

The Rutherford House

newsletter

DECEMBER 2019

Contact Us

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Harrisburg, PA 17111

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Center Hours

Monday 9 am - 2 pm

Tuesday 9 am - 2 pm

Wednesday 9 am - 2 pm

Thursday 9 am - 2 pm

Friday 9 am - 2 pm

Saturday & Sunday Closed



YARD SALE!

Come in out of the cold on **Friday, December 6th** anytime between **9:00 am and 2:00 pm!** The Rutherford House will be hosting a yard sale in our auditorium. If you are interested in selling some of your belongings, you may buy a table for \$10; call the center at 717-564-5682 to secure a spot. We will have holiday decorations, craft items, home décor, kitchenware, games, puzzles, and more for sale!

CROSSWORD PUZZLE

ACROSS

- 1 Congress (abbr.)
5 Warp yarn
8 Post
12 Winglike
13 Inlet
14 Icelandic tale
15 Dodecanese island
16 Noun-forming (suf.)
17 Conduct
18 Slow: music
20 Caulk lightly
22 Thing (Lat.)
23 Yangtze tributary
24 Dog
28 Brit. trout
32 Red horse
33 Detective
35 Malt liquor
36 White poplar
39 Yet (2 words)
42 Dadaist
44 Atl. Coast Conference

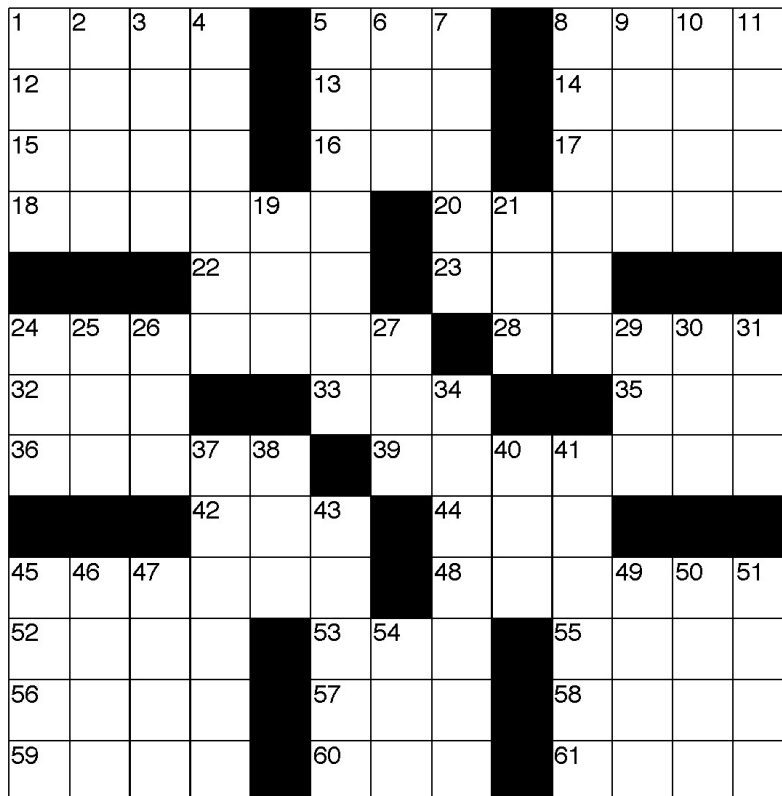
- (abbr.)
45 Inconsiderable
48 Of the nostrils
52 Oriental nursemaid
53 Eur. Economic Community (abbr.)
55 Sleeping
56 Calcium oxide
57 Civil War commander
58 SW US cotton
59 Volcano crater
60 Approves (contr.)
61 Cheese

DOWN

- 1 House (Sp.)
2 Foul-smelling
3 Hottentot
4 Fetish
5 lt. poet
6 More!
7 Group

- 8 Yellow
9 Arabian Sea gulf
10 Killer of Castor
11 Load
19 Comparative (suf.)
21 Laughter sounds

- 24 Camel hair cloth
25 Capture
26 Stain
27 Mesh
29 Women in the Air Force (abbr.)
30 Guido's note (2 words)
31 Grandfather of Saul
34 Lots
37 Foam
38 Transgress
40 Fiddler crab genus
41 Tight spot
43 Pelvis (pref.)
45 Tree
46 Bowfin
47 Buddhist monk
49 In the same place (Lat.)
50 Eelworm
51 Dutch cheese
54 Mouse-spotter's cry



DECEMBER ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 11 am Chair Yoga 12 pm Lunch 12:30 pm My Two Cents Game	3 9 am Freestyle Art 11 am Group Exercise 12 pm Lunch 12:30 pm Ice Cream FUNDRAISER	4 9 am–12 pm Computer Lab 9:30 am Bible Study 11 am Strength and Balance 12 pm Lunch 12:30 Life Lessons w Dr. Jill from Slutak Chiropractic	5 9 am Freestyle Art 10:30 am Exercise w Eugene from Ecumenical 12 pm Lunch 12:30 pm December Word Game	6 CENTER CLOSED FOR YARD SALE FROM 9:00 AM UNTIL 2:00 PM
9 11 am Chair Yoga 12 pm Lunch 12:30 Gingerbread Man Craft	10 9 am Freestyle Art 11 am Group Exercise 12 pm Lunch 12:30 pm Trivia Tuesday	11 9 am–12 pm Computer Lab 9:30 am Bible Study 11 am Strength and Balance 12 pm Lunch 12:30 pm Movie Matinee: It's a Wonderful Life	12 9 am Freestyle Art 11 am Exercise Video 12 pm Lunch 12:30 pm Word in a Word	13 11 am Chair Yoga 12 pm Birthday Luncheon 12:30 pm Brass Quintet
16 11 am Chair Yoga 12 pm Lunch 12:30 Cookie Decorating w Denise	17 9 am Freestyle Art 11 am Group Exercise 12 pm Lunch 12:30 pm Gift and Cookie Exchange	18 9 am– 12 pm Computer Lab by appointment 9:30 am Bible Study 11 am Strength and Balance 12 pm Lunch 12:30 pm Lunch and Learn w Michelle from Patriot Home Care	19 9 am Freestyle Art 11 am Exercise Video 12 pm Lunch 12:30 pm YAHTZEE	20 11 am Chair Yoga 12 pm Lunch 12:30 pm Nutrition Class w Pat
23 11 am Chair Yoga 12 pm Lunch 12:30 pm Snowflake Painting Craft	24 CLOSED FOR THE HOLIDAYS	25 CLOSED FOR THE HOLIDAYS	26 9 am Freestyle Art 11 am Exercise Video 12 pm Lunch 12:30 pm Left, Right, Center	27 11 am Chair Yoga w Elizabeth 12 pm Lunch 12:30 pm Roll a Snowman Game
30 11 am Chair Yoga 12 pm Lunch 12:30 pm New Year's Resolutions	31 9 am Freestyle Art 11 am Group Exercise 12 pm Lunch 12:30 pm Trivia Tuesday			

DECEMBER MENU

Monday

2 Salisbury steak, onion gravy, cabbage & noodles, carrots, wheat bread, & pineapple delight

9 Sweet & sour roasted pork loin, blended rice pilaf, green beans, roll, & mixed fruit

16 Lemon pepper chicken with gravy, vegetable rice pilaf, green beans, wheat bread, & fresh fruit

23 Swedish meatballs over egg noodles, peas, wheat bread, & mixed fruit salad

30 Pulled turkey with gravy, whipped potatoes, carrots, whole grain dinner roll, & applesauce

Tuesday

3 BBQ pulled pork sandwich, seasoned potatoes, coleslaw, roll, & sliced apples

10 Chicken & biscuit, pepper slaw, whole grain buttermilk biscuit, & warm peaches

17 Porcupine ball, garlic whipped potatoes, white bread, carrots, & pudding

CLOSED

HAPPY HOLIDAYS

Wednesday

4 Breaded fish square, mac & cheese, stewed tomatoes, whole grain dinner roll, & fresh fruit

11 Baked meatloaf marinara, garlic whipped potatoes, parmesan corn, wheat bread, & birthday cake

18 Chicken taco, seasoned corn & black beans, seasoned rice, soft tortilla shell, & fresh fruit

CLOSED

HAPPY HOLIDAYS

Thursday

5 Chicken Caesar club, parsley redskins, mixed vegetables, roll, & blushed pears

12 Open face hot turkey sandwich with gravy, whipped potatoes with chives, mixed vegetables, white bread, & applesauce

19 Chicken cordon bleu with gravy, homemade stuffing, whipped potatoes, peas & carrots, dinner roll, & Boston crème pie

26 Mushroom cheese burger, ranch potatoes, green beans, hamburger roll, & fresh fruit

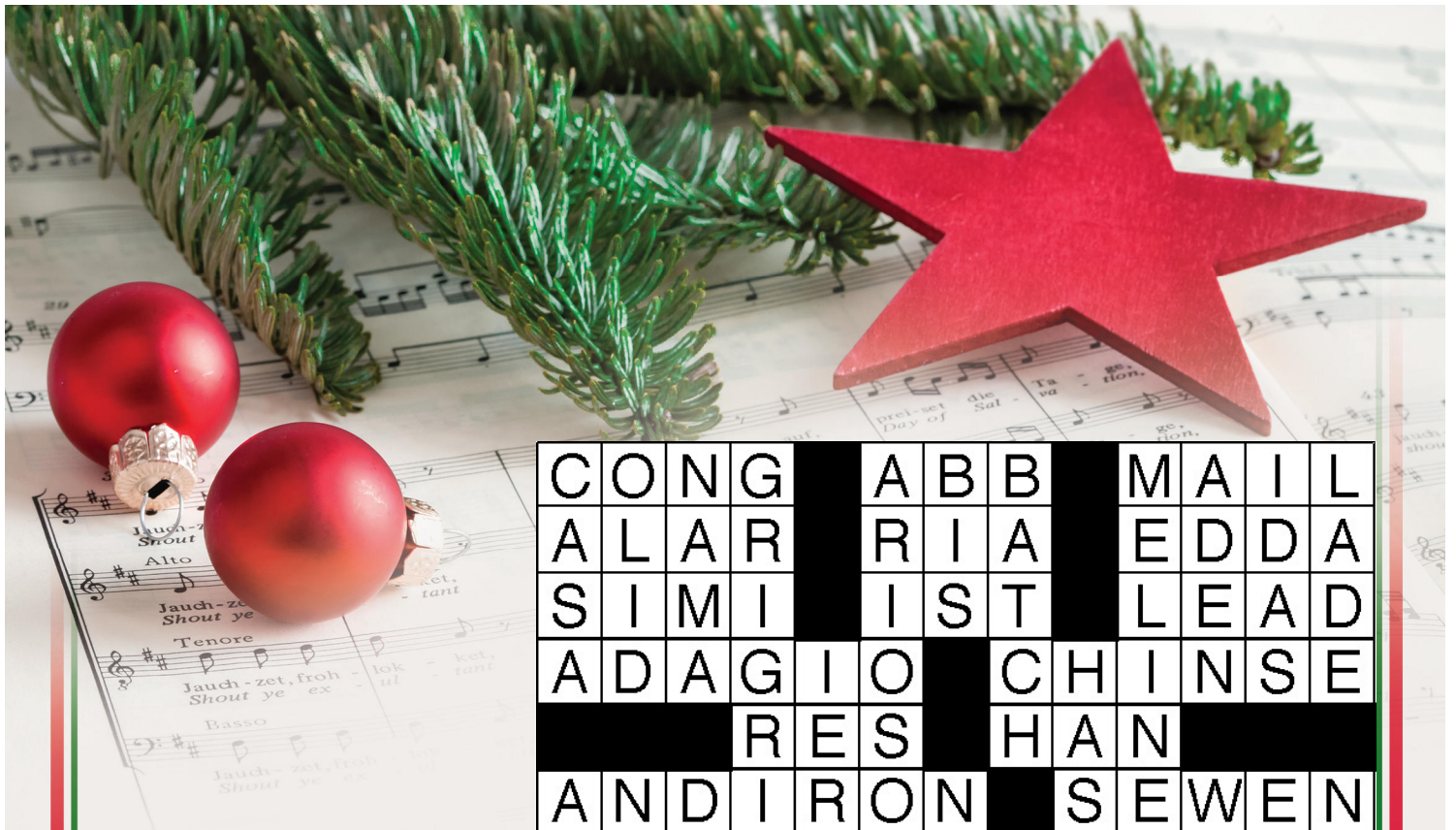
Friday

CLOSED FOR YARD SALE

13 Smoky BBQ burger, crispy onions, buttered potatoes, baked beans, sandwich roll, & fresh seasonal fruit

20 Center cut pork loin, whipped sweet potatoes, lima beans, white bread, & sliced apples

27 Mango BBQ chicken breast, brown rice, coleslaw, wheat bread, & warm apple cranberry crisp

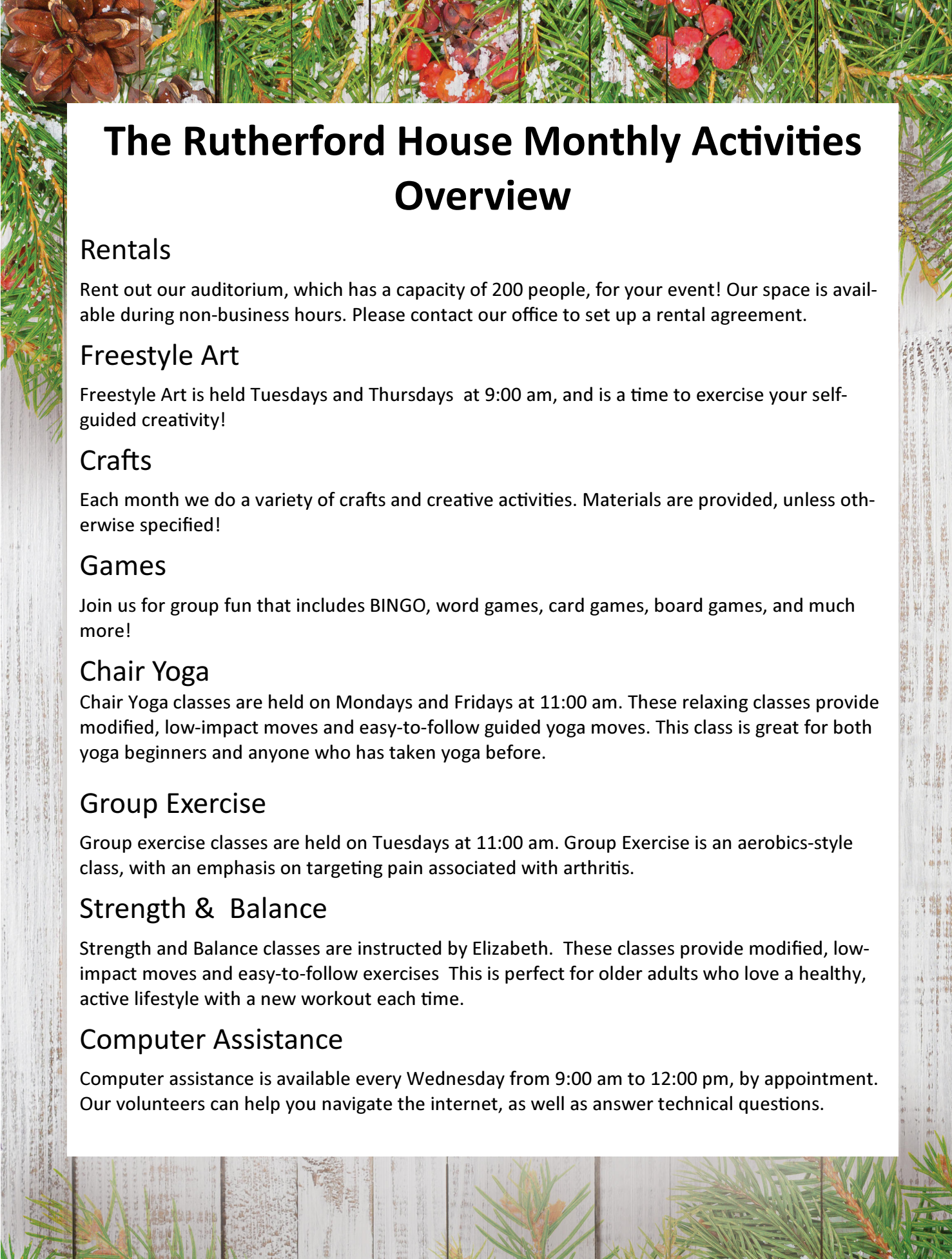


CROSSWORD PUZZLE ANSWER

C	O	N	G		A	B	B		M	A	I	L
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The Rutherford House Monthly Activities Overview

Rentals

Rent out our auditorium, which has a capacity of 200 people, for your event! Our space is available during non-business hours. Please contact our office to set up a rental agreement.

Freestyle Art

Freestyle Art is held Tuesdays and Thursdays at 9:00 am, and is a time to exercise your self-guided creativity!

Crafts

Each month we do a variety of crafts and creative activities. Materials are provided, unless otherwise specified!

Games

Join us for group fun that includes BINGO, word games, card games, board games, and much more!

Chair Yoga

Chair Yoga classes are held on Mondays and Fridays at 11:00 am. These relaxing classes provide modified, low-impact moves and easy-to-follow guided yoga moves. This class is great for both yoga beginners and anyone who has taken yoga before.

Group Exercise

Group exercise classes are held on Tuesdays at 11:00 am. Group Exercise is an aerobics-style class, with an emphasis on targeting pain associated with arthritis.

Strength & Balance

Strength and Balance classes are instructed by Elizabeth. These classes provide modified, low-impact moves and easy-to-follow exercises. This is perfect for older adults who love a healthy, active lifestyle with a new workout each time.

Computer Assistance

Computer assistance is available every Wednesday from 9:00 am to 12:00 pm, by appointment. Our volunteers can help you navigate the internet, as well as answer technical questions.