

# December 2018 Menu

**Monday      Tuesday      Wednesday      Thursday      Friday**

<p>Lasagna Casserole <b>3</b> Broccoli Italian Vegetable Blend Breadstick Lemon Fruited Gelatin Milk</p>	<p>Dijon Turkey Breast <b>4</b> Garlic Whipped Potatoes Mixed Greens Corn Muffin Fudge Creme Cookie Milk   Margarine <i>Shopping: Kroger</i></p>	<p>Oven Fried Chicken Thigh <b>5</b> Scalloped Potatoes Brussels Sprouts w/ Lemon Wheat Bread Pineapple Pudding Milk</p>	<p>Smoked Sausage and Red Beans <b>6</b> Buttered Rice Peas and Carrots Texas Bread Chocolate Pudding Milk</p>	<p><b>7</b>  Boxed Lunch Day</p>
<p>BBQ Pork Rib Patty *~ <b>10</b> Whole Kernel Corn California Vegetable Blend Dinner Roll Fresh Orange Milk</p>	<p>Fiesta Chicken Thigh <b>11</b> Buttered Rice Fiesta Vegetable Blend Wheat Bread Glazed Pineapple Milk <i>Shopping: Wal-Mart</i></p>	<p>Swiss Steak ~ Oven Roasted <b>12</b> Potatoes Italian Green Beans Dinner Roll White Cake w/ Chocolate Frosting Chocolate Ice Cream </p>	<p>Sliced Ham * Swiss Cheese <b>13</b> Broccoli Salad Carrot and Raisin Salad Wheat Bread (2) Peanut Butter Cookie Milk   Mayonnaise</p>	<p>Chicken Alfredo w/Broccoli and Pasta Shells <b>14</b> Herbed Green Peas Tossed Salad Wheat Bread Apple and Raisin Compote Milk   Italian Salad</p>
<p>Oriental Chicken <b>17</b> Fried Rice Broccoli, Carrots and Onions Wheat Bread Pineapple Tidbits Milk</p>	<p>Chicken and Dumplings <b>18</b> Stewed Tomatoes Italian Green Beans Multi Grain Bread Strawberry Fluff Milk <i>Shopping: Rio Grande</i></p>	<p>Meatloaf w/Tomato Gravy <b>19</b> Country Potatoes Green Peas Wheat Bread Ranger Cookie Milk</p>	<p>Chicken Shawarma <b>20</b> w/Feta Cream Sauce Yellow Rice Cucumber and Tomato Salad Pita Bread Cinnamon Applesauce Milk Apple Juice</p>	<p>Christmas Holiday Meal <b>21</b> Turkey Breast w/ Gravy Cornbread Dressing Green Bean Casserole Dinner Roll Ambrosia Pudding Margarine Cranberry Sauce</p>
<p><b>24</b>  Closed for Holiday</p>	<p><b>25</b>  Closed for Holiday</p>	<p>Oven Fried Chicken Thigh <b>26</b> Macaroni &amp; Cheese Country Tomatoes Dinner Roll Orange Fruited Gelatin Milk</p>	<p>Tuna Salad <b>27</b> Lettuce and Tomato Black-eyed Pea Salad Wheat Bread (2) Banana Pudding w/ Wafers Milk</p>	<p>Mexican Chili <b>28</b> Parslied Rice Turnip Greens Corn Muffin Fresh Orange Milk   Margarine</p>
<p>New Year's Meal <b>31</b> Sliced Ham * Black-eyed Peas Cabbage Corn Muffin Fig Bar Milk   Margarine</p>	<p><b><u>Lunch is served at noon.</u></b></p> <p>* Contains Pork ~ Contains Soy</p> <p>If you have any questions regarding the Nutrition Program or Transportation, please contact: <b>Recreation Supervisor Eduvina Cruz</b> at 972-237-4148 or <a href="mailto:ecruz@gptx.org">ecruz@gptx.org</a>.</p>			

**Meal Program**  
Applicants must be 60 years or older and live in Dallas County. Applications are available at the front desk. 2 day advanced reservations required.

**Transportation**  
Applications aumbvailable at the front desk. Call the Grand Connection at 972-237-8546 to schedule. Available for those in Nutrition Program 60+.

# Wellness at The Summit

**Monday | December 3 | 11am | Wings Theater**  
Amerilife Presentation • Medicare Supplements

**Thursday | December 6 | 10:30am | Wings Theater**  
AARP Presentation - Living long, living smarter by Lee Lee Lee

**Friday | December 7 | 9:00am | Ballrooms 1-3**  
GetFIT GP Health Fair

**Monday | December 10 | 10:30am | Wings**  
Travel Presentation by Collette Travel

**Monday | December 10 | 11am | Ballroom 3**  
Emma's Dance Group

**Tuesday | December 11 | 10:30am | Conf Room**  
Advisory Council Meeting

**Wednesday | December 12 | 10:30am | Wings**  
Commission on Aging: Diabetes Awareness

**Wednesday | December 12 | 11:45 am | Dining**  
Birthday Celebration - Wear your Summit T-shirt

**Thursday | December 13 | 7:00-9:30pm | \$6**  
Christmas Dance • Doc Gibbs • Desserts & Coffee

**Friday | December 14 | 10:30am | Ballroom 1**  
Grand Prairie Choir

**Friday | December 14 | 10:30am | Ballroom 2**  
Christmas Craft Class • \$3

**Monday | December 17 | 10am | Free**  
Carter Eye Mobile van

**Tuesday | December 18 | 6-8pm | \$3**  
Christmas Party • Opt New Gift Exchange \$5 value

**Wednesday | December 19 | 2pm | \$1 kids**  
Grandkid Movie • Smallfoot

**Thursday | December 20 | 6-8pm | \$10**  
Plant Based Cooking Class

**Thursday | December 20 | 10:30am**  
Hora de Platica

**Friday | December 21 | 11:00am | All Rooms**  
Nutrition Program Christmas Luncheon  
Music by Richard Palomino

**Friday | December 28 | 10:30am | Wings**  
Nutrition Class: 12 ways to have a healthy holiday

## Innovative Memory Care at Joe Pool Lake

MAKING  
*every*  
DAY  
*great*



“  
Oxford Glen  
caregivers are  
special & will  
always shine in  
my heart. God is  
smiling down  
on you!  
”

- 24-hour nursing
- Life engagement 7 days a week
- Exceptional staff-to-resident ratio
- Home-like environment
- Medication management

**OXFORD  
GLEN**  
Memory Care Residence

#106040

OxfordAtGrandPrairie.com | 2424 N Grand Peninsula Dr, Grand Prairie

# (214) 491-5155

Call **211** or visit **211.org**. A FREE and confidential service that helps you find local services for older adults. Get help with housing, utilities, crisis, assistance, health information, food, jobs, support, and veteran services.



[www.facebook.com/thesummitgptx](http://www.facebook.com/thesummitgptx)