>Italian Sausage, Peppers, Onions, &amp; Roasted Potatoes w/ Marinara Sauce, Fruit Cup, Milk</p> <p><b>8am</b> Chess <b>9:15am</b> Tai Chi (\$5) <b>9:30am</b> Coloring for Calmness <b>10:30am-12pm Tech Tutoring Appts w/ Ed**</b> <b>1pm</b> Rummikub <b>CLOSING AT 2PM</b></p> <p style="text-align: right;"><b>31</b></p>	<p style="text-align: center;">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, 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.

312 Alumni Avenue, Harleysville, PA 19438