

# HAPPY HOLIDAYS!

If you are not going to be available to receive your meal, please call 24 hours in advance.

Cancelations: 913-758-6718

# DECEMBER 2024



COUNCIL ON AGING

711 Marshall Street, Suite 100  
Leavenworth, KS 66048  
Office: 913-684-0777

Requested donation amount is \$3. | 1% milk served with all meals. | If your dietary needs change, please call the number above. | Menu items are subject to change based on availability.

**UPCOMING  
EVENTS**

**K-State Extension:  
Holiday Treats –  
Tonganoxie Public Library**

Tues, Dec. 10<sup>th</sup> 12:00PM  
Holiday treats don't always have to be sweet! This session will cover both sweet and savory treats you can bring to your next gathering or party. No cost or sign up.

**iPhone Tips – Dec. 12<sup>th</sup>  
Computer Tips – Dec. 13<sup>th</sup>**

Both days start at 1:00PM  
Join Terry Bartkoski to ask questions and learn iPhone and computer tips. Sign up at front desk; no cost.

**Red Cross Blood Drive**

Monday, December 16<sup>th</sup>.  
10:00AM – 2:00PM.

Open to all ages. Make an appointment at [www.redcrossblood.org](http://www.redcrossblood.org), on the donor app, or walk-ins are welcome.  
Activity Room C.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Hamburger <b>2</b> Oven Brown Potatoes Mixed Vegetable Lettuce, tomato, onion, & pickle Orange 	Chicken Enchilada <b>3</b> Casserole Mexican Rice Beans Fruit Cookie	Meatloaf <b>4</b> Mashed Pot. & Gravy Green Beans Broccoli Salad  Roll Fruit	Chili <b>5</b> Broccoli Crackers Fruit Pudding	BBQ Chicken <b>6</b> Baked Beans Peas Cinnamon Roll Fruit 
Sausage & Kraut <b>9</b> Oven Brown Potatoes Beets Corn Bread Banana	Orange Cranberry <b>10</b> Chicken Rice California Blend Veggie Roll Fruit	Smoked Turkey <b>11</b> Baked Potato Carrots Roll Fruit Cobbler	Lasagna <b>12</b> Broccoli Bread Stick Caesar Salad Fruit	Swiss Steak <b>13</b> Cheesy Potatoes Baked Beans Biscuit Fruit Cookie
Country Steak <b>16</b> Mashed Potato & Gravy Green Beans Roll Orange	Italian Pork <b>17</b> Noodles Cauliflower Bread Stick  Fruit Brownie	Cabbage Roll <b>18</b> Boiled Potatoes Roasted Tomato Biscuit Fruit	Ham <b>19</b> Peas & Carrots Sweet Potato Roll Fruit 	Brisket <b>20</b> Twice Baked Potato Broccoli Fruit Roll Peach Cobbler
Spaghetti-Meatballs <b>23</b> Brussel Sprouts Bread Stick Tossed Salad Fruit Lemon Bar	<b>CLOSED</b> <b>24</b>	<b>CLOSED</b> <b>25</b>	Hamburger Steak <b>26</b> Mashed Potato & Gravy Green Beans Roll Fruit	Chicken Pot Pie <b>27</b> Spiced Peaches Biscuit Tortellini Salad Fruit Cream Puff
Chicken Cordon <b>30</b> Bleu California Blend Veggie Rice Roll  Fruit	Pulled Pork <b>31</b> Cheesy Potatoes Baked Beans Fruit Pie		 To all those celebrating a birthday this month!	

**Looking for a New Holiday Tradition?**

Check out these holiday traditions from around the world.

**Christmas Piñatas**

You likely know that piñatas, or papier-mâché animals and other figures filled with candy, are tied to Mexico, but did you know that they frequently make appearances during the holiday season? The only difference is that this time of year, they show off some additional glitz and sparkle to celebrate the holidays. Traditional ones come in the form of a seven-point star, symbolizing the seven deadly sins that are then broken by a stick to represent faith in God. They're usually filled with little treats like candy, fruits, and peanuts.

**Fried Chicken**

This is a more recently-celebrated tradition that's become super popular in Japan. While Christmas isn't exactly a huge holiday there, some people do celebrate it, with Christmas Day feasts consisting of none other than buckets of Kentucky Fried Chicken. Not only is Colonel Sanders now synonymous with Santa Claus, but the brand even purveys Christmas-themed "Party Barrels" to mark the tradition. They include salad, cake, and plenty of fried chicken.

**Christmas Pickle**

Here's a dill-ightful tradition that's thought to have started in Germany, but the actual origin is pretty much a mystery. Despite that, everyone will relish in this activity. It consists of someone hiding a pickle ornament deep within the tree's branches, and the person who discovers the pickle sometime during the Christmas season will receive a bonus gift or lots of good fortune for the upcoming year.

**Exchanging Books**

Iceland has a charming Christmas tradition you may want to start in your own family. On Christmas Eve, Icelandic families exchange books, then spend the rest of the evening cozied up by a fire as they read aloud and eat sweet treats. Sounds like a perfect Christmas Eve to us!

Source: [www.thepioneerwoman.com](http://www.thepioneerwoman.com), 09/2023

# DECEMBER

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

## Word List

CAROLS  
 CHESTNUTS  
 CHRISTMAS  
 COOKIES  
 COZY  
 DECORATIONS  
 EVERGREEN  
 FAMILY  
 GRINCH  
 HEARTWARMING  
 HOLLY JOLLY  
 HOME ALONE  
 JINGLE BELLS  
 JOY  
 PEACE  
 PLAZA LIGHTS  
 POINSETTIA  
 POLAR EXPRESS  
 SANTA CLAUS  
 SHOPPING  
 SNOW  
 TRADITIONS  
 TREE  
 WINTER

### Lunch & a Movie

**Friday, December 6<sup>th</sup> 2024. 11:30AM.**

Join us to watch *Jingle All the Way* and enjoy a festive dinner of ham, sweet potatoes, Brussel sprouts, roll, & blondie brownie. Intermission snacks are included. \$9 due at sign up; max 30. Register by December 2<sup>nd</sup>.

### New Year's Eve Party

Tuesday, December 31<sup>st</sup> 2024. 1:00PM.

Come help us ring in the New Year with games, live music, treats, & black-eyed peas for good luck! Deadline to register is December 26<sup>th</sup>. Cost: \$4.

### Telephone & In-Home Visiting Program

A trained specialist is available to telephone and/or visit high-risk, older adults who are 60+. This may include individuals who live alone, those who feel isolated or suffer with depression and/or loneliness, and those who are homebound. Services are provided through referrals and upon the request of individuals. This service offers participants consistent support through positive interactions and assists them with securing access to helpful social services and community resources.

### Senior Express Transportation

We are able to assist with transportation needs for seniors age 50 and over, as well as persons of any age with disabilities.

Reservations are required, and taken on a first call, first serve basis, for all trip purposes. A fee is required per trip per person.

The required per trip per person fees are:

- \$2.50 per one-way trip within the County, including drive-thru business trips.
- \$10.00 per one-way trip to the Parallel Corridor, including Providence Medical Center and the Legends-area medical plazas.
- \$15.00 per one-way, out-of-county medical trips within a 50-mile radius of Leavenworth.

For current service status and to schedule your trip, call 913.684.0778.