

January 2026

MHSDC Newsletter



651 Old State Route 74, Cincinnati, OH 45245

www.MHSDayCenter.com

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5 Star Reviews!

Have you seen our reviews?

Rated 5 stars on Google!

100% recommended on Facebook!

We truly appreciate the chance to serve incredible seniors and families like yours. Your feedback is invaluable to us, and the greatest compliment you can give is a review. Please take a moment to leave one.

[Margaret's Heart Senior Day Center Reviews - Google Search](#)

We'd love your help spreading the word about Margaret's Heart Senior Day Center! Share our name with friends, neighbors, church members—anyone you know, even your mail carrier. You never know who might know a senior looking for companionship, engaging activities, and a friendly environment to enjoy their day. Let's help connect them to a supportive community!

Please share our phone number or social media sites for more information.

Personal referrals are the best!

Happy Holidays!

We truly hope your Christmas was overflowing with joy and happiness! December was such a blast at Margaret's Heart Senior Day Center! We sang a ton of cheerful Christmas carols, got creative with some fun festive crafts, and even had a sneaky little elf hiding among the Christmas decorations!



Every day in December was filled with fun themes! On Reindeer Day, our little elf surprised us with adorable antlers for everyone. We had a great time playing Reindeer Games together!



For our December Field Trip, we had the pleasure of attending the Songs in Mind Christmas concert! It was a delightful surprise to see one of our own participants shine in the choir.



A big shoutout to our wonderful friends at Assisted Hands Home Care and The Ashton at Anderson for donating some awesome Gingerbread House Kits for us to enjoy! Which one do you love the most?

January 2026

MONDAY

TUESDAY

WEDNESDAY

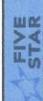
THURSDAY

FRIDAY



Music Time	5	News of the Day	6	Morning Chat	7	Today's History	8	Morning Games	9
Learn about Birds		Cards & Coloring		Puzzles/Games		Coloring/Wordsearches		Hot Air Balloons	
Today's History		The Three Wise Men		Stretch & Flex		Elvis Presley Songs		News of the Day	
Stretch & Flex		Stretch & Flex		Lunch		Stretch & Flex		Stretch & Flex	
Lunch		Lunch		Spa Sessions		Lunch		Lunch	
Parachute Fun		Field Trip to Musical Moments Show		Sing-along		Bean Bag Toss		Corn Hole	
Craft Fun						Where Am I?		Soda Taste Test	
Bird Day		Epiphany				Elvis Presley's Birthday			
Music Time	12	News of the Day	13	Morning Chat	14	Today's History	15	Morning Games	16
Travel to England		Duck Races		Puzzles/Games		Wordsearches/Puzzles		Who Am I?	
Today's History		Rubber Duck History		Stretch & Flex		How Bagels are Made		News of the Day	
Stretch & Flex		Stretch & Flex		Lunch		Stretch & Flex		Stretch & Flex	
Lunch		Lunch		Craft Time		Lunch		Lunch	
Spa Sessions		Corn Hole		Karaoke Time		Bean Bag Toss		Parachute Fun	
Bead Necklaces with Caylla from Residence at Salem Woods		Rubber Duck Day				Make a Bagel Snack		Bingo	
						Bagel Day		Fig Newton Day	
Music Time	19	News of the Day	20	Morning Chat	21	Today's History	22	Morning Games	23
Learn about MLK		Cards & Coloring		Puzzles/Games		Dot Art		History of Pies	
Today's History		Jeopardy		Stretch & Flex		Brain Games		News of the Day	
Stretch & Flex		Stretch & Flex		Lunch		Stretch & Flex		Stretch & Flex	
Lunch		Lunch		Spa Sessions		Lunch		Lunch	
Parachute Fun		How Cheese is Made		Sing-along		Bean Bag Toss		Corn Hole	
Games & Puzzles		Taste Test Cheese				Polka Music		Pie Tasting	
Martin Luther King Day		Cheese Lover Day		Granola Bar Day		Polka Dot Day		Pie Day	
Music Time	26	News of the Day	27	Morning Chat	28	Today's History	29	Morning Games	30
Travel to Australia		Marble Art		Puzzles/Games		Parachute Fun		What Am I?	
Today's History		Word Games		Stretch & Flex		Wordsearches/Puzzles		News of the Day	
Stretch & Flex		Stretch & Flex		Lunch		Stretch & Flex		Stretch & Flex	
Lunch		Lunch		Brain Games		Lunch		Lunch	
Spa Sessions		Corn Hole		Karaoke Time		Bean Bag Toss		Pokeno	
Craft Time		Chocolate Cake Snack				Word Games		Snack & Sing-along	
Australia Day		Chocolate Cake Day		Blueberry Pancake Day		Puzzle Day		Croissant Day	

Activities are subject to change based on the number of participants.



January 2026 Seniors' CHOICE menu

Monday		Tuesday		Wednesday		Thursday		Friday	
5		6		7		8		9	
Sloppy Joe - 9060 (ch b) chicken bolognese Peas Chickwagon Corn Bun Pears Diet: same		Popcorn Chicken Bowl - 9006 (ch b) meatloaf w/ gravy ch7016 Mashed Potatoes w/ Cheese & Corn Baked Cinnamon Apples Biscuit & Margarine Diet: same		Lemon Pepper Fish - 9033 (ch b) chicken tenders ch7009 Brown Rice Scandinavian Veggies (2 servings) Fruit Cocktail Wheat Bread / Margarine Margarine		Salsbury Steak w/ Mushroom Gravy - 9029 (ch b) chicken w/gravy ch7008 Parsled Potatoes Mixed Vegetables Pineapple Tidbits Wheat Bread (2 slices) Diet: same		Orange Chicken - 9105 (ch b) baked fish - ch7048 Brown Rice Green Beans Carrots Mandarin Oranges Wheat Bread / Margarine Margarine Diet: same	
Hamburger - 9071 (ch b) hot dog ham ch7005 w/ Swiss American Cheese slice Potato Wedges Broccoli Bun Pineapple Tidbits Mustard / Ketchup Diet: same		Roast Turkey w/Gravy - 9005 (ch b) country fried steak w/gravy ch7054 Mashed Potatoes Vegetable Medley Apricots Wheat Bread (2 slices) Margarine Diet: same		Beef Vegetable Teriyaki - 9037 (ch b) orange chicken ch7077 Oriental Stir Fry Vegetables Broccoli Baked Cinnamon Apples Dinner Roll / Margarine Diet: same		Chicken & Potato Casserole - 9316 (ch b) roast beef & gravy ch7025 California Blend Vegetables Grape Juice (100% Wheat Bread (2 slices) Margarine Diet: same		Swedish Meatballs - 9053 (ch b) chicken & gravy ch7037 Egg Noodles Broccoli Carrots Fruit Punch 100% Sponge Cake Diet: same	
Steak Hoagie w/ Gravy - 9302 (ch b) grilled chicken breast ch7026 Potato Wedges Baked Beans Hoagie Bun Fresh Apple Diet: same		Meatloaf w/ Gravy - 9072 (ch b) roast turkey w/ gravy ch7002 Mashed Potatoes Carrots Peaches Wheat Bread (2 slices) Margarine Diet: same		Hawaiian Pineapple Ham - 9094 (ch b) pineapple topped chicken ch7013 Roasted Sweet Potatoes Peas Fruit Cocktail Wheat Bread (2 slices) Margarine Diet: same		Chicken Fajita Bowl - 9004 (ch b) Taco Bowl ch7010 Brown Rice Pinto Beans Chuckwagon Corn Hot Apple Crumble Corn Chips Sour Cream Diet: same		Italian Chicken - 9042 w/ No Salt Added Marinara Spaghetti (ch b) grilled cheese sandwich ch7063 Italian Vegetables Peas Mandarin Oranges Diet: same	
BBQ Beef - 9051 (ch b) grilled chicken breast ch7026 Peas & Onions Potato Wedges Bun Fruit Cocktail Diet: same		Roast Pork Loin w/ Gravy - 9115 (ch b) chicken w/gravy ch7008 Brown Rice Vegetable Medley (2 servings) Apolesauce Wheat Bread / Margarine Diet: same		Chicken Tenders - 9061 (ch b) baked fish ch7048 Brown Rice Green Beans Carrots Fruit Cocktail Wheat Bread / Margarine Margarine Diet: same		Cheese Manicotti - 9133 (ch b) spaghetti & meatballs ch7015 Spinach California Blend Vegetables Peaches Wheat Bread / Margarine (ch a only) Diet: same		Beer Vegetable Stew - 9001 (ch b) chicken stew ch7022 w/ Peas, Carrots, & Rad Skin Potatoes Green Beans Spiced Pears w/ Cranberries Wheat Bread (2 slices) Margarine Diet: same	