DECEMBER Connection

Monday	Tuesday	Wednesday	Thursday	Friday
	1 **11:30am Lunch** Pork Chilli Verde rice, beans, chips, salsa, milk & fruit **12:30pm Movie** The Family Man	2 **11:30am Lunch** Lemongrass pork chop, Chinese tea egg, vegetables, rice, soup & dessert	#TBT 3 **10am Fit & Talk** | Walk to Arcadia Park **11:30am Lunch** Korean vegetable pan cake, bulgogi bowl, rice, milk & fruit	4 **11:30am Lunch** Atlantic salmon, braised tofu vegetables, rice, juice & dessert
7 **11:30am Lunch** Stir fried seafood noodles, salt & pepper pork chop, vegetables, juice & dessert **Table Tennis | 8am-12pm** **1:30pm Monday Dance** Nightlife	8 **10am Blood Pressure** **11:30am Lunch | Birthday Celebration** Chicken & beef taco, rice, beans, salsa, milk & fruit **12:30pm Movie** Home Alone 2	9 **11:30am Lunch** Teriyaki chicken bowl, vegetables, rice, soup & dessert	#TBT 10 **10am Fit & Talk** | Seated Exercise **11:30am Lunch** Linguine pasta with shrimp & tomato, salad, milk & fruit **12:30pm Karaoke**	**10am Traveler's Meeting** 11 **11:30am Lunch** Fish fillet w/ black bean sauce steamed egg w/ imitation crabmeat vegetebales, rice, juice & dessert **No Table Tennis**
14 **11:30am Lunch | National Cocoa Day** Sukiyaki beef bowl, vegetables, rice juice & dessert **12:30pm Seminar** Fall Prevention	**9am Coffee with the Mayor** 15 **10am HICAP** **11:30am Lunch** Chicken fajita, rice, beans, chips, salsa, milk & fruit **12:30pm Movie** A Christmas Carol	16 **11:30am Lunch** Dim sum platter, radish cake, Chinese broccoli w/ oyster sauce, sponge cake, gyoza soup & dessert	#TBT 17 **10am Fit & Talk** | Chair Yoga **11:30am Lunch** Popcorn chicken, pineapple seafood fried rice, vegetables, milk & fruit **11:30am Taste the Town**	18 **10am NLSA** **10:30am Holiday Brunch** **4pm Tech Talk** **No Table Tennis** **No Lunch**
21 **11:30am Lunch** Steamed meat patty, mapo tofu, vegetables, rice, juice & dessert **Table Tennis | 8am-12pm** **1:30pm Monday Dance** Daniel So	22 **11:30am Lunch** Taiwanese beef noodle soup, milk & fruit **12:30pm Movie** Noelle	23 **11:30am Lunch | National Eggnog Day** Japanese curry chicken, shrimp tempura, vegetables, rice soup & dessert	24 HAPPY HOLIDAYS **Closed**	25 Happy Holidays **Closed**
28 **11:30am Lunch** Stir fried rice vermicelli w/ pork, chicken wings, vegetables, juice & dessert	29 **11:30am Lunch** Pork Birra, rice, beans, chips, salsa, milk & fruit **12:30pm Movie** The Holiday	30 **11:30am Lunch** Tomato beef w/ egg pan seared fish fillet, vegetables rice, soup & dessert	31 New Year's Eve **Closed**	1 hello January 2027