

January 2026

MHSDC Newsletter



651 Old State Route 74, Cincinnati, OH 45245

www.MHSDayCenter.com

513.528.0014

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



**MHSDC
Closed for
New Year's Day**

1 Morning Games **2**
What is Science Fiction
News of the Day
Stretch & Flex
Lunch
Bingo
Snack & Sing-along
Science Fiction Day

5 Music Time
Learn about Birds
Today's History
Stretch & Flex
Lunch
Parachute Fun
Craft Fun
Bird Day

6 News of the Day
Cards & Coloring
The Three Wise Men
Stretch & Flex
Lunch
Field Trip to Musical Moments Show
Epiphany

7 Morning Chat
Puzzles/Games
Stretch & Flex
Lunch
Spa Sessions
Sing-along

8 Today's History
Coloring/Wordsearches
Elvis Presley Songs
Stretch & Flex
Lunch
Bean Bag Toss
Where Am I?
Elvis Presley's Birthday

9 Morning Games
Hot Air Balloons
News of the Day
Stretch & Flex
Lunch
Corn Hole
Soda Taste Test

12 Music Time
Travel to England
Today's History
Stretch & Flex
Lunch
Spa Sessions
Bead Necklaces with Caylla from Residence at Salem Woods

13 News of the Day
Duck Races
Rubber Duck History
Stretch & Flex
Lunch
Corn Hole
Word Games
Rubber Duck Day

14 Morning Chat
Puzzles/Games
Stretch & Flex
Lunch
Craft Time
Karaoke Time

15 Today's History
Wordsearches/Puzzles
How Bagels are Made
Stretch & Flex
Lunch
Bean Bag Toss
Make a Bagel Snack
Bagel Day

16 Morning Games
Who Am I?
News of the Day
Stretch & Flex
Lunch
Parachute Fun
Bingo
Fig Newton Day

19 Music Time
Learn about MLK
Today's History
Stretch & Flex
Lunch
Parachute Fun
Games & Puzzles
Martin Luther King Day

20 News of the Day
Cards & Coloring
Jeopardy
Stretch & Flex
Lunch
How Cheese is Made
Taste Test Cheese
Cheese Lover Day

21 Morning Chat
Puzzles/Games
Stretch & Flex
Lunch
Spa Sessions
Sing-along
Granola Bar Day

22 Today's History
Dot Art
Brain Games
Stretch & Flex
Lunch
Bean Bag Toss
Polka Music
Polka Dot Day

23 Morning Games
History of Pies
News of the Day
Stretch & Flex
Lunch
Corn Hole
Pie Tasting
Pie Day

26 Music Time
Travel to Australia
Today's History
Stretch & Flex
Lunch
Spa Sessions
Craft Time
Australia Day

27 News of the Day
Marble Art
Word Games
Stretch & Flex
Lunch
Corn Hole
Chocolate Cake Snack
Chocolate Cake Day

28 Morning Chat
Puzzles/Games
Stretch & Flex
Lunch
Brain Games
Karaoke Time
Blueberry Pancake Day

29 Today's History
Parachute Fun
Wordsearches/Puzzles
Stretch & Flex
Lunch
Bean Bag Toss
Word Games
Puzzle Day

30 Morning Games
What Am I?
News of the Day
Stretch & Flex
Lunch
Pokeno
Snack & Sing-along
Croissant Day

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

January 2026 Seniors' CHOICE menu				
Monday	Tuesday	Wednesday	Thursday	Friday
 Sloppy Joe - 9060 <i>(ch b) chicken bbq ch7002</i> Peas Chuckwagon Corn Bun Pears Diet: same	 Popcorn Chicken Bowl - 9006 <i>(ch b) meatloaf w/ gravy ch7016</i> Mashed Potatoes w/ Cheese & Corn Green Beans Baked Cinnamon Apples Biscuit & Margarine Diet: same	 Lemon Pepper Fish - 9033 w/ Tartar Sauce <i>(ch b) chicken tenders ch7009</i> Brown Rice Scandinavian Veggies (2 servings) Fruit Cocktail Wheat Bread / Margarine Diet: same	 S Salisbury Steak w/ Mushroom Gravy - 9029 <i>(ch b) chicken w/ gravy ch7008</i> Parslaid Potatoes Mixed Vegetables Pineapple Tidbits Wheat Bread (2 slices) Margarine Diet: same	turkey Ham & Beans - 9062 <i>(ch b) chicken stew ch7022</i> Mixed Vegetables (2 servings) Cornbread Peaches Dinner Roll / Margarine Diet: same
Hamburger - 9071 <i>(ch b) hot deli ham ch7005</i> w/ Swiss American Cheese slice Potato Wedges Broccoli Bun Pineapple Tidbits Mustard / Ketchup Diet: same	Roast Turkey w/Gravy - 9005 <i>(ch b) country fried steak w/ gravy ch7054</i> Mashed Potatoes Vegetable Medley Apricots Wheat Bread (2 slices) Margarine Diet: same	Beef Vegetable Teriyaki - 9037 <i>(ch b) orange chicken ch7071</i> Brown Rice Oriental Stir Fry Vegetables Broccoli Baked Cinnamon Apples Dinner Roll / Margarine Diet: same	Chicken & Potato Casserole - 9315 <i>(ch b) roast beef & gravy ch7025</i> California Blend Vegetables (2 servings) Grape Juice 100% Wheat Bread (2 slices) Margarine Diet: same	Swedish Meatballs - 9053 <i>(ch b) chicken & gravy ch7037</i> Egg Noodles Broccoli Carrots Fruit Punch 100% Sponge Cake Diet: same
Steak Hoagie w/ Gravy - 9302 <i>(ch b) grilled chicken breast ch7026</i> Potato Wedges Baked Beans Hoagie Bun Fresh Apple Diet: same	Meatloaf w/ Gravy - 9072 <i>(ch b) roast turkey w/ gravy ch7002</i> Mashed Potatoes Carrots Peaches Wheat Bread (2 slices) Margarine Diet: same	Hawaiian Pineapple Ham - 9094 <i>(ch b) pineapple topped chicken ch7013</i> Roasted Sweet Potatoes Peas Fruit Cocktail Wheat Bread (2 slices) Margarine Diet: same	Chicken Fajita Bowl - 9004 <i>(ch b) Taco Bowl ch7010</i> Brown Rice Pinto Beans Chuckwagon Corn Hot Apple Crumble Corn Chips Sour Cream Diet: same	Italian Chicken - 9042 w/ No Salt Added Marinara Spaghetti <i>(ch b) grilled cheese sandwich ch7063</i> Italian Vegetables Peas Mandarin Oranges Diet: same
BBQ Beef - 9051 <i>(ch b) grilled chicken breast ch7026</i> Peas & Onions Potato Wedges Bun Fruit Cocktail Diet: same	Roast Pork Loin w/ Gravy - 9115 <i>(ch b) chicken w/ gravy ch7008</i> Brown Rice Vegetable Medley (2 servings) Applesauce Wheat Bread / Margarine Diet: same	Chicken Tenders - 9061 <i>(ch b) baked fish ch7048</i> Brown Rice Green Beans Carrots Fruit Cocktail Wheat Bread / Margarine Diet: same	Cheese Manicotti - 9133 w/ Pesto Cream Sauce <i>(ch b) spaghetti & meatballs ch7015</i> Spinach California Blend Vegetables Peaches Wheat Bread / Margarine (ch a only) Diet: same	Beef Vegetable Stew - 9001 <i>(ch b) chicken stew ch7022</i> w/ Peas, Carrots, & Red Skin Potatoes Green Beans Spiced Pears w/ Cranberries Wheat Bread (2 slices) Margarine Diet: same

Happy January Birthday!

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