



Soup & Sandwiches
12:30 pm

December 2nd, 2025

*Cream of Mushroom Soup
Chicken Caesar Wrap
Slaw
Fruit*

***Soup and Sandwiches are
served with water, tea/coffee*

Brunch
10:30 am

*No Brunch for the
Month of December*

***Brunch is served with
orange juice, tea/coffee*

Birthday Club

December 9th, 2025

By Invitation Only

Meal Delivery Services

Do you or a loved one need help with meals?

Are you 65 or older?

Carefor offers a great meal delivery program that will help keep you or your loved one comfortable at home enjoying balanced nutrition.

For more information on qualification and service.

Please contact the office at 613-347-1175

Clinical frailty scale to be completed for qualification purposes.



**Become A
Volunteer**



Looking to get involved?
Come volunteer for our Meal Delivery
Service.

Call 613-347-1175

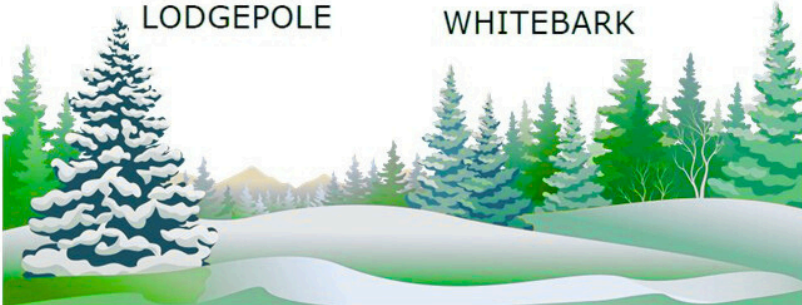
Vulnerable Sector Check Required

Word Search

Pining for Pines

G P L Z E W H I T E B A R K Y
 F S N X P M T M S J B K X L Z
 A R Q J S G I F Q A Q L L Z G
 E E N O C E L T S I R B A W Y
 L I A T X O F O I F A U D E E
 Z A X W X A R B Y R S X R L R
 R E C E I E C T E T A R A I E
 Z E Q E D Q U A R D O M L M T
 K G T N B R U I F T A U E B N
 J I O L K A A O F Z T D P E O
 P P Z I U N R F E C V N P R M
 A Q S Z D O C K J B S C O T S
 U H C E D W C L O N G L E A F
 E L O P E G D O L M D M U P X
 A I N I G R I V I K F I E Y O

ALEPPO	LONGLEAF
AUSTRIAN	MARITIME
BRISTLECONE	MONTEREY
COULTER	PONDEROSA
FOXTAIL	SCOTS
JEFFREY	TORREY
LACEBARK	TURKISH
LIMBER	VIRGINIA
LOGGEPOLE	WHITEBARK



Humour

Crabby Road

12-25-08

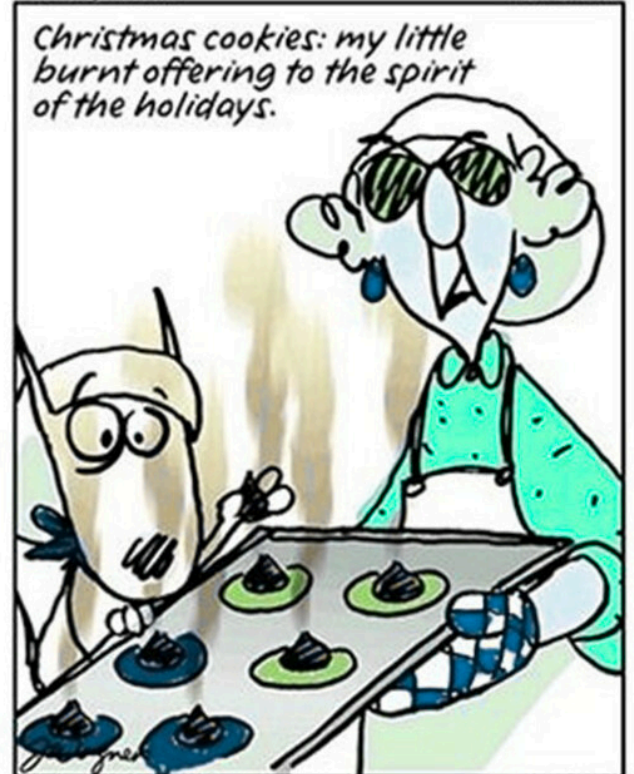


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Maxine.com

Crabby Road

12-5-06



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Maxine.com

Fitness Classes

ESSENTRICS

• MOBILITY • STRENGTH • FLEXIBILITY • RANGE OF MOTION •



A new way to exercise for Seniors

Essentrics is a science-based exercise program that strengthens, stretches and tones the full body.

STRENGTHEN & HEALTH

- ✓ Increases energy & vitality
- ✓ Boosts mood, relieves stress

FLEXIBILITY & MOBILITY

- ✓ Improves body mobility
- ✓ Increases full body range of motion

GENTLE MOVEMENT

- ✓ Relieves aches & pains
- ✓ Boosts metabolism & immune system

Classes

Tuesdays: 2:30 – 3:30

Fridays: 10:30 – 11:30

Cost: \$5.00

Certified Instructor

Lancaster Outreach - Carefor

20 Victoria Street

Lancaster, ON K9C 1N0

613-347-1175

Monday-Friday 8:00-4:00



Family
PHYSIO

Tuesdays

Thursdays

11:00 to 12:00

GENTLE YOGA CLASS

\$5

SUNSET YOGA

Every Friday
9:00am-10:00am
Glengarry Outreach Lan Char Centre
20 Victoria St
Lancaster, ON
613-347-1175

Carefor®
HEALTH & COMMUNITY SERVICES / SERVICES DE SANTÉ COMMUNAUTAIRES



LUNCH IS SERVED
@ 12:00 pm



Wednesday Dec. 3rd, 2025

TORTELLINI SOUP
FETTUCCINE ALFREDO WITH SHRIMP
GARLIC BREAD
SALAD
RICOTTA COOKIES

Wednesday Dec. 10th, 2025



ROASTED TURKEY
MASHED POTATOES & GRAVY
STUFFING, CARROTS & TURNIP
LEMON MERINGUE PIE

Wednesday Dec. 17th, 2025
Martintown



ROASTED TURKEY
MASHED POTATOES & GRAVY
STUFFING, CARROTS & TURNIP
LEMON MERINGUE PIE

Wednesday Dec. 24th, 2025

CLOSED AT NOON



Wednesday Dec. 31st, 2025

CLOSED AT NOON



Please call to reserve your meal by the Monday prior to the lunch.

613-347-1175

Carefor

Enjoy every class for
FREE



FAMILY PHYSIO

*Every Tuesday and Thursday from
11:00-12:00 pm*

- Low Impact

- Feel Stronger

- Gentle

- Improve your
physical activity

- Move Better

- Guided Relaxation

Carefor Community Center

20 Victoria St. Lancaster

613-347-1175

Mix-Up

Mixed-Up Boxing Day

Unscramble the letters to reveal words associated with Boxing Day.

- | | |
|---------------|-------|
| 1. RAGANBSI | _____ |
| 2. LOGDIOLW | _____ |
| 3. THARCIY | _____ |
| 4. NRSPTEE | _____ |
| 5. REMEBCDE | _____ |
| 6. CIEERVS | _____ |
| 7. XSEBO | _____ |
| 8. UIAGTRYT | _____ |
| 9. DANAAC | _____ |
| 10. IDNAITTRO | _____ |
| 11. IRNAELD | _____ |
| 12. ANTIODNO | _____ |
| 13. ADNLEG | _____ |
| 14. DRASEMTAN | _____ |
| 15. TOSSRE | _____ |
| 16. RSEKRWO | _____ |
| 17. PNPOIGHS | _____ |
| 18. ASATARULI | _____ |



ARE YOU A CAREGIVER

A caregiver provides physical and/or emotional support to a family member, partner, friend or neighbor. Are you new to caregiving or have you been providing care for over one year?

Caregiving can be challenging. We are here to support you.

Please contact Tina 613-347-1175 ext: 5004 to discuss how we may be able to support you in your journey as a caregiver.



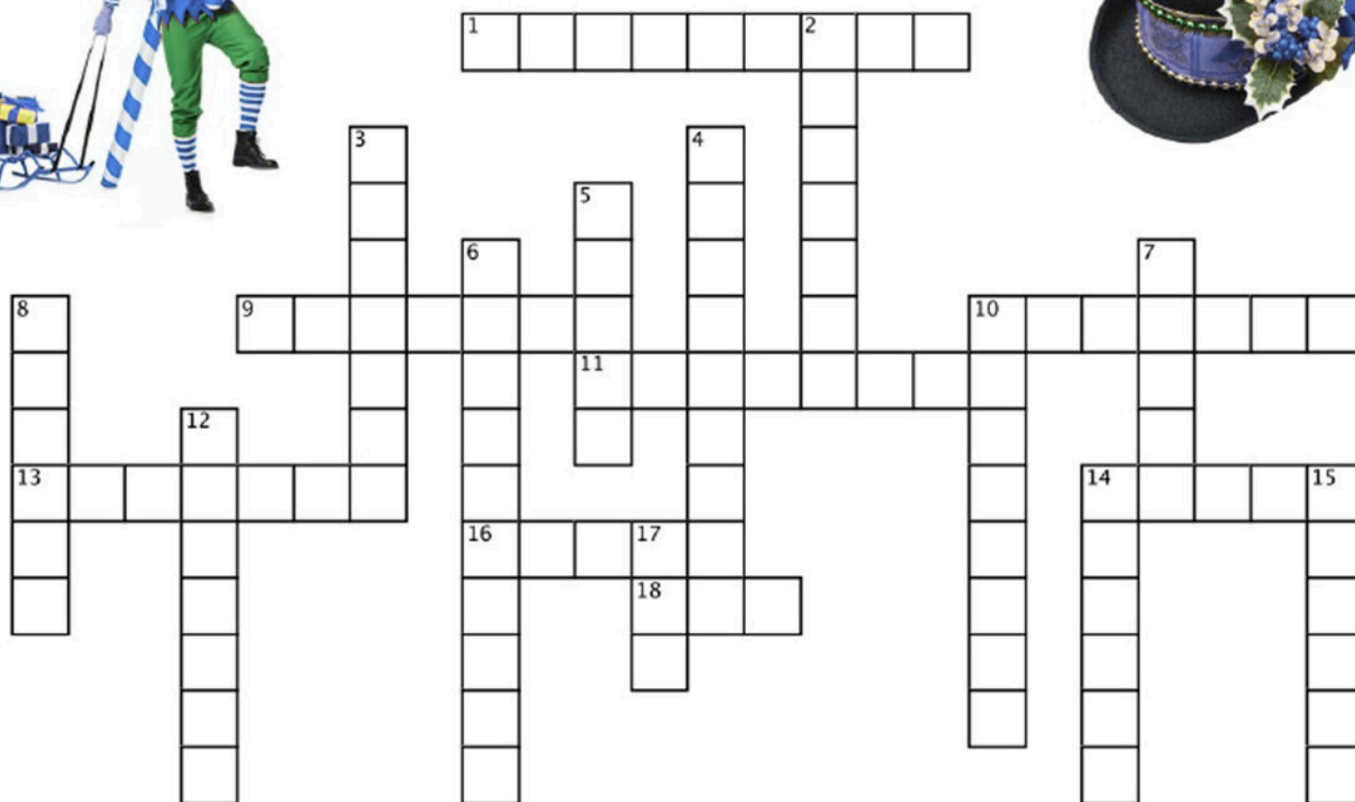
**“There are only four kinds of people in the world:
those who have been caregivers,
those who are currently caregivers,
those who will be caregivers,
and those who will need caregivers.”**

-Rosalynn Carter

Crossword

Holiday Movies

Use the clues to fill in the crossword.



ACROSS

1. Chevy Chase movie, _____ *Vacation*
9. State where *White Christmas* takes place
10. Santa's lead reindeer
11. George Bailey's guardian angel
13. Marley's partner
14. He played the angel in *The Bishop's Wife*, Cary _____
16. He starred in *The Santa Clause*, Tim _____
18. Ralphie's dad's big prize, _____ lamp

DOWN

2. It happened on 34th Street
3. Boy with the puny Christmas tree, _____ Brown
4. Movie where Kevin gets left behind
5. She married George Bailey, Mary _____
6. Movie with Bing Crosby and Fred Astaire
7. Train that goes to the North Pole, *The _____ Express*
8. Popular snowman
10. Type of BB gun that Ralphie wants
12. *Babes in _____*
14. Seuss villain
15. What Ebenezer sends Fred on Christmas Day
17. Will Ferrell movie

Social Activities



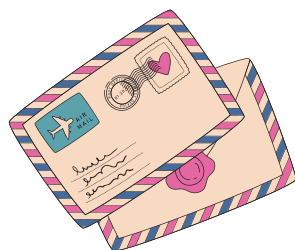
BINGO

Mondays & Fridays
1:00pm to 3:00pm



BIRTHDAY CLUB

December, 9th, 2025
By invitation
12:30pm



FLOWER LETTERS

Thursday @ 1:00
December 18th, 2025
Letters 5 and 6

THERABANDS

Tuesdays & Thursdays
9:00am to 10:00am



YOGA

Fridays
9:00am to 10:00am



CARDS

Wednesdays
1:30pm to 3:00pm



FAMILY PHYSIO

Tuesdays & Thursdays
11:00am to 12:00pm



CRAFTERS

Thursdays Dec. 4th, 11th,
1:00pm to 3:00pm



ESSENTRICS

Mondays 9:00-10:00-chair

Tuesdays 12:30-3:30
Fridays 10:30-11:30

For more information and to reserve for any program please call 613-347-1175

Meals On Wheels Menu -December 2025

Please call before 9:00 AM to cancel a meal: 613-347-1175

Cream of Mushroom Soup 1 Tuscan Chicken Noodles Mixed Veggies Fruit	Tortellini Soup 3 Fettuccine Alfredo with Shrimp Garlic Bread Salad Ricotta Cookies	Three Bean Soup 5 Sweet & Sour Pork Rice Stir Fry Veggies Lemon Tarts
Chicken and Rice Soup 8 Orange Glazed Salmon Mashed Potatoes Broccoli Yogurt	Cream of Tomato Soup 10 Cheesy Chicken & Broccoli Casserole with Egg Noodles Mixed Vegetables Banana Bread	Turkey Rice Soup 12 Beef Stew Mashed Potatoes Slaw Rice Krispies
Cream of Potato & Bacon 15 Pork Cacciatore Roasted Potatoes Beans Jello	Minestrone Soup 17 Roasted Turkey Diner Mashed Potatoes & Gravy Stuffing, Carrots and Turnip Lemon Meringue Pie	Cabbage Soup 19 Lemon Fish Rice Carrots Muffins
Turkey Noodle Soup 22 Fried Chicken Potato Wedges Slaw Pudding	Cream of Carrot Soup 24 Tortiere Mashed Potatoes Mixed Veggies Christmas Dessert	26 BOXING DAY CLOSED
Harvest Vegetable Soup 29 Leftover Turkey Casserole Fresh Bun Rice Pudding	Butternut Squash Soup 31 Meatball Stew (Pork) Egg Noodles Cali Mix Chef Surprise	

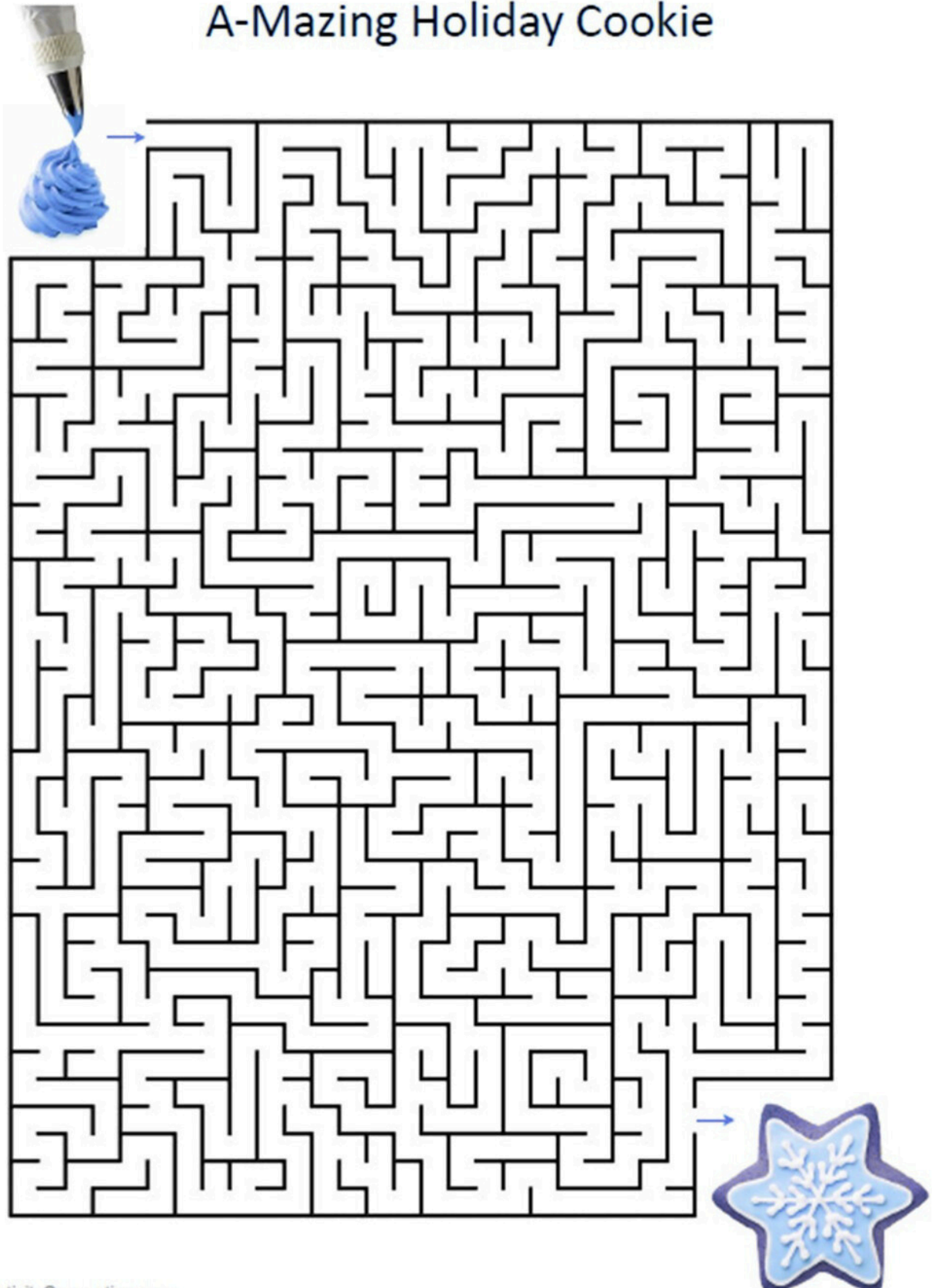


- Meal on wheels food trays can be reheated in the oven to a maximum of 350 degrees.
- Meals on Wheels trays can be reheated in the microwave.
- Soup bowls are not microwave oven safe.

Toaster ovens cannot be used with the meals on wheels food trays

Maze

A-Mazing Holiday Cookie



December 2025

CAREFOR LAN-CHAR SUPPORT CENTRE ACTIVITY CALENDAR

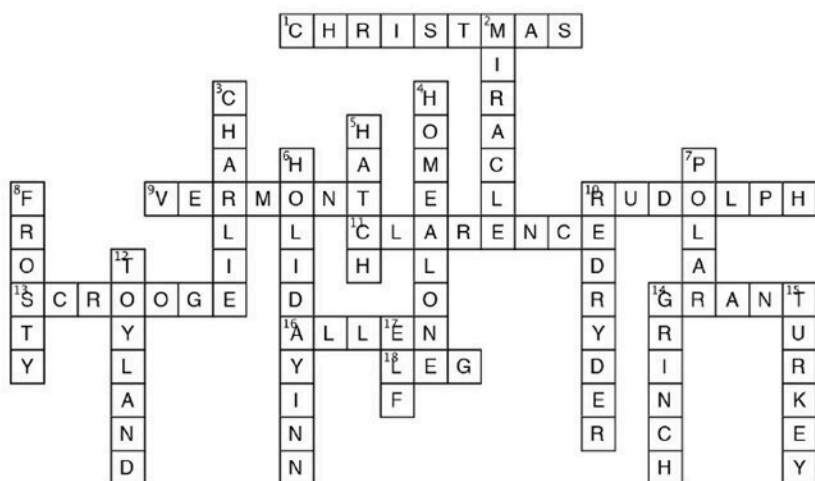


Monday	Tuesday	Wednesday	Thursday	Friday
1 Meal Delivery (9:00) Chair Exercise (1:00) Bingo	2 (9:00) Therabands (11:00) Family Physio (12:30) Soup & Sandwich (2:30) Essentrics	3 Meals Delivery (12:00) Diners (1:30) Cards	4 (9:00) Therabands (11:00) Family Physio (1:00) Crafters	5 Meals Delivery (9:00) Yoga (10:30) Essentrics (1:00) Bingo
8 Meal Delivery (9:00) Chair Exercise (1:00) Bingo	9 (9:00) Therabands (11:00) Family Physio (12:30) Birthday Party (2:30) Essentrics	10 Meals Delivery (12:00) Christmas Diners (1:30) Cards	11 (9:00) Therabands (11:00) Family Physio (1:00) Crafters	12 Meals Delivery (9:00) Yoga (1:00) Bingo CANCELLED (2:30) Essentrics
15 Meal Delivery (9:00) Chair Exercise (11:00) Family Physio (1:00) Bingo	16 (9:00) Therabands (2:30) Essentrics- CANCELLED	17 Meals Delivery (10:00) Essentrics (12:00) Martintown Christmas Diners	18 (9:00) Therabands (11:00) Family Physio (1:00) Flower Letters 5 and 6	19 Meals Delivery (9:00) Yoga (10:30) Essentrics (1:00) Bingo
22 Meal Delivery (1:00) Bingo	23	24 Meals Delivery <i>Closed at Noon</i>	25 <i>Christmas Day</i> <i>Closed</i>	26 <i>Boxing Day</i> <i>Closed</i>
29 Meal Delivery (1:00) Bingo	30	31 Meals Delivery <i>Closed at Noon</i>		

Solutions



(solution)



(solution)

1. bargains
2. goodwill
3. charity
4. present
5. December
6. service
7. boxes
8. gratuity
9. Canada
10. tradition
11. Ireland
12. donation
13. England
14. tradesman
15. stores
16. workers
17. shopping
18. Australia

