

DECEMBER



Hand in Hand Adult Day Center

2025



November

We had an enjoyable month at the Adult Day Center. A highlight was our annual visit from Mike, a local veteran. He shared with us his life story, which included his dedicated years of service. We also added a fantastic new activity to our schedule, "History in the Mail", celebrated a birthday, and completed a seasonal puzzle just in time!



December

Merry Christmas! A reminder that we will be closed on Friday, December 26th.....we wish everyone a blessed holiday season! We look forward to decorating our Christmas tree, completing many holiday themed activities and celebrating a birthday. We also look forward to the St. Victor School's presentation of "The Gingerbread Man" and Christmas Music with Mary & John.

-Hand in Hand meets every Tuesday and Friday from 9:30 AM to 2:30 PM at the United Methodist Church, 2227 4th Street, Monroe.

-Contact the ADRC at 608-328-9499 for more information or to arrange a tour.

The Hand in Hand Adult Day Center provides a Day Out With Friends

Our mission is to provide older adults facing health or social changes with the opportunity to build and maintain social, cognitive and physical skills through a planned program of enriching activities.





Tuesdays

December 2nd

- 9:30 Snack & Social Time
- 10:30 Stengthening Excersises
- 11:15 Welcome December Word Game
- 12:00 Lunch: Cranberry Roast Pork, Seasoned Roasted Carrots, Whole Kernel Corn, Applesauce Cup, Frosted Marble Cake
- 1:00 Yoga Ball Exercises
- 1:30 Tree Trimming Event

December 9th

- 9:30 Snack & Social Time
- 10:30 Stengthening Excersises
- 11:15 Group Crossword
- 12:00 Lunch: BBQ Country Beef Tips, Roasted Red Potatoes, Steamed Peas w/Butter, Tropical Fruit Cup, Confetti Sheet Cake
- 1:00 Bean Bag Game
- 1:30 History in the Mail

December 16th

- 9:30 Snack & Social Time
- 10:30 St. Victor School "The Gingerbread Man"
- 11:15 Stengthening Excersises
- 12:00 Lunch: Chicken Patty Sandwich, Red Potatoes, Roasted Broccoli & Cauliflow-er Mix, Cinnamon Apples
- 1:00 Ring Toss
- 1:30 Christmas Jingo

December 23rd

- 9:30 Snack & Social Time
- 10:30 Stengthening Excersises
- 11:15 Christmas Word Game
- 12:00 Lunch: Taco Casserole w/Black Beans, Spanish Rice w/Stewed Toma-toes, Pineapple Tidbits
- 1:00 Snowball Toss
- 1:30 Music with Mary & John

December 30th



- 9:30 Snack & Social Time
- 10:30 Stengthening Excersises
- 11:15 New Years Trivia
- 12:00 Lunch: Baked Cod w/Lemon, Asparagus Cuts, Mashed Potatoes w/Gravy, Diced Peaches
- 1:00 Noodle Ball
- 1:30 Birthday Jingo





Fridays



December 5th

9:30 Snack & Social Time
10:30 Movin' To The Music
11:15 Clock Dice
12:00 Lunch: Beef Tips in Mushroom Gravy with Noodles, Roasted Cauliflower, Salad, Mandarin Oranges
1:00 Snowball Toss
1:30 Christmas Story Bag



December 19th

9:30 Snack & Social Time
10:30 Movin' To The Music
11:15 Name Game Toss
12:00 Lunch: Beef Pot Roast, Garlic Mashed Potatoes, Creamed Corn, Tropical Fruit Cup, Mandarin Orange Cake
1:00 Basketball
1:30 Christmas Craft

December 12th

9:30 Snack & Social Time
10:30 Movin' To The Music
11:15 Matching Phrases
12:00 Lunch: Breaded Fish w/Cheddar Cheese, Roasted Broccoli, Mashed Potatoes, Coleslaw, Fruit Cocktail
1:00 Bocce Ball
1:30 Puzzle Time

December 26th

CLOSED!



Happy Winter Holidays



Santa's Reindeer

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

BLITZEN	COMET	CUPID
DANCER	DONNER	PRANCER
RUDOLPH	VIXEN	