<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
<td></td>
</tr>
<tr>
<td>8:30 MTM</td>
<td>8:30 MTM</td>
<td>8:30 MTM</td>
<td>8:30 MTM</td>
<td>8:30 MTM</td>
<td>8:30 MTM</td>
<td></td>
</tr>
<tr>
<td>11-8:30</td>
<td>11-4 Ceramics</td>
<td>11-4 Ceramics</td>
<td>11-7 Ceramics</td>
<td>11-4 Ceramics</td>
<td>11-4 Ceramics</td>
<td></td>
</tr>
<tr>
<td>4 Chess in the Park</td>
<td>4 Shuffleboard</td>
<td>4 Mexican Train Dominos</td>
<td>No Wii</td>
<td>6 Living Windows*</td>
<td></td>
<td></td>
</tr>
<tr>
<td>7</td>
<td>8</td>
<td>9</td>
<td>10</td>
<td>11</td>
<td>12</td>
<td>13</td>
</tr>
<tr>
<td>8:30 MTM</td>
<td>8:30 MTM</td>
<td>8:30 MTM</td>
<td>8:30 MTM</td>
<td>8:30 MTM</td>
<td>8:30 MTM</td>
<td></td>
</tr>
<tr>
<td>11-8:30</td>
<td>11-4 Ceramics</td>
<td>11-4 Ceramics</td>
<td>11-7 Ceramics</td>
<td>11-4 Ceramics</td>
<td>11-4 Ceramics</td>
<td></td>
</tr>
<tr>
<td>4 Chess in the Park</td>
<td>4 Shuffleboard</td>
<td>4 Mexican Train Dominos</td>
<td>5 Wiiiiiiii</td>
<td>5 Wiiiiiiii</td>
<td>5 Wiiiiiiii</td>
<td></td>
</tr>
<tr>
<td>14</td>
<td>15</td>
<td>16</td>
<td>17</td>
<td>18</td>
<td>19</td>
<td>20</td>
</tr>
<tr>
<td>8:30 MTM</td>
<td>8:30 MTM</td>
<td>8:30 MTM</td>
<td>8:30 MTM</td>
<td>8:30 MTM</td>
<td>8:30 MTM</td>
<td></td>
</tr>
<tr>
<td>11-8:30</td>
<td>11-4 Ceramics</td>
<td>11-4 Ceramics</td>
<td>11-7 Ceramics</td>
<td>11-4 Ceramics</td>
<td>11-4 Ceramics</td>
<td></td>
</tr>
<tr>
<td>4 Chess in the Park</td>
<td>4 Shuffleboard</td>
<td>4 Mexican Train Dominos</td>
<td>5 Wiiiiiiii</td>
<td>9 B&amp;G ($1)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>21</td>
<td>22</td>
<td>23</td>
<td>24</td>
<td>25</td>
<td>26</td>
<td>27</td>
</tr>
<tr>
<td>8:30 MTM</td>
<td>8:30 MTM</td>
<td>8:30 MTM</td>
<td>8:30 MTM</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>11-8:30</td>
<td>11-4 Ceramics</td>
<td>11-4 Ceramics</td>
<td>11-7 Ceramics</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4 Chess in the Park</td>
<td>4 Shuffleboard</td>
<td>4 Mexican Train Dominos</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>28</td>
<td>29</td>
<td>30</td>
<td>31</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8:30 MTM</td>
<td>8:30 MTM</td>
<td>8:30 MTM</td>
<td>8:30 MTM</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>11-8:30</td>
<td>11-4 Ceramics</td>
<td>11-4 Ceramics</td>
<td>11-7 Ceramics</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4 Chess in the Park</td>
<td>4 Shuffleboard</td>
<td>4 Mexican Train Dominos</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>30</td>
<td>31</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8:30 MTM</td>
<td>8:30 MTM</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>11-8:30</td>
<td>11-4 Ceramics</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4 Chess in the Park</td>
<td>4 Shuffleboard</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

*Walking Trip

1201 Paquin Street – Office 103 – (573) 874-7473 – adaptedcr@gmail.com
**Biscuits and Gravy Breakfast**

Two biscuits smothered in sausage gravy for just $1! Friday, December 19th, at 9:00a.m. Beware: supplies run out so pay early!!

**December Birthdays**

Chris Graf...5th
Michelle Adams...6th
Julie Cullum...8th
Allison D'Agostino...9th
Andrew Curry...14th
Nan Collins...19th
Doug Martin...28th

**Driving Trips**

12/11 Magic Tree Festival
12/15 Santa's Wonderland
12/23 X-Mas Lights Tour

**A DICKENS CHRISTMAS**

Walk to Stephens College Campus Dec. 7 to see “A Dickens Victorian Christmas”—an “authentic recreation of a 19th Century English Christmas celebration.” Music, snacks, refreshments. We’ll leave Paquin @ 7pm.

**LIVING WINDOWS**


**SANTA HOTLINE**

The kids can call 573-874-7473 or 573-874-6335 from 9am-3pm Sat., Dec. 6, for a chance to talk to Santa or Mrs. Claus! But after that, Mr. Claus will be turning the phone lines back over to the city, so please only call during the specified times!
Diabetic-Friendly Recipe of the Month

Cauliflower with Cheese and Bacon

Ingredients

1 medium head cauliflower  
(approximately 2 pounds)  
1 cup shredded cheddar cheese  
2 slices bacon, cut into 1/4-inch pieces, fried until crisp, and drained

Directions

Remove outer leaves and stalk of cauliflower. Cut off any discoloration on flowerets. Wash cauliflower and leave whole. Heat 1/2 inch water in large saucepan to boiling. Place steamer basket with cauliflower in saucepan. Cover and steam until tender, 30 to 40 minutes. Place cauliflower in warm serving dish; sprinkle cheese and bacon on top.

From “The All-in-One Diabetic Cookbook”  
By P.J. Palumbo and Joyce Daly Margie

OAK TOWERS:

A reminder that any Adapted Community Recreation trip which uses the Parks & Rec. bus will make stops at Oak Towers for anyone who would like to join us: Call 874-7473 with questions!

News from Recreation Council:

Rec. Council did not meet in November. Next quarterly meeting will be on February 5th at 4pm in Paquin Tower lobby. All interested participants are welcome to attend. We’ll be hearing and discussing ideas and suggestions for new activities and trips for March thru May.
STAFF
Sarah Bowman
– Recreation Specialist
Karsten Ewald
– Art Instructor
Daniel Hardwick
– Office/Activities

ABOUT US
The Adapted Community Recreation staff is here to provide fun, fitness and recreation to residents of Paquin Tower and the rest of the community. We offer various programs such as ceramics, Wii games, dances, Bingo, and much more!

THANK YOU
We would like to thank our friends and partners (BCFR, ACT, Woodhaven, MO Mentor, Columbia Public Schools, CHA, Burrell and all our volunteers and participants) for your help and support!

CRAFT ROOM HOURS
Mondays 11-8:30pm
Tuesdays 11-4pm
Wednesdays 11-7pm
Thursdays 11-4pm
Fridays 11-4pm
First and Third Saturdays of the Month 11-4pm

INSTRUCTOR HOURS
Mondays 11-8:30pm
Tuesdays 1-4pm
Wednesdays 1-7pm
Fridays 1-4pm
First and Third Saturdays of the Month 11-4pm

1201 Paquin Street – Office 103 – (573) 874-7473 – adaptedcr@gmail.com