



January 2013 Activities

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<p>Every Monday & Wednesday & Friday: 1:00 Hand & Foot 1:00 Dominoes</p>	<p>1 Closed For New Year's Day</p>	<p>2 Walking/Quilting/Cards/Pool 9:00 & 1:00 Pool 11:30 & 3:00 Ray Petersen, Accordion (Snowball Dance) 3:00 Birthday Celebration Snowball Birthday Cake 1:00 Hand & Foot</p>	<p>3 Morning Walking Quilting Cards 1:00 Cards Afternoon Bridge Club</p>	<p>4 Walking/Quilting/Cards/Pool 1:15 Bingo 2:00 Chicken Foot Dominoes and Hand & Foot</p>
<p>7 Walking / Quilting / Cards 9:15 FROG Exercises Begins 9:00 & 1:00 Pool 1:00 Hand & Foot and Chicken Foot Dominoes</p>	<p>8 Morning Walking Quilting Cards Afternoon Bridge Club 1:00 Card Making 1:00 Ann Hoeman, PA-Toenail Cutting</p>	<p>9 Morning Walking Quilting 9:15 Frog Exercise 9:00 & 1:00 Pool Cards Chicken Foot Dominoes</p>	<p>10 Morning Walking Quilting 1:00 Cards Afternoon Bridge Club</p>	<p>11 Walking/Quilting/Cards/Pool 9:15 Frog Exercise Century Club Movie 12:10 Dinner 1:15 Bingo Chicken Foot Dominoes, H&F</p>
<p>14 Walking/Quilting/Cards 9:15 Frog Exercises 9:00 & 1:00 Pool 1:00 Hand & Foot 1:00 Chicken Foot Dominoes</p>	<p>15 Morning Walking Quilting Cards Afternoon Bridge Club</p>	<p>16 Walking / Quilting / Cards 9:00 & 1:00 Pool 9:30-12:00 Health Screens By Mary Nichols, RN 11:30 & 3:00 Bev and Cyril Hansen's Music 12:00 Special Luncheon</p>	<p>17 Morning Walking Quilting Cards Afternoon Bridge Club</p>	<p>18 Walking/Quilting/Cards 9:00 & 1:00 Pool 9:15 Frog Exercises 1:15 Bingo 2:00 Dominoes Hand & Foot</p>
<p>21 Walking/Quilting/Cards 9:00 & 1:00 Pool 1:00 Public Hearing, Board Meeting, Safety Meeting 1:00 Hand and Foot 1:00 Chicken Foot Dominoes</p>	<p>22 Morning Walking Quilting Cards Afternoon Bridge Club</p>	<p>23 Walking/Quilting/Cards/Pool Frog Exercises 1:00 Hand & Foot Chicken Foot Dominoes 1:00 Movie Matinee</p>	<p>24 Walking / Quilting / Cards Afternoon Bridge 12:45 The Oaks Day Charlotte Easland, Admin. "Magical Winter"</p>	<p>25 Walking/Quilting/Cards 9:00 & 1:00 Pool 9:15 Frog Exercises 1:15 Bingo Dominoes Hand & Foot</p>
<p>28 Walking/Quilting/Cards Frog Exercises 9:00 & 1:00 Pool 1:00 Hand and Foot 1:00 Chicken Foot Dominoes</p>	<p>29 Morning Walking Quilting Cards Afternoon Bridge Club</p>	<p>30 Walking/Quilting/Cards/Pool 9:15 Frog Exercises Chicken Foot Dominoes 9:00 & 1:00 Pool 1:00 Hand & Foot</p>	<p>31 Walking Quilting Cards Afternoon Bridge</p>	<p>Remember Fridays: 1:15 Bingo 2:00 Dominoes Hand & Foot</p>



January 2013 Menu

Monday

Tuesday

Wednesday

Thursday

Friday

<p>2% Milk, Skim Milk, Water, and Coffee are offered with every meal.</p>	<p>1 Closed For New Year's Day No Center or Home Delivered Meals, No Van</p>	<p>2 Sliced Ham Sweet Potatoes Frozen Peas WW Fresh Bread & Promise Green Jell-O with Canned Pineapple & Juice</p>	<p>3 Grilled Chicken smothered with Cream of Chicken Soup Frz Prince William Vegetables Lettuce Salad w/ Tomatoes Ranch Dressing WW Fresh Bread & Promise Canned Tropical Fruit</p>	<p>4 Taverns Baked Beans Coleslaw Bun & Promise Canned Mandarin Oranges</p>
<p>7 Beef Tips w/ Mushroom Soup & Onions over Egg Noodles Frz. Green Beans Shredded Lettuce w/ Shredded Carrots & Dorothy Lynch WW Dinner Roll & Promise Canned Plums</p>	<p>8 Tuna Casserole with Rotini Noodles, Carrots & Peas Key Largo Blend vegetables Cottage Cheese w/ Peaches WW Fresh Bread & Promise</p>	<p>9 Ham Salad Sandwich on WW Bread Homemade Pea Salad Homemade Tomato Soup w/ Stewed Tomatoes Crackers & Promise Cherry Jell-O w/ Pears</p>	<p>10 Sliced Turkey Red Roasted Potatoes Peas & Pearl Onions WW Dinner Roll & Promise Canned Pineapple Chunks</p>	<p>11 BBQ Beef Sandwich Baked Beans Potato Salad Bun & Promise Mandarin Fluff</p>
<p>14 Beef Stroganoff on Egg Noodles Frozen Prince Wm. Vegetables Fresh Vegetable Salad Cottage Cheese with Pineapple on Lettuce WW Dinner Roll & Promise</p>	<p>15 Polish Dog with Kraut Creamed Frozen Peas Carrot, Raisin, Pineapple Salad WW Fresh Bread & Promise Vanilla Pudding with Fresh \Mango & Marshmallows</p>	<p>16 Baked Chicken w/ Cream of Chicken Soup Ranch Roasted Potatoes with Skins Frozen Mixed Vegetables WW Fresh Bread & Promise Strawberry Rhubarb Pie</p>	<p>17 Hamburger Goulash with Stewed tomato, Celery, Onions & Tomato Sauce Scalloped Potatoes w/Parsley Frozen Corn WW Dinner Rolls & Promise Jell-O w/ Mandarin Oranges</p>	<p>18 Chicken Salad with Pineapple & Celery on WW Bread Potato Cheese Soup Sliced Fresh Cucumbers in Sauce Crackers & Promise Frozen Strawberries in Juice</p>
<p>21 Swedish Meatballs with Celery Soup & Dill Au gratin Potatoes Frozen Peas & Pearl Onions WW Fresh Bread & Promise Vanilla Pudding with Canned Peaches & Marshmallows</p>	<p>22 Sliced Turkey Roasted Sweet Potatoes Frozen Broccoli WW Dinner Roll & Promise Canned Mandarin Oranges</p>	<p>23 Country Beef Steak with Country Gravy Mashed Potatoes with Skins Frozen Corn WW Fresh Bread & Promise Cherry Jell-O with Canned Pears & Juice</p>	<p>24 Fried Pollack Tartar Sauce Baked Potato Frozen Mixed Vegetables WW Fresh Bread & Promise Canned Apricots</p>	<p>25 Pork Loin with Kraut and Caraway Seeds Pork Gravy Mashed Potatoes with Skins Dilled Frozen Carrots WW Fresh Bread & Promise Canned Apple Sauce with Cinnamon</p>
<p>28 Spaghetti & Meatballs with Spaghetti Sauce Frozen Green Beans Lettuce w/ Carrots & Dorothy Lynch WW Fresh Bread & Promise Canned Peaches</p>	<p>29 Crispy Chicken Baked Potato Honey Glazed Frozen Carrots WW Dinner Roll & Promise Canned Fruit Cocktail</p>	<p>30 Roast Pork Loin Fresh Red Roasted Potatoes With Skins Fresh Roasted Cauliflower w/ Paprika WW Fresh Bread & Promise Hot Cinnamon Apples</p>	<p>31 Sausage Gravy on a Biscuit Mashed Potato w/ Skins Country Gravy Frozen Key Largo Vegetables Promise Canned Tropical Fruit</p>	<p>Menus Subject to Change By Dietitian</p>