

January 2014 Activities

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
<p>Fridays: 1:15 Bingo 2:00 Dominoes And Hand & Foot</p>	<p>Bring a Friend! Always Something Fun to do at the Wayne Senior Center</p>	<p>Closed Jan. 1 </p>	<p>2 8:30 Morning Walking 9-4 Quilting 1:15 Pitch Afternoon Bridge Club</p>	<p>3 9:15 FROG Exercises 8:30 Walking 9-4 Quilting 9 & 1 Pool 1:15 Bingo 1:15 Hand & Foot</p>
<p>6 9:15 FROG Exercises Morning Walking Quilting 9:00 & 1:00 Pool 1:00 Hand & Foot</p>	<p>7 Morning Walking Quilting Afternoon Bridge Club Pitch 1:00 Card Making</p>	<p>8 9:15 FROG Exercises Morning Walking/Quilting/Pool 11:30 Ray Petersen Accordion Snowball Dance 1:15 Hand & Foot 3:00 Birthday Celebration by Campus of Careage</p>	<p>9 Morning Walking Quilting Afternoon Bridge Club 1:00 Public Hearing at Senior Center</p>	<p>10 9:15 FROG Exercises 11:30 Merle Ring "Winter Wonderland" 12:05 Century Club Certificate by Careage 9:00 & 1:00 Pool 1:15 Bingo, Hand & Foot</p>
<p>13 9:15 FROG Exercises Walking/Quilting 9:00 & 1:00 Pool 1:00 Hand & Foot</p>	<p>14 8:30 Morning Walking 9-4 Quilting 12:45 Phyllis Rahn Book Review "365 Days of Gratitude" Afternoon Bridge Club</p>	<p>15 9:15 FROG Exercises 8:30 Walking Quilting/Cards 9:30-12 Health Clinic Screening Special Pie Luncheon 12:45 Bob Behlers "Living on the Railway"</p>	<p>16 Morning Walking Quilting 11:30 Connie Webber Piano Afternoon Bridge Club</p>	<p>17 9:15 FROG Exercises Walking/Quilting Pool 9:00 & 1:00 1:15 Bingo 1:15 Hand & Foot</p>
<p>20 9:15 FROG Exercises Walking/Quilting 9:00 & 1:00 Pool, 1:00 Board Meeting 1:00 Hand & Foot</p>	<p>21 Morning Walking Quilting 12:45 Linda Goetsche "Respite Care" Afternoon Bridge Club</p>	<p>22 9:15 FROG Exercises 8:30 Walking 9-4 Quilting 9 & 1 Pool Oak's Day Fun & Games 1:00 Hand & Foot /Cards</p>	<p>23 Morning Walking Quilting Afternoon Bridge Club</p>	<p>24 9:15 FROG Exercises Walking/Quilting 9:00 & 1:00 Pool 1:15 Providence Bingo Hand & Foot</p>
<p>27 9:15 FROG Exercises Walking/Quilting 9:00 & 1:00 Pool, 1:00 Hand & Foot</p>	<p>28 Morning Walking Quilting 1:30 Anne Liska, P.A Toe Clinic Afternoon Bridge Club</p>	<p>29 9:15 FROG Exercises Morning Walking Quilting 9:00 & 1:00 Pool 1:00 Hand & Foot Cards</p>	<p>30 Morning Walking Quilting 12:45 Oak's Day Afternoon Bridge Club</p>	<p>31 9:15 FROG Exercises Walking/Quilting 1:15 Bingo 1:15 Hand & Foot Chinese New Year</p>

JANUARY 2014 MENU

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



2% Milk, Skim Milk,
Water and Coffee
are offered with
every meal.



2
BBQ Chicken Quarters
Red Roasted Potatoes
Key Largo Blend Vegetables
WW Dinner Roll
Promise
Canned Pineapple Chunks

3
Sliced Roast Beef
Russet Roasted Potatoes
With skins
Creamed Peas
WW Dinner Roll
Promise
Canned Tropical Fruit

6
Swiss Steak with gravy,
Stewed Tomatoes & Onion
Scalloped Potatoes
Beets
WW Dinner Roll
Promise
Frozen Strawberries

7
Turkey Stack
Mashed Potatoes with skins
Turkey Gravy
F. Broccoli
WW Fresh Bread
Canned Applesauce
Promise

8
Sliced Beef
Russet Roasted Potatoes
with skins
F. Key Largo Blend Veg.
WW Dinner Roll, Promise
Canned Mandarin Oranges

9
Creamed Chicken
Over a Biscuit
Fr. Mixed Vegetables
Shred. Lettuce & Shred.
Carrots with Dorothy Lynch
Promise
Apricots

10
Tator Tot Casserole with
F. Green Beans
F. Peas & Carrots
WW Fresh Bread
Canned Peaches over
Cottage Cheese
Promise

13
Chicken Fried Steak
Mashed Potatoes w/skins
Country Gravy
F. Corn
WW Dinner Roll, Promise
Orange Jello with Shred.
Carrots & Crushed Pineapple

14
Meatloaf with Tomato Sauce
Baked Potato with Butter
F. Green Beans
WW Dinner Roll
Canned Pears
Promise

15
Sliced Ham
Sweet Potatoes
Fr. Peas
WW Fresh Bread, Promise
Canned Pineapple w/Green
Jello
Cherry & Peach Pie

16
Grilled Chicken Smothered
in Cream of Chicken Soup
Fr. Prince William Vegetables
Cucumber Salad
Canned Cherries, Marshmallow
Whipped Topping & Red Jello
WW Fresh Bread & Promise

17
Taverns
Baked Beans
Cole Slaw
Bun
Canned Mandarin Oranges
Promise

20
Beef Tips with
Mushroom Soup
& Onions over Egg Noodles
Fr. Green Beans
Shredded Lettuce with
Carrots & Dorothy Lynch
Sliced Peaches
Promise

21
Turkey Cutlet
Mashed Potatoes with skins
Turkey gravy
Fr. Key Largo Blend Vegetables
Canned Tropical Fruit
WW Fresh Bread
Promise

22
Ham Salad Sandwich on
WW Bread
Homemade Pea Salad
Homemade Tomato Soup
with stewed tomatoes
Crackers & Promise
Apple Sauce

23
Tuna Casserole with
Rotini Noodles
Fr. Prince Williams Blend
Cottage Cheese with Peaches
Cherry Jello with Canned
Pears
Promise

24
Broasted Chicken Quarters
Red Roasted Potatoes
Fr. Cauliflower
WW Bun with Promise
Mandarin Fluff

27
Beef Stroganoff/Egg Noodles
F. Prince Williams Vegetable
Fr. Vegetable Salad
Cottage Cheese with 2
Pineapple Slices on a
Lettuce Leaf

28
Polish Dog with Kraut
on a bun
Baked Beans
Cucumber Salad
Vanilla Pudding with
Marshmallows & Fr. Mango

29
Baked Chicken w/Cream
of Chicken Soup
Ranch Roasted Potatoes
F. Mixed Vegetables
WW Fresh Bread, Promise
Frozen Fruit w/Yogurt

30
Baked Italian w/Mozzarella
Cheese, Dilled Carrots
WW Bread, Promise
Lettuce Salad w/Carrots
Dorothy Lynch
Green Jello & Mandarin Oranges

31
Shaved Hot Beef on
WW Bread
Mashed Potatoes with Brown
Gravy
Green Beans
Frozen Strawberries in Juice