

We will be  
Closed on  
Dec. 23 and 26  
Merry Christmas  
Also  
Monday January  
2nd

# Grand Center Newsletter 2016

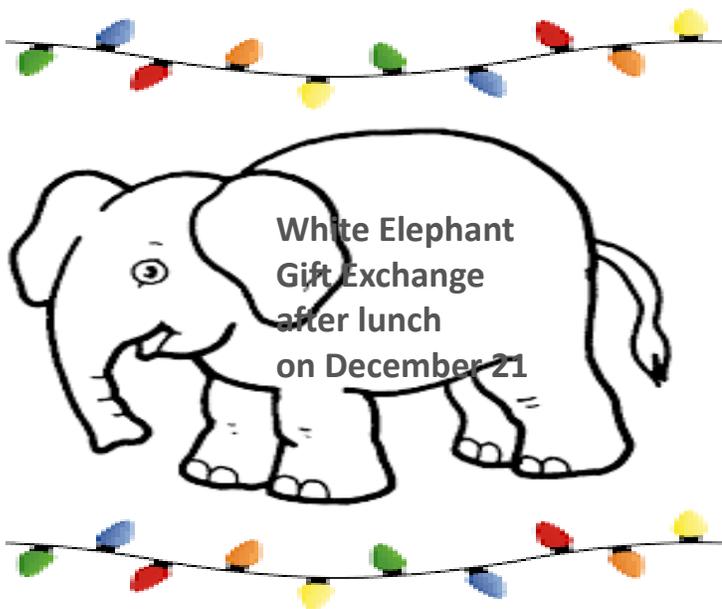
Grand Center  
Verleen  
182 North 500 West  
435-259-6623  
Meals on Wheels  
Brooke  
435-259-4999  
Active Re-Entry  
Yordy

**December 12th**  
**Active ReEntry and the**  
**DSVBI's Low Vision Clinic**  
Contact Yordy for information  
259-0245



## December Birthdays

Dec. 2 Elmer Duncan  
Dec. 6 John Hagner  
Dec. 7 Sandy McKimmey  
Dec. 11 Christie Hobbs  
Dec. 13 Jeannie Goeringer  
Dec. 14 Barbara Parmenter  
Dec. 16 Fred Powell  
Dec. 22 Kathy Belislie  
Dec. 22 Stella Lopez  
Dec. 24 Virginia Trusty  
Dec. 25 Lillie Bahe  
Dec. 25 Donald Flynn  
Dec. 25 Donna Oviatt  
Dec. 30 Neva Gordon  
Dec. 30 Delores Vigil  
Dec. 31 Marlene Parson



December 7<sup>th</sup> is the last  
day for open enrollment  
for Medicare part D.

## ENSURE PRICES

Ensure Regular \$21.10  
Ensure Plus \$23.10  
Glucerna \$34.50

**Final Act.**  
**December 1st, 8, 15**



Craft Day is December 7<sup>th</sup> at 12:30. We will be making light bulb ornaments

**Start the new year with an intensive drawing class!!!**

**Wed. Jan. 4, 2017**

**Grand Center 1:00 to 4:00 PM.**

THIS CLASS TITLED: "The Concentrated, Blue Blazing, Rip Roaring 12 Week-Long Drawing Workout."

Helen Becker, the instructor will cover topics including learning how to use a multitude of black & white drawing materials. Creating textures and small drawings from photos. How to construct a pitched roof and receding fence posts using two point perspective. Plus many more topics and techniques.

Helen will be glad to share with you the needed supply list. Call: 259-3661  
There is a money jar during class for an optional donation of \$3.00 per. class.  
If you want more information, stop by the Grand Center office.



**HEAT  
PROGRAM**

Home Energy Assistance Target

On December 20,  
Heat Assistance will be at  
the Center.

Call for an appointment  
259-6623



Christmas Party December 16<sup>th</sup>.

Choice of Prime Rib or Salmon

\$6.00 for Seniors \$12.00 non Seniors

Bus will run. Sign-up sheet in office

Happy Hour starts 4:00. Bring an appetizer to share. If you are bringing your own wine, please bring your own wine glasses.

Dinner served at 5:00

We will have entertainment. Tickets will go on sale the 7<sup>th</sup> of December and the last day to buy tickets will be December 14<sup>th</sup>.

NO TO GO MEALS

### ***How does physical activity affect cholesterol?***

*Regular physical activity increases HDL cholesterol in some people. A higher HDL cholesterol is linked with a lower risk of heart disease. Physical activity can also help control weight, diabetes and high blood pressure. Aerobic physical activity raises your heart and breathing rates. Regular moderate-to-vigorous-intensity physical activity such as brisk walking, jogging and swimming also condition your heart and lungs.*

### ***Physical inactivity is a major risk factor for heart disease.***

*Even moderate-intensity activities, if done daily, help reduce your risk. Examples are walking for pleasure, gardening, yard work, housework, dancing and prescribed home exercise.*

# Christmas Secret Shape

2009

Find all the listed words in this grid - they can run in any direction, even backwards or diagonally, but always in a straight line. Then colour in the left-over letter squares to discover a hidden shape!

T	B	P	F	E	S	S	R	A	T	S	C	T	O	G
N	A	E	C	I	F	C	A	R	D	A	S	U	N	M
E	P	S	L	E	D	M	A	N	H	C	R	I	B	M
S	D	V	E	L	U	Y	X	T	T	T	S	I	L	A
E	E	B	W	I	S	H	A	U	R	A	E	P	V	R
R	E	F	W	S	M	D	L	W	V	A	N	S	E	I
P	C	R	I	A	F	J	P	Y	D	N	I	G	H	T
D	O	A	T	R	W	G	A	A	B	P	N	E	V	E
E	W	T	N	O	T	R	P	D	R	A	K	F	W	W
C	E	E	I	D	O	I	E	I	M	W	U	T	O	A
E	L	T	X	B	Y	N	R	L	U	N	O	B	L	E
M	G	S	E	M	S	C	H	O	R	S	E	V	L	E
B	N	O	K	R	A	H	A	H	D	O	V	E	S	E
E	I	P	E	E	H	S	T	N	E	M	A	N	R	O
R	J	B	E	T	H	L	E	H	E	M	E	R	C	Y

AWE	NOBLE
BAUBLE	ORNAMENTS
BELLS	PAPER HAT
BETHLEHEM	PEAR
CANDY CANE	POST
CARD	PRESENT
CRIB	RITE
DECEMBER	ROBE
DOVES	SANTA
DRUM	SHEEP
ELVES	SILVER
EVE	SING
FAIR	SLED
FIR	STARS
FUN	SUN
GRINCH	TOP
HARK	TOYS
HOLIDAY	TRAYS
ICE	TREE
JINGLE	WISH
LIST	WRAP
MANGER	XMAS
MERCY	YULE
NIGHT	

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Congregate meals served to groups where socialization is encouraged

12:00 Monday, Tuesday, Wednesday, & Friday. Remember the Salad Bar is served Monday, Tuesday, & Wednesday. No second trips to the salad bar. Over the age of 60, meals are a suggested donation of \$2.50 and Under 60 must pay \$6.00.

All Meals on Wheels Inquiries Please contact the Kitchen Supervisor: Brooke at 259-4999 Menu is subject to change.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30 am Walk-		8:30 am Walk-		8:30 am Walking	
9:00 am		9:00 am		9:00 am Strong	
10 am Tai Chi		10 am Tai Chi		10 am Tai Chi	
	1 pm Qi-Gong				
Cards After	Cards After	Cards After		Cards After Lunch	

			1 Final Act 3:30–5:00 PM Caregiver 4:00 PM	2 Gift Fair	3 Gift Fair
5	6	7	8 Final Act 3:30–5:00 PM	9	10
12 Council on Aging 12:30 PM	13	14 Health Day Nail Clinic	15 Final Act 3:30–5:00 PM	16 Christmas Party	17
19	20 HEAT Sign up	21	22	23 CLOSED	24
26 Closed	27	28	29	30	31

# December 2016

# December 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 H. D. ONLY sloppy joes, french fries, broccoli salad, bananas, tapioca	2 taco salad, beans & meat, cheese, tomato, lettuce, salsa, guac, sour cream, pineapple, cherry turnovers	3
4	5 polish sausage, sauerkraut, baby carrots, tropical fruit, fruit juice (H. D.)	6 beef stew, egg salad sandwich, cucumber sticks, V8 juice, ambrosia salad	7 chicken curry casserole, rice pilaf, cauliflower, apple crisp	8 H. D. ONLY meat & cheese sand., macaroni salad, chips, sunny fruit, cookies	9 fish & chips, corn, coleslaw, strawberries, honey bun cake	10
11	12 chicken, fried steak, mashed potatoes, country gravy, mixed veggies, cantaloupe	13 corn chowder, tuna salad sandwich, oranges, jell-o parfait	14 pork roast, au gratin potatoes, peas & carrots, cottage cheese with fruit	15 H. D. ONLY lasagna, corn, tomato/cucumber salad, fruit juice, rice crispy treats	16 H. D. ONLY hamburger gravy over potatoes, green beans, fruit cocktail, peach cobbler	17
18	19 meatloaf, bakers, green bean casserole, spiced apples, cranberry juice	20 ham & beans, cornbread, spinach salad (H.D.) green onions, tropical fruit	21 Navajo tacos, tomatoes, lettuce, onions, cheese, guacamole, salsa, sliced pineapple	22 beef fajitas, refries, black bean & corn salad, raspberry pears, chocolate cream pie	23 CLOSED	24
25 MERRY CHRISTMAS!	26 CLOSED	27 turkey rice mushroom soup, cheese garlic biscuit, pickled beets, mandarins	28 meatball sandwich later tots w/cheese, pasta salad, tropical fruit	29 H. D. ONLY goulash, green beans, applesauce, bananas, oatmeal cake	30 pork cutlets, scalloped potatoes, yellow squash, apricots, Cake & ice cream	31