

December 2025

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 are grateful to have the
opportunity to work with
some amazing seniors. The
best compliment you can
give us is to write a review.

Here is the link to leave a
review:

[https://g.page/r/CfzD23lvI
HKREAI/review](https://g.page/r/CfzD23lvIHKREAI/review)



**Margaret's Heart
Senior Day Center
will be closed on
Christmas Day.**

Winter Weather Closings & Delays

Margaret's Heart Senior Day Center will submit information
for closing and delays to Channel 12. If you have questions, you
can always reach out to Kristin directly.

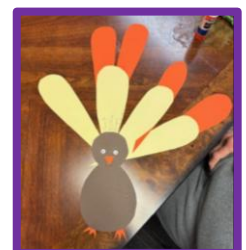
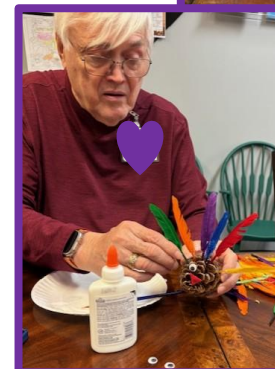
Giving Thanks

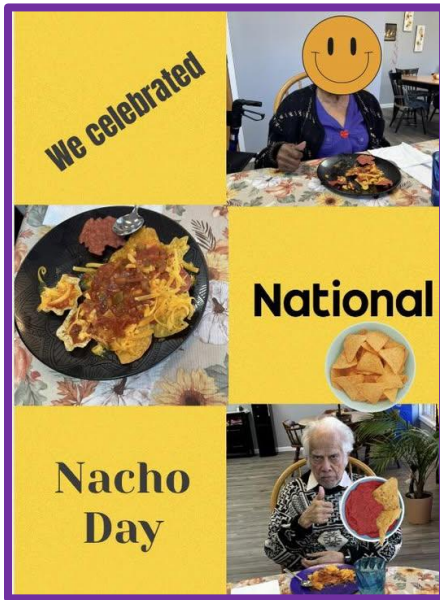
The Friday before Thanksgiving, participants and staff of
Margaret's Heart Senior Day Center had the opportunity to
volunteer at the IPM Food Pantry. We checked expiration
dates and sorted the donations. Thank you to IPM Food Pantry
for allowing us to help others in our community.



Thanks to
Assisting Hands Home Care,
The Ashton at Anderson,
And
Residence at Salem Woods
for sponsoring our
Thanksgiving crafts.

We love our turkeys!

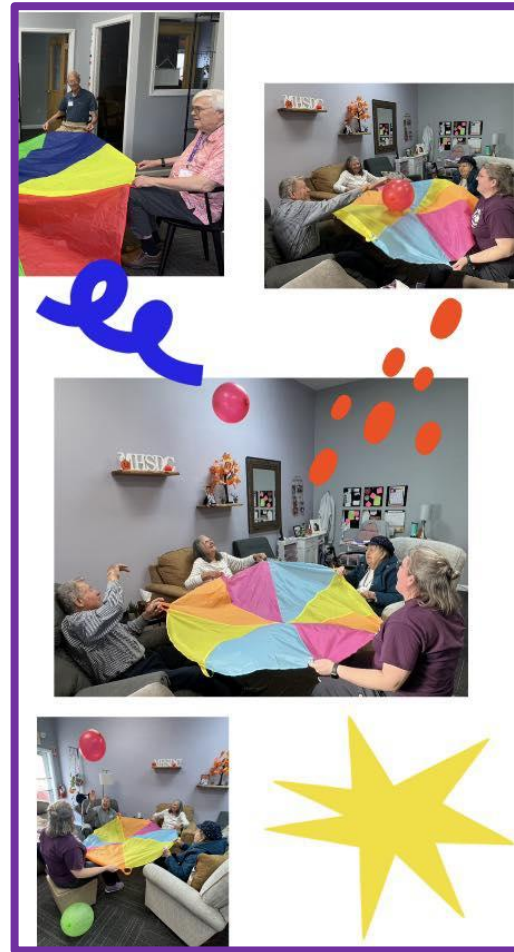




Betsy, MHSDC Activity Director, engages all of our participants in our daily activities!



Homemade bread



Thank you to:

Cedric Pashi and MyRyde NEMT,
Betsy Guy
The Eck family

For your generous donations to the Adopt-A-Senior Program! Your kindness will help make the holidays a little brighter for one male and one female senior in need in Clermont County.

December 2025 Seniors' CHOICE menu				
Monday	Tuesday	Wednesday	Thursday	Friday
<div><div></div><div>Sloppy Joe - 9060 (ch b) chicken bbq ch7002</div><div>Peas Chuckwagon Corn Bun Peas Diet: same</div></div>	<div><div></div><div>Popcorn Chicken Bowl - 9006 (ch b) meatloaf w/ gravy ch7016</div><div>Mashed Potatoes w/ Cheese & Corn Green Beans Baked Cinnamon Apples Biscuit & Margarine Diet: same</div></div>	<div><div></div><div>Lemon Pepper Fish - 9033 w/ Tartar Sauce (ch b) chicken tenders ch7009</div><div>Brown Rice Scandinavian Veggies (2 servings) Fruit Cocktail Wheat Bread / Margarine Margarine</div></div>	<div><div></div><div>turkey Ham & Beans - 9062 (ch b) chicken stew ch7022</div><div>Mixed Vegetables (2 servings) Cornbread Peaches Dinner Roll / Margarine Diet: same</div><div></div></div>	<div><div></div><div>Salisbury Steak w/ Mushroom Gravy - 9029 (ch b) chicken w/gravy ch7008</div><div>Parslaid Potatoes Mixed Vegetables Pineapple Tidbits Wheat Bread (2 slices) Margarine Diet: same</div></div>
<div><div></div><div>Rosemary Chicken - 9039 (ch b) pork loin w/gravy ch7058</div><div>Potato Wedges Vegetable Medley Fruit Cocktail Wheat Bread (2 slices) Margarine diet: same</div></div>	<div><div></div><div>Beef Vegetable Teriyaki - 9037 (ch b) orange chicken ch7071</div><div>Brown Rice Oriental Stir Fry Vegetables Broccoli Baked Cinnamon Apples Dinner Roll / Margarine Diet: same</div></div>	<div><div></div><div>Chicken & Potato Casserole - 9315 (ch b) roast beef & gravy ch7025</div><div>California Blend Vegetables (2 servings) Grape Juice 100% Wheat Bread (2 slices) Margarine Diet: same</div></div>	<div><div></div><div>Hamburger - 9071 (ch b) hot deli ham ch7005</div><div>w/ Swiss American Cheese slice Potato Wedges Broccoli Bun Pineapple Tidbits Mustard / Ketchup Diet: same</div></div>	<div><div></div><div>Orange Chicken - 9105 (ch b) baked fish - ch7048</div><div>Brown Rice Green Beans Carrots Mandarin Oranges Wheat Bread / Margarine Margarine Diet: same</div></div>
<div><div></div><div>Steak Hoagie w/ Gravy - 9302 (ch b) grilled chicken breast ch7026</div><div>Potato Wedges Baked Beans Hoagie Bun Fresh Apple Diet: same</div></div>	<div><div></div><div>Meatloaf w/ Gravy - 9072 (ch b) roast turkey w/ gravy ch7002</div><div>Mashed Potatoes Carrots Peaches Wheat Bread (2 slices) Margarine Diet: same</div></div>	<div><div></div><div>Cherry Glazed Ham - 9094X (ch b) chicken w cherry glaze ch7013</div><div>Roasted Root Vegetables Succotash Dinner Roll / Margarine Cranberry-Apple Juice 100% Holiday Cookie Diet: Graham Crackers</div></div>	<div><div></div><div>Chicken Fajita Bowl - 9004 (ch b) Taco Bowl ch7010</div><div>Brown Rice Pinto Beans Chuckwagon Corn Hot Apple Crumble Corn Chips Sour Cream Diet: same</div></div>	<div><div></div><div>Spaghetti & Meatballs - 9035 w/ Marinara & Parmesan (ch b) chicken Alfredo w/ broccoli ch7067</div><div>Italian Vegetables Spinach / Vinegar Fruit Punch 100% Sponge Cake Diet: same</div></div>
<div><div></div><div>BBQ Beef - 9051 (ch b) grilled chicken breast ch7026</div><div>Peas & Onions Potato Wedges Bun Mandarin Oranges Diet: same</div></div>	<div><div></div><div>Roast Pork Loin w/ Gravy - 9115 (ch b) chicken w/gravy ch7008</div><div>Vegetable Medley (2 servings) Applesauce Wheat Bread / Margarine Diet: same</div></div>	<div><div></div><div>Chicken Tenders - 9061 (ch b) baked fish ch7048</div><div>Brown Rice Green Beans Carrots Fruit Cocktail Wheat Bread / Margarine Margarine Diet: same</div></div>	<div><div></div><div>Merry Christmas!</div></div>	
<div><div></div><div>Beef Vegetable Stew - 9001 (ch b) chicken stew ch7022</div><div>w/ Peas, Carrots, & Red Skin Potatoes Green Beans Spiced Peas w/ Cranberries Wheat Bread (2 slices) Margarine Diet: same</div></div>	<div><div></div><div>Fish Sticks w/ Tartar Sauce - 9028 (ch b) macaroni & cheese ch7065</div><div>Peas Potato Wedges Pineapple Tidbits Wheat Bread (2 slices) Margarine Diet: same</div></div>	<div><div></div><div>Cincinnati Chili - 9112 w/ Spaghetti (ch b) roast beef w/gravy ch7025</div><div>Kidney Beans Broccoli Cinnamon Applesauce Cheddar Cheese (ch A only) Oyster Crackers (ch A only) 2 Wheat Bread / Margarine (ch b only) Diet: same</div></div>	<div><div></div><div>Happy New Year!</div></div>	
<div><div></div><div>Complete Meal Meets 113 DBI for Older Americans and Complies with the Dietary Guidelines for Americans 2020-2025</div></div>				

December 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Music Time 1 Today's History History of Candy Canes Stretch & Flex Lunch Cooking Club: Peppermint Bark <i>Peppermint Day</i>	News of the Day 2 Jeopardy Christmas Tree Trivia Stretch & Flex Lunch Christmas Carols Toys of yesterday <i>Christmas Tree Day</i>	Morning Chat 3 Puzzles Balloon Tennis Lunch Make Bow Wreaths Karaoke Time <i>Gift Wrap Day</i>	Today's History 4 Coloring/Puzzles Make & Bake Cookies Stretch & Flex Lunch Bean Back Toss Decorate Cookies <i>Cookie Day</i>	News of the Day 5 Santa Claus Around the World Stretch & Flex Lunch Bingo Cookies & Cocoa <i>St. Nicholas Eve</i>
Music Time 8 Today's History Make Brownies Stretch & Flex Lunch Spa Sessions Christmas Carols <i>Brownie Day</i>	News of the Day 9 Kirk Douglas Stretch & Flex Lunch Bean Bag Toss Make Christmas Cards <i>Christmas Card Day</i>	Morning Chat 10 Puzzles Balloon Tennis Lunch Snow Globes Karaoke Time <i>Winter Wonderland Wednesday</i>	Today's History 11 Coloring/Puzzles Learn about Poinsettias Stretch & Flex Lunch Field Trip to Songs in Mind Choir Concert <i>Poinsettia Day</i>	News of the Day 12 Frank Sinatra Songs Christmas Trivia Stretch & Flex Lunch Gingerbread House Decorating <i>Gingerbread House Day</i>
Music Time 15 Today's History Hanukkah History Stretch & Flex Lunch Spin the Dreidel <i>Happy Hanukkah</i>	News of the Day 16 Las Posadas Word Games Stretch & Flex Lunch Reindeer Games <i>Reindeer Day</i>	Morning Chat 17 Puzzles Balloon Tennis Lunch Snowman Craft Karaoke Time <i>Snowmen Day</i>	Today's History 18 Coloring/Puzzles The Nutcracker Stretch & Flex Lunch Bean Bag Toss Taste Test Nuts <i>Nutcracker Day</i>	News of the Day 19 Christmas Traditions from Around the World Stretch & Flex Lunch Bingo Christmas Carols <i>Ugly Sweater Day</i>
Music Time 22 Today's History Christmas Light Fight Stretch & Flex Lunch Christmas Symbols Cookies & Cocoa <i>Christmas Lights Day</i>	News of the Day 23 Christmas Movie Trivia Stretch & Flex Lunch Christmas Carols Eggnog Tasting <i>Eggnog Day</i>	Morning Chat 24 Puzzles Balloon Tennis Lunch 'Twas the Night Before Christmas Karaoke Time <i>Christmas Eve</i>	MHSDC Closed for Christmas Day	
Music Time 29 Today's History Cello History Stretch & Flex Lunch Spa Sessions Fruitcake	News of the Day 30 Travel to Mexico Trivia Time Stretch & Flex Lunch Coloring/Puzzles Music & Mocktails	Morning Chat 31 Puzzles Balloon Tennis Lunch New Year's Traditions Karaoke Time <i>New Year's Eve</i>		

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