

DECEMBER 2019

517-546-9910

## IMPORTANT

**Be Our Guest will Open at**

**11:30**

**Monday, December 16th**

*(This will be the 3rd Monday)*

**Closed**

**December 23rd, 24th, 25th for  
Christmas**

**December 31st & January 1st for  
New Years**

**Caregiver Support Group**

**Tuesday, December 3rd**

**Wednesday, December 18th**

**From 4:30-6:00**

**Caregiver Activities**

**\*Calendar attached\***

**All Events At Be Our Guest,  
Free Respite Provided**

**Call: 517-546-9910 to Register**

### Leave a Lasting Legacy

Did you know – leaving a **Charitable Bequest** in your will to bestow on Be Our Guest Adult Day, a program of Livingston County Catholic Charities, makes it easy to help Be Our Guest to continue to serve seniors and caregivers for years to come without dipping into your current income or savings.

Bequests can be made in Honor or Memory of your loved one.

Call Julie or Mark at 517-545-5944 to learn how you can Leave a Lasting Legacy or contact your financial adviser or lawyer.

### December Birthdays

Bill J. 12/16

Chuck H. 12/17

“Bud” B. 12/30

Beth N. 12/3

Patti D. 12/4



## Save the Date!

Our Annual Christmas party will be December 20th, from 3:00-5:00.

All loved ones and guests are welcome. Come enjoy some sweets and games.



DECEMBER 2019

Be Our Guest Adult Day Service

517-546-9910



Making  
Snow Turkeys!!



DECEMBER 2019

Be Our Guest Adult Day Service  
[www.livingstoncatholiccharities.org](http://www.livingstoncatholiccharities.org)

517-546-9910



LIVINGSTON COUNTY  
CATHOLIC  
CHARITIES  
HELPING LIVES GROW

## Fun and Dancing With Fast Eddie Musician!

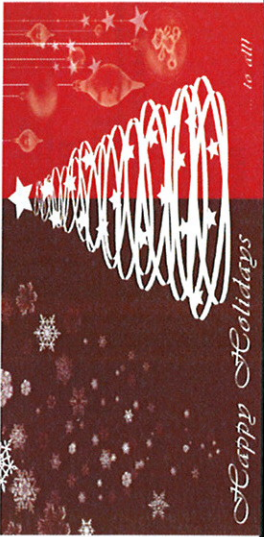




**Tons of Fun  
Playing  
Table Tennis**



# December 2019



Sun	Mon	Tue	Wed	Thu	Fri	Sat	
1	2 <b>Special Music</b> Cognitive Physical Activity ADL, Craft, Stimulation Physical Activity 	3 <b>Special Music</b> Cognitive Physical Activity ADL, Craft, Stimulation Physical Activity 	4 <b>Happy B-Day Patti</b> <b>Special Music</b> Cognitive Physical Activity ADL, Craft, Stimulation 	5 <b>Music Therapy</b> Cognitive Physical Activity ADL, Craft, Stimulation Physical Activity 	6 <b>Special Music</b> Cognitive Physical Activity ADL, Craft, Stimulation Physical Activity 	7 	
8 	9 <b>Dance Movement</b> Cognitive Physical Activity ADL, Craft, Stimulation Physical Activity	10 Cognitive Physical Activity ADL, Craft, Stimulation Physical Activity 	11 <b>Music Therapy</b> Cognitive Physical Activity ADL, Craft, Stimulation Physical Activity	12 <b>Art Therapy</b> Cognitive Physical Activity ADL, Craft, Stimulation Physical Activity	13 <b>Happy B-Day Chuck</b> Cognitive Physical Activity ADL, Craft, Stimulation Physical Activity 	14	
15	16 <b>OPEN @ 11:30</b> <b>Music Therapy</b> Cognitive Physical Activity ADL, Craft, Stimulation	17 <b>Special Music</b> Cognitive Physical Activity ADL, Craft, Stimulation Physical Activity 	18 <b>Dance Movement</b> Cognitive Physical Activity ADL, Craft, Stimulation Physical Activity	19 <b>Go Laughter</b> Cognitive Physical Activity ADL, Craft, Stimulation Physical Activity	20 <b>3PM - 5 PM</b> 	21	
22 	23 <b>CLOSED</b> 	24 <b>CLOSED</b>	25 <b>CLOSED</b>	26 <b>Art Therapy</b> Cognitive Physical Activity ADL, Craft, Stimulation Physical Activity 	27 <b>Special Music</b> Cognitive Physical Activity ADL, Craft, Stimulation Physical Activity 	28	
29 	30 <b>Special Music</b> <b>Dance Movement</b> Cognitive Physical Activity ADL, Craft, Stimulation 	31 <b>New Year's EVE</b> <b>CLOSED</b>	January 1, 2020 <b>NEW YEAR'S DAY</b> <b>CLOSED</b>				

# Livingston County & Western Oakland Meals on Wheels - December 2019 Menu

<u>Monday</u> 12/2/2019	<u>Tuesday</u> 12/3/2019	<u>Wednesday</u> 12/4/2019	<u>Thursday</u> 12/5/2019	<u>Friday</u> 12/6/2019
Copper Country Pie Mixed Vegetables Tossed Salad Banana Dinner Roll 0	Baked Cod Macaroni & Cheese Brussel Sprouts Orange 0 0	Stuffed Peppers Mashed Potatoes Green Beans Whole Wheat Bread Peaches Dessert	Chicken Parmesan Noodles Tossed Salad Italian Vegetables Apple Dessert	Swedish Meatballs over Rice Corn Cole Slaw Pears Roll 0
<u>Monday</u> 12/9/2019	<u>Tuesday</u> 12/10/2019	<u>Wednesday</u> 12/11/2019	<u>Thursday</u> 12/12/2019	<u>Friday</u> 12/13/2019
Beef Goulash Blended Vegetables Peaches Dinner Roll 0	Pulled BBQ Chicken Sandwich Wedge Potatoes Brussel Sprouts Pears Hamburger Bun 0	Roast Beef & Gravy Mashed Potatoes Green Beans Roll Apple Christmas Sugar Cookie	Beef Chili Corn Fruit Cocktail Oyster Crackers Dessert 0	Grilled Turkey Burger Hamburger Bun Baked Beans Cucumber Salad Orange 0
<u>Monday</u> 12/16/2019	<u>Tuesday</u> 12/17/2019	<u>Wednesday</u> 12/18/2019	<u>Thursday</u> 12/19/2019	<u>Friday</u> 12/20/2019
Grilled Chicken Sandwich 3 Bean Salad Hamburger Bun Pineapple Wedge Potatoes 0	Sloppy Joe Hamburger Bun Carrots Tropical Fruit Potato Salad 0	Baked Ziti w/cheese Italian Vegetables Garlic Bread Peaches Dessert 0	Vegetables Lasagna Tossed Salad Carrots Breadstick Dessert Dessert	Beef Tacos (2) Cheese, Lettuce, Tomatoes Salsa & Sour Cream Refried Beans Tortillas Mixed Fruit
<u>Monday</u> 12/23/2019	<u>Tuesday</u> 12/24/2019	<u>Wednesday</u> 12/25/2019	<u>Thursday</u> 12/26/2019	<u>Friday</u> 12/27/2019
Stuffed Cabbage Mashed Potatoes Stewed Tomatoes Whole Wheat Bread Banana 0	Closed Frozen delivered 12/18/2019 0 0 0	Closed You must order a meal to be delivered 0 0	Chicken & Broccoli Casserole Tossed Salad Apple Sauce Dinner Roll Dessert 0	Stuffed Steak Mashed Potatoes Green Beans Banana Dinner Roll 0
<u>Monday</u> 12/30/2019	<u>Tuesday</u> 12/31/2019	<u>Wednesday</u> 1/1/2020	<u>Thursday</u> 1/2/2020	<u>Friday</u> 1/3/2020
Italian Meatball Sub Sub Bun Wedge Potatoes Italian Beans Pears 0	Chicken Fettucini Alfredo Caesar Salad Broccoli Pears Garlic Bread 0	Closed Frozen delivered 12/30/2019 0 0 0	Swiss Steak Blended Vegetables Peaches Dinner Roll Dessert 0	Chicken and Dumplings Tossed Salad Peas & Carrots Pears Dinner Roll 0

PLEASE CALL 24 HOURS :

ADVANCE TO CANCEL MEI

810-632-2155

888-886-8971

MENU SUBJECT TO CHANG

WITHOUT NOTICE

HALF PINT OF MILK

SERVED WITH EVERY MEI

COST SHARE \$3.00

12/24/19

NO MEALS DELIVERED

FROZEN DELIVERED 12/1:

12/25/19

NO MEALS DELIVERED

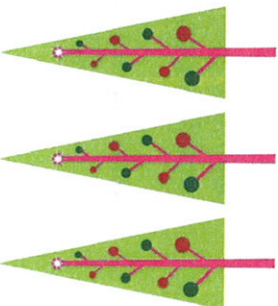
UNLESS MEAL RESERVED

1/1/2020

NO MEALS DELIVERED

FROZEN DELIVERED 12/30

Our site is funded in whole or in part by the Federal Older American's Act and the AASA through the Area Agency on Aging 1-B. We comply with the terms and regulations of the Title V of the Civil Rights Act of 1964 as amended and Section 504 of the Social Rehabilitation Act of 1973 and is an Equal Opportunity Employer. Reasonable accommodation will be provided upon request.



# December 2019

**FREE**

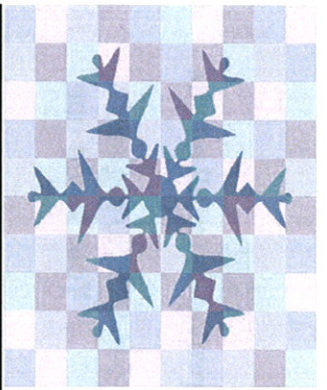
Respite provided for all events

Call 517-546-9910 to register

Your loved one

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3 Caregiver Support Group 4:30-6:00 Drop in	4	5 Chair Massages 4:00-6:00 ONLY 4 Spots Registration Required	6	7
8	9	10	11 Moving through Stress: Body-based Techniques for Caregivers 5:00-6:00 Registration Required	12 Relaxation Techniques & Fitness with Laura 5:00-6:00 Registration Required	13	14
15	16	17	18 Caregiver Support Group 4:30-6:00 Drop in	19	20	21
22	23	24	25	26	27	28
		31				

All Activities are at  
2020 Grand River Ave.  
Howell, MI 48843 Suite 103



# January 2020

*FREE*  
 Respite provided for all events  
 Call 517-546-9910 to register  
 Your loved one

Sun      Mon      Tue      Wed      Thu      Fri      Sat

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7 <i>Caregiver Support Group</i> 4:30-6:00 Drop in	8 <i>Caregiver Support Group</i> 4:30-6:00 Drop in	9 <i>Relaxation Techniques with Laura</i> 5:00-6:00 Registration Required	10	11
12	13	14 <i>Chair massages</i> 4:00-6:00 Registration Required	15 <i>Caregiver Support Group</i> 4:30-6:00 Drop in	16	17	18
19	20	21 Registration Required	22	23	24	25
26	27	28	29 <i>Understanding and Responding to Dementia-Related Behaviors</i> 4:00-5:00 Registration Required	30	31	

All Activities are at  
 2020 Grand River Ave.  
 Howell, MI 48843 Suite 103

