DARTMOUTH SENIORS SERVICE CENTRE
WHERE OLD FRIENDS MEET NEW FRIENDS

45 Ochterloney St Dartmouth
(902) 465-5578
dartmouthseniors.ca

December 2026 Activities & Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
		9am Knit & Stitch 9:30am Mobile Food Market 11:45am Lunch 1pm Member Bingo	9am Fun & Fitness 10:10am Chair Fitness 12pm Lunch	10am Therapeutic Music 12pm Lunch 1pm Choir 2:45pm Line Dancing	9am Fun & Fitness 10:10am Chair Fitness 12pm Lunch	
6	7 SPECIAL EVENT	8 SPECIAL EVENT	9	10 SPECIAL EVENT	11	12 SPECIAL EVENT
11am Super Bingo	12pm Lunch **1pm Evergreen Writers**	9am Knit & Stitch 9:30am Mobile Food Market **10am Lunch & Learn** 11:45am Lunch 1pm Member Bingo	9am Fun & Fitness 10:10am Chair Fitness 12pm Lunch	10am Therapeutic Music **11:45am 1st Christmas Lunch** 1pm Choir 2:45pm Line Dancing	9am Fun & Fitness 10:10am Chair Fitness 12pm Lunch	**2pm Christmas Choir Concert**
13	14 SPECIAL EVENT	15	16	17 SPECIAL EVENT	18	19
11am Super Bingo	12pm Lunch **1pm Concert in Care**	9am Knit & Stitch 9:30am Mobile Market 11:45am Lunch 1pm Member Bingo	9am Fun & Fitness 10:10am Chair Fitness 12pm Lunch	10am Therapeutic Music **11:45am 2nd Christmas Lunch** 2:45pm Line Dancing	9am Fun & Fitness 10:10am Chair Fitness 12pm Lunch	
20	21 SPECIAL EVENT	22	23	24	25	26
11am Super Bingo	12pm Lunch **1pm Craft Club**	9am Knit & Stitch 9:30am Mobile Food Market 11:45am Lunch 1pm Member Bingo	9am Fun & Fitness 10:10am Chair Fitness 12pm Lunch	11:45am Lunch **CLOSED AT 1PM**	**12pm Christmas Care Lunch** **CLOSED**	
27	28	29	30	31 SPECIAL EVENT		
NO BINGO	**CLOSED HOLIDAY**	9am Knit & Stitch 11:45am Lunch **NO BINGO**	9am Fun & Fitness 10:10am Chair Fitness 12pm Lunch	10am Therapeutic Music **11:30am Chinese Lunch** **CLOSED AT 1PM**		

Special Events

Dec. 07 Evergreen Writers
Dec. 08 Lunch & Learn
Dec. 10 1st Christmas Lunch
Dec. 12 Christmas Choir Concert
Dec. 14 Concert in Care
Dec. 17 2nd Christmas Lunch
Dec. 21 Craft Club
Dec. 25 Christmas Care Lunch
Dec. 31 Chinese Lunch

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December 2026 In House Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
		Beef Stew, Mashed Potato, Roll, Chocolate Chip Cookies	Roast Pork w/ Gravy, Mashed Potato, Peas, Caramel Pudding	Sweet & Sour Meatballs, Rice, Veggie Medley, Jello w/ Cream	Salmon Loin w/ Dill Sauce, Rice Pilaf, Veg of the Day, Trifle	
6	7	8	9	10 SPECIAL EVENT	11	12
	Honey Garlic Chicken Thigh, Rice, Carrots, Coconut Pudding	Meatloaf with Gravy, Mashed Potato, Yellow Beans, Jello w/ Cream	Chicken & Veggie Stir-Fry, Rice, Triple Chocolate Cookies	**Turkey, Gravy, Mashed Potato, Carrot & Turnip Blend, Stuffing, Pie** **$20 Member** **$25 Non-Member**	Baked Haddock w/ Sweet Onion, Chive & Cheddar Mash Potato, Peas, Bread Pudding	
13	14	15	16	17 SPECIAL EVENT	18	19
	Spaghetti w/ Meat Sauce, Garlic Bread, Fruit Cocktail	Turkey a La King, Yellow Beans, Tea Biscuit, Chocolate Pudding	Pancakes, Scrambled Eggs, Sausage, Home Fries, Blueberry Turnover	**Turkey, Gravy, Mashed Potato, Carrot & Turnip Blend, Stuffing, Pie** **$20 Member** **$25 Non-Member**	Breaded Fish & Hashbrowns, Coleslaw, Apple Sauce & Ginger Cookie	
20	21	22	23	24	25	26
	Baked Chicken Thigh, Sweet Potato Mash, Ginger Carrots, Pears	Cheese, Ham & Bacon Quiche, Broccoli, Tea Biscuit, Jello Pudding Parfait	Pork Loin in Mushroom Sauce, Egg Noodles, Veggie Medley, Chocolate Cake	Lemon Pepper Haddock w/ Cream Sauce, Rice, Green Beans, Oatmeal Cookies	**CLOSED HOLIDAY**	
27	28	29	30	31 SPECIAL EVENT		
	CLOSED HOLIDAY	Homemade Lasagna, Green Beans, Garlic Bread, Butterscotch Pudding	Salisbury Steak & Gravy, Broccoli, Home Fries, Raspberry Turnover	**Beef & Broccoli, Stir-Fry Veg on Chinese Noodles, Sweet & Sour Chicken Balls, Egg Roll, Rice, Birthday Cake** **$20 Member** **$25 Non-Member**		

December 2026

Meal Prices: Eat In: $10.50 Member / $11.50 Non-Member
Takeout: $11.00 Member / $12.00 Non-Member

Meal Times: Monday, Wednesday, Thursday, Friday 12pm. Your ticket must be bought before 12.
Tuesday 11:45am. Your ticket must be bought before 11:45am
Special Lunches - Must be purchased 5 days in advance. No tickets available day of event.