

Monday	Tuesday	Wednesday	Thursday	Friday
10:00-ADVENT CALENDAR SURPRISE 2 11:00-TAI CHI with Iro 11:00-Grupo de Hombres 12:00-LUNCH 1:00-Table Tennis @RR 1:00- BINGO 1:45-Boutique Shopping	10:00-ADVENT CALENDAR SURPRISE 3 11:00-Trimming the Christmas Tree 1:00-Reminiscing @RR 1:00-Costumbres Navideñas Por El Mundo 1:15-Bowl-a-Rama	10:00-ADVENT CALENDAR SURPRISE 4 11:00-TAI CHI with Iro 12:00- LUNCH 1:00- Watercolor Art @RR 1:00-LOTERIA 1:45-Boutique Shopping	10:00-ADVENT CALENDAR SURPRISE 5 11:00-Prayer Circle with Elena 12:00- LUNCH 1:00-Bridgetown Music @RR 1:00-Totally Trivia 1:15-Little Drummer Boy Drumming	10:00-ADVENT CALENDAR SURPRISE 6 11:00-Holiday Arts & Crafts 11:00-Women's Group 12:00- LUNCH 1:00-Musical Memories with Will @RR 1:00-Karaoke Caroling 1:15-Corn Hole Championship
10:00-ADVENT CALENDAR SURPRISE 9 11:00-TAI CHI with Iro 11:00-Grupo de Mujeres 12:00- LUNCH 1:00-Hoops!@RR 1:00- BINGO 1:45-Boutique Shopping	DIENTES Community Dental 10 10:00-ADVENT CALENDAR SURPRISE 11:00-Men's Group 12:00- LUNCH 1:00-How to Wrap a Gift? @RR 1:00-MODO Active Transportation Talk 1:15-Volleyball	10:00-ADVENT CALENDAR SURPRISE 11 11:00-TAI CHI with Iro 11:00-Winter Arts & Crafts 12:00- LUNCH 1:00-LOTERIA 1:00-Bridgetown Music @RR	Día de La Virgen de Guadalupe 12 10:00-ADVENT CALENDAR SURPRISE 11:00- Catholic Mass 1:00-Dia de La Virgen Procession 1:00-Movie @RR: "Christmas Vacation"	10:00-ADVENT CALENDAR SURPRISE 13 11:00-MODO Active Transportation Talk 12:00- LUNCH 1:00-Musical Memories with Will @RR 1:00-HOLLY-Day TRIVIA 1:15- DANCE CLUB
10:00-ADVENT CALENDAR SURPRISE 16 11:00-TAI CHI with Iro 11:00-Grupo de Hombres 12:00- LUNCH 1:00-Darts @RR 1:00- Santa is Coming to Town Visit & Photos with Santa	10:00-ADVENT CALENDAR SURPRISE 17 11:00-Making Piñatas 12:00- LUNCH 1:00-Reminiscing @RR 1:00- BINGO 1:00-Boutique Shopping	10:00-ADVENT CALENDAR SURPRISE 19 11:00-Let's Build a Snowman? 11:00-TAI CHI with Iro 12:00-LUNCH 1:00-Watercolor Art @RR 1:00-LOTERIA 1:00-NEWSLETTER TEAM	10:00-ADVENT CALENDAR SURPRISE 19 11:00-PARTICIPANT COUNCIL 11:00-Making Piñatas 12:00- LUNCH 1:00-Table Bowling @RR 1:00-LIVE Music & Dancing with... Johnny Fabulous	Las Posadas 20 10:00-ADVENT CALENDAR SURPRISE 11:00-Grupo de Mujeres 11:00-Making Piñatas 12:00- LUNCH 1:00-Holiday Traditions Video @RR 1:00- Posadas en Elderday
10:00-ADVENT CALENDAR SURPRISE 23 11:00-TAI CHI with Iro 11:00-Women's Group 12:00- LUNCH 1:00-Table Tennis @RR 1:00-NEWSLETTER TEAM 1:00- BINGO	UGLY SWEATER CONTEST 24 10:00-ADVENT CALENDAR SURPRISE 11:00- Ugly Sweater Parade 12:00- LUNCH 1:00-Caroling @RR 1:00- Reindeer Games	25 CLOSED CERRADO HAPPY Holidays		10:00-TEA-rific NEW YEAR! 26 11:00-Prayer Circle with Elena 11:00-New Year Crafts 12:00- LUNCH 1:00-Bridgetown Music @RR 1:00-LOTERIA 1:15-Prize Boutique Shopping
10:00-Café y Compañía 30 11:00-TAI CHI with Iro 11:00-New Years Arts & Crafts 12:00- LUNCH 1:00-Darts @RR 1:00- BINGO 1:15-Prize Boutique Shopping	COUNTDOWN TO MIDNIGHT 31 10:00-Coffee Club 11:00-New Year's Resolutions Craft 12:00-Lunch and Toasting The New Year Together! 1:00-"It's a Wonderful Life" @RR 1:00- New Year Celebration!	25 26 27		

DECEMBER 2024

Elderday, ADHC

501 Main St. Watsonville, CA 95076 (831) 458-3481



ELDERDAY
ADULT DAY HEALTH CARE
COMMUNITY BRIDGES
PUENTES DE LA COMUNIDAD



To Cancel Transportation to Elderday, Please Contact **LIFTLINE** (831) 688-9663 AS SOON AS POSSIBLE

MENU



December 2024 | ELDERDAY MEALS



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Quiche Roasted Potatoes Romaine Salad w/ Beans WW Roll/Butter 1% Milk	3 Picadillo w/ Beef Cali Mixed Vegetables Green Salad Mexican Rice Corn Tortilla 1% Milk	4 Sweet & Sour Shrimp Sesame Green Beans Vegetable Chow Mein Brown Rice 1% Milk	5 Lentil Soup Vegetable Pasta Salad Spinach Salad WW Roll/Butter 1% Milk	6 Turkey Stew Romaine Salad Sliced Beets WW Biscuit 1% Milk
9 Shephard's Pie Green Salad WW Roll/Butter Graham Crackers 1% Milk	10 Chef Salad w/ Egg Cheese & Croutons Minestrone Soup WW Roll/ Butter 1% Milk	11 Chicken Tortilla Soup Corn w/ peppers Mixed Green Salad Spanish Rice 1% Milk	12 Lasagna Broccoli Romaine Salad w/ Garbanzo WW Roll/Butter 1% Milk	13 Salmon Patty Cauliflower Green Salad w/ Carrots Brown Rice Pilaf WW Bread/ Butter 1% Milk
16 Meatloaf w/ Gravy Mashed Potatoes Tossed Salad w/ Peppers WW Roll/Butter Graham Crackers 1% Milk	17 Vegetarian Chili Zucchini Spinach Salad w/ Carrots WG Cornbread/ Butter 1 % Milk	18 Beef Fajitas Refried Beans Spanish Rice WW Bread Tortilla 1% Milk	19 Chicken Breast & Wine Carrots & Broccoli Mushroom Salad Wild Rice Stiffing WW Roll/Butter 1% Milk	20 Fish Sticks w/ Lemon Sweet Potato Mixed Green Salad WW Bread/Butter Graham Crackers 1 % Milk
23 BBQ Pork Mashed Potatoes Coleslaw WW Bread/Butter Graham Crackers 1% Milk	24 Chicken Tamale Refried Beans Green Salad w/ Red Pepper Spanish Rice 1% Milk	25 Christmas Holiday Site Closed	26 Tuna Salad Sandwich Garden Vegetable soup Carrot Raisin Salad 2 WW Bread 1% Milk	27 Chicken Parmesan Broccoli Spinach Salad WW Noodles 1 % Milk Birthday Cake
30 Rigatoni Casserole Green Salad w/ Egg Three Bean Salad WW Roll/butter 1% milk	31 Turkey Pot Roast Roasted Potatoes Green Salad w/ peppers WW Roll/ Butter Graham Crackers 1% Milk			

Offered substitutions : Turkey Sandwich on WW Bread, or Peanut Butter and Jelly Sandwich on WW Bread, or 1 cup Lentil Soup