



# February 2013 Activities



<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<b>FROG Exercises at 9:30 M - W - F February</b>		<b>Monday, Wednesday &amp; Friday Dominoes &amp; Hand &amp; Foot</b>	<b>Bring Your Friends!</b>	<b>1</b> <b>9:15 FROG Exercises</b> Walking Quilting Cards and Pool 1:15 Bingo 2:00 Dominoes / Hand & Foot
<b>4</b> <b>9:15 FROG Exercises</b> Walking / Quilting / Cards 9:00 & 1:00 Pool 1:00 Hand & Foot and Chicken Foot Dominoes	<b>5</b> Walking/Quilting/Cards <b>12:50 Library Corner</b> <b>1:15 Card Making</b> Afternoon Bridge Club	<b>6</b> <b>9:15 FROG Exercises</b> Walking / Quilting / Pool <b>11:30 Birthday Party</b> <b>Earl Fuoss's 50's B-Bop</b> 1:00 Hand & Foot 1:00 Chicken Foot Dominoes	<b>7</b> Morning Walking Quilting 1:00 Cards Afternoon Bridge Club <b>12:45 "Who's Careage"</b> <b>By Brian Lorenz</b>	<b>8</b> <b>9:15 FROG Exercises</b> Walking / Quilting / Cards 9:00 & 1:00 Pool <b>Century Club Movie</b> <b>12:05 Dinner</b> 1:15 Bingo 1:00 Hand & Foot/ Dominoes
<b>11</b> <b>9:15 FROG Exercises</b> Walking/Quilting/Cards 9:00 & 1:00 Pool 1:00 Hand & Foot / Dominoes	<b>12</b> Morning Walking / Quilting <b>12:00 Fat Tuesday</b> <b>Crazy Hats Parade</b> <b>12:50 Library Corner</b> Cards Afternoon Bridge Club	<b>13</b> <b>9:15 FROG Exercises</b> Morning Walking Quilting Cards Pool 1:00 Hand & Foot / Dominoes	<b>14</b> Walking/Quilting/Cards <b>11:30 &amp; 12:45 Deb &amp; Bill Dickey</b> Afternoon Bridge Club <b>1:00 Valentine's Bingo</b>	<b>15</b> <b>9:15 FROG Exercises</b> Walking/Quilting/Cards 9:00 & 1:00 Pool 1:15 Bingo 2:00 Dominoes Hand & Foot
<b>18</b> <b>9:15 FROG Exercises</b> Walking/Quilting/Cards/Pool <b>12:45 Hallie's Comments</b> <b>1:15 Board Meeting</b> 1:00 Hand and Foot 1:00 Chicken Foot Dominoes	<b>19</b> Walking Quilting Cards <b>12:50 Library Corner</b> Afternoon Bridge Club	<b>20</b> <b>9:15 FROG Exercise</b> Walking / Quilting / Cards / Pool <b>9:30-12:00 Health Screens</b> <b>11:30 Connie Webber, Romantic Piano Music</b> <b>12:00 Special Luncheon</b> 1:00 Hand & Foot / Dominoes	<b>21</b> Walking/Quilting/Cards <b>"Spotlight on Promise"</b> Afternoon Bridge	<b>22</b> <b>9:15 FROG Exercises</b> Walking/Quilting/Cards/Pool <b>11:45 Dessert Demo by Hilda Pearson</b> 1:15 Bingo 2:00 Dominoes / Hand & Foot
<b>25</b> <b>9:15 FROG Exercises</b> Walking / Quilting / Cards 9:00 & 1:00 Pool 1:00 Hand and Foot 1:00 Chicken Foot Dominoes	<b>26</b> Morning Walking Quilting <b>12:50 Library Corner</b> Cards Afternoon Bridge Club	<b>27</b> <b>9:15 FROG Exercise</b> Walking/Quilting/Cards/Pool <b>11:30 &amp; 3:00 Cyril &amp; Bev Hansen's Music</b> 9:00 & 1:00 Pool 1:00 Hand & Foot	<b>28</b> Morning Walking Quilting Cards <b>The Oaks Game Day</b> Afternoon Bridge Club	<b>Remember Fridays: 1:15 Bingo</b>



# February 2013 Menu



## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

<b>Menus Subject to Change By Dietitian</b>	<b><i>Bring Your Friends!</i></b>	<b>2% Milk, Skim Milk, Water, and Coffee are offered with every meal.</b>		
<p>4 Swiss Steak w/ Gravy, Stewed Tomatoes, &amp; Onion Scalloped Potatoes Beets WW Dinner Roll &amp; Promise Frozen Strawberries</p>	<p>5 Turkey Stack w/ Turkey Gravy Mashed Potatoes w/ Skins Frozen Broccoli WW Fresh Bread &amp; Promise Canned Apple Sauce</p>	<p>6 Sliced Beef Roasted Russet Potatoes with Skins Frozen Key Largo Blend Veg WW Dinner Roll &amp; Promise Canned Mandarin Oranges</p>	<p>7 Creamed Chicken on a Biscuit Frozen Mixed Vegetables Shredded Lettuce w/ Carrots &amp; Dorothy Lynch Biscuit &amp; Promise Canned Apricot Halves</p>	<p>1 Chicken Parmesan Creamed Frozen Peas Fresh Broccoli Salad WW Fresh Bread &amp; Promise Canned Pineapple Tidbits</p> <p>8 Tator Tot Casserole With Green Beans Frozen Peas &amp; Carrots WW Fresh Bread &amp; Promise Canned Peaches over Cottage Cheese</p>
<p>11 Chicken Fried Steak With Country Gravy Mashed Potatoes w/ Skins Frozen Corn WW Dinner Roll &amp; Promise Orange Jell-O w/ Carrots &amp; Pineapple</p>	<p>12 Meatloaf with Tomato Sauce Baked Potato w/ Butter Frozen Green Beans WW Dinner Roll &amp; Promise Canned Pears</p>	<p>13 Sliced Ham Sweet Potatoes Frozen Peas WW Fresh Bread &amp; Promise Canned Pineapple with Green Jell-O</p>	<p>14 Grill Chicken w/ Chicken Soup Frozen Prince William Veg. Fresh Lettuce Salad, Tomatoes &amp; Ranch Dressing WW Fresh Bread &amp; Promise Valentine's Cherry Dessert</p>	<p>15 Taverns Baked Beans Coleslaw Bun &amp; Promise Canned Mandarin Oranges</p>
<p>18 Beef Tips w/ Mushroom Soup &amp; Onions over Egg Noodles Frozen Green Beans Shredded Lettuce w/ Carrots &amp; Dorothy Lynch Dressing WW Dinner Roll &amp; Promise Sliced Peaches</p>	<p>19 Tuna Casserole with Rotini Noodles Key Largo Blend Veg. Cottage Cheese w/ Peaches WW Fresh Bread &amp; Promise Cherry Jell-O with Canned Pears</p>	<p>20 Ham Salad Sandwich on WW Bread Homemade Pea Salad Home made Tomato Soup with Stewed Tomatoes Crackers &amp; Promise <b>Peach Pie!</b></p>	<p>21 Sliced Turkey Red Roasted Potatoes Peas &amp; Pearl Onions WW Dinner Roll &amp; Promise Canned Pineapple Chunks</p>	<p>22 BBQ Beef Sandwich Baked Beans Potato Salad Bun &amp; Promise Mandarin Fluff</p>
<p>25 Beef Stroganoff &amp; Egg Noodles Frozen Prince William Veg. Fresh Vegetable Salad Cottage Cheese w/ Pineapple Slices on Lettuce Leaf WW Dinner Roll &amp; Promise</p>	<p>26 Polish Dog with Kraut Creamed Frozen Peas WW Fresh Bread &amp; Promise Vanilla Pudding with Marshmallows &amp; Mangoes</p>	<p>27 Baked Chicken w/ Cream of Chicken Soup Ranch Roasted Potatoes with Skins Frozen Mixed Vegetables WW Fresh Bread &amp; Promise Canned Tropical Fruit</p>	<p>28 Hamburger Goulash Scalloped Potatoes w/ Parsley WW Dinner Rolls &amp; Promise Green Jell-O with Mandarin Oranges Pie at the Senior Center from The Oaks</p>	<p><b>Join us at 3:00 p.m. For Coffee &amp; Light Refreshments</b></p>