

DECEMBER

SUN	MON	TUE	WED	THU	FRI	SAT
Resident Led Exercise KHargis Fitness Events Overture Events	<u>To receive text messages, text "Start" to 817-953-2630</u>	RSVP Binder is in the Resident's Corner/Library		1 9/9:30a Coffee and Friends by the Fire 11:30a Seated & Standing Drumba 2p Rummikub & Dominoes 5p Mix & Mingle - Drinks & Light Appetizers 7p Poker - Media Room	2 NO YOGA OR DANCE 1p Men's Club 2p Ambassador's Club Mtg 6p Bingo 7p Spades	3 6p Pokeno
4 1p Resident Potluck 2p Puzzles 6p Bingo	5 9/9:30a Coffee & Friends by the fire 1:00p Strength & Balance w/ Kenya 5P Mexican Train 7P Spades	6 9a- "Walk With Me" Series 11:30a Yoga 1p Men's Club 1:30p LIIT W/Kenya 2p Rummikub 4p Mary Kay w/ Jean 6p Adult Happy Hour w/ Drinks Live Country Music Entertainer 7p Poker - Media Room	7 9:00a Walk With Me Series 11:00 Club Circuit Training 3p Woman's Group 5p Bible Study 6p Pokeno 7p Spades	8 9/9:30a Coffee and Friends by the Fire 11:30a Seated & Standing Drumba 2p Rummikub & Dominoes 5p-6:30p Mix & Mingle - Holiday Vendor Fair w/ Lemmon Drop Coffee Cocktails 7p Poker - Media Room	9 9-10a Donuts & Coffee 11:30a Yoga 2:30p Dance class (w/ Line Dancing) 1p Men's Club 6p Bingo 7p Spades	10 6p Pokeno
11 1p Resident Potluck 2p Puzzles 6p Bingo	12 9/9:30a Coffee & Friends by the fire 1:00p Strength & Balance w/ Kenya 5P Mexican Train 7P Spades	13 9:00a "Walk With Me" Series 11:30a Yoga 1p Men's Club 1:30p LIIT W/Kenya 2p Rummikub 7p Poker - Media Room	14 9:00a Walk With Me Series 10:30a Waffle Brunch w/ Chefs for Seniors - RSVP 11:00 Club Circuit Training 5p Bible Study 6p Pokeno 7p Spades	15 9/9:30a Coffee and Friends by the Fire 11:30a Seated & Standing Drumba 2p Rummikub & Dominoes 5-7p Adult Holiday Party W/ DJ Ray & Holiday Photos & G-Pa's Fried Pies & Jewelry - RSVP 7p Poker - Media Room	16 NO YOGA OR DANCE 1p Men's Club 6p Bingo 6-8p Sip & Paint - RSVP 7p Spades	17 CHEFS FOR SENIORS 4-5p - Chef Demo w/ Chefs for Seniors 6p Pokeno
18 1p Resident Potluck 2p Puzzles 6p Bingo	19 9/9:30a Coffee & Friends by the fire 11a Quarter Bingo w/ Juanita 1:00p Strength & Balance w/ Kenya 5P Mexican Train 7P Spades	20 9:00a "Walk With Me" Series 11:30a Yoga 1p Men's Club 1:30p LIIT W/Kenya 2p Rummikub 7p Poker - Media Room	21 9:00a Walk With Me Series 11:00 Club Circuit Training 3p Woman's Group 5p Bible Study 6p Pokeno 7p Spades	22 9/9:30a Coffee and Friends by the Fire 11:30a Seated & Standing Drumba 2p Rummikub & Dominoes 5p Mix & Mingle - Drinks & Light Appetizers 7p Poker - Media Room	23 11:30a Yoga 12:30p Dance class (w/ Line Dancing) 1p Men's Club 6p Bingo 7p Spades	24 Office 10am-3pm Christmas Eve 6p Pokeno
25 Christmas Day Office Closed	26 Office: 9am-3pm 9/9:30a Coffee & Friends by the fire NO EXERCISE CLASS 5P Mexican Train 7P Spades	27 11:30a Yoga 1p Men's Club NO EXERCISE CLASS 2p Rummikub 7p Poker - Media Room	28 NO EXERCISE CLASS 5p Bible Study 6p Pokeno 7p Spades	29 9/9:30a Coffee and Friends by the Fire NO EXERCISE CLASS 2p Rummikub & Dominoes 5p Mix & Mingle - Drinks & Light Appetizers 7p Poker - Media Room	30 9:30a - Tech Help w/ Kevin - RSVP 1:30a Yoga 12:30p Dance class (w/ Line Dancing) 1p Men's Club 6p Bingo 7p Spades	31 Happy New Year Office: 10am-3pm New Years Eve 6p Pokeno

Chicken Gnocchi Soup

Total Time: 45 min.

Prep: 15 min.

Yields 6-8 Servings



Directions:

1. In a Dutch oven, heat the oil over medium heat. Add the onion, carrot, and celery. Cook, stirring occasionally, until softened, 10 to 12 minutes, adding the garlic during the last minute.
2. Add the flour and cook, stirring constantly, until evenly combined and vegetables are well coated, about 1 minute. Gradually stir in the chicken broth. Add the chicken, thyme, salt, and pepper, and bring the mixture to a simmer over medium. Reduce the heat to medium-low and simmer until the chicken is cooked through, about 5 minutes.
3. Stir in the gnocchi and cook, covered, stirring occasionally, until tender and fluffy, 4 to 5 minutes. Stir in the spinach and half and half. Cook, stirring occasionally, until well combined and spinach is tender, 1 to 2 minutes. Remove from heat. Season to taste with salt and pepper.

Ingredients

- 2 tbsp. olive oil
- 1 large yellow onion
- 3 large carrots, peeled and chopped (about 1 1/2 cup)
- 2 celery stalks, chopped
- 4 garlic cloves, chopped
- 1/4 c. all-purpose flour
- 6 cups chicken broth
- 1 1/2 lb. boneless, skinless chicken thighs, cut into 1-inch pieces
- 2 tsp. chopped thyme
- 1/2 tsp. kosher salt, plus more to taste
- 1/2 tsp. black pepper, plus more to taste
- 1 lb. dried gnocchi
- 1 c. 5-oz. container baby spinach, roughly chopped
- 1 c. half and half



Happy Birthday

Hilary B.	Noogie C.
Schlundyra C.	Mary C.
Debra R.	Guadalupe P.
Bert W.	Bill J.
Zane A.	Loretta M.
Caron K.	Margaret L.
Wilford D.	Ingrid C.
Frank S.	