

# December 2010 Menu

<p><b><u>NOTICE:</u></b> <b>Menus are subject to change by Dietitian</b></p>	<p><b>2% Milk, Water, and Coffee are offered with every meal.</b></p>	<p>1 Sliced Beef Mashed Potatoes &amp; Gravy Key Largo Blend Veg. WW Dinner Roll &amp; Promise Lime Jell-O w/ Pineapple</p>	<p>2 Chicken Stir Fry / Rice Stir Fry Veg. Cauliflower 2 Fortune Cookies Sliced Pears</p>	<p>3 Tater Tot Casserole Peas &amp; Carrots Fresh WW Bread &amp; Promise Sliced Peaches in Cottage Cheese</p>
<p>6 Chicken Fried Steak Mashed Potato &amp; Gravy Corn WW Dinner Roll &amp; Promise Orange Jell-o with Carrots &amp; Pineapple</p>	<p>7 Meatloaf w/ Tomato Sauce Baked Potato Green Beans WW Dinner Roll &amp; Promise Canned Pears</p>	<p>8 Sliced Ham w/ 2 Pineapple Slices Mac &amp; cheese Peas WW Sliced Bread/Promise Lime Jell-O w/ Pears</p>	<p>9 Grilled Chicken w/Cream of Chicken Soup &amp; Cheese Prince William Veg. Lettuce Tomato &amp; Dressing WW Fresh Bread/Promise Tropical Fruit</p>	<p>10 Taverns Baked Beans Corn w/ Red Peppers WW Bun &amp; Promise Mandarin Oranges</p>
<p>13 Chicken Alfredo w/ 1/2 Cup Broccoli Mixed Vegetables French Bread &amp; Promise Frozen Fruit w/ 1/2 Cup Yogurt</p>	<p>14 Tuna Noodle Casserole Dilled Carrots Lettuce w/carrots &amp; cheese &amp; Dorothy Lynch WW Bread &amp; Promise Tropical Fruit</p>	<p>15 Ham Salad Sandwich Pea Salad Homemade Tomato Soup w/ Stewed Tomatoes Crackers &amp; Promise Cherry Pie</p>	<p>16 Spaghetti &amp; Meatballs Green Beans Lettuce w/carrots &amp; cheese &amp; Dorothy Lynch French Bread &amp; Promise Apple Sauce / Cinnamon</p>	<p>17 BBQ Beef Sandwich Baked Beans Cole-Slaw WW Bun &amp; Promise Peaches</p>
<p>20 Beef Stroganoff &amp; Noodles Prince William's Veg. Vegetable Salad Cottage Cheese, 2 Pineapple Slices on Lettuce WW Dinner Roll &amp; Promise</p>	<p>21 Polish Dog Creamed Peas Three Bean Salad Hot Dog Bun &amp; Promise Vanilla Pudding, marshmallows w/ 1/2 Cup Mango</p>	<p>22 Turkey Bread Stuffing Candied Sweet Potatoes Green Beans with Mushroom Soup WW Dinner Roll &amp; Promise Cranberry Salad</p>	<p>23 <b>Closed For Christmas</b></p>	<p>24 <b>Closed For Christmas</b></p>
<p>27 Salisbury Steak Beef Gravy Baked Potato Dill Buttered Carrots WW Fresh Bread/Promise Apricots</p>	<p>28 Sliced Turkey Poultry Gravy Broccoli &amp; Cheese 2 Tomato Slices WW Dinner Roll &amp; Promise Mandarin Oranges</p>	<p>29 Country Beef Steak Country Gravy Mashed Potatoes Corn WW Sliced Bread/Promise Cherry Jell-O w/ Pears</p>	<p>30 Hot Beef Sandwich Mashed Potatoes &amp; Gravy Cauliflower &amp; Broccoli WW Fresh Bread/Promise Apple Sauce with Cinnamon</p>	<p>31 <b>Closed For New Year's Eve</b></p>

# December 2010 Activities

<b><u>Monday</u></b>	<b><u>Tuesday</u></b>	<b><u>Wednesday</u></b>	<b><u>Thursday</u></b>	<b><u>Friday</u></b>
<b>Remember: Fridays Bingo at 1:15 pm Chicken Foot Dominoes At 2:00 pm</b>	<b>Let Penny know if you invite some- one to eat or to an activity at the Center.</b>	<b>1</b> Morning Walking Quilting/Cards 9:00 & 1:00 Pool <b>11:30 &amp; 3:00 Birthday Party Ray Petersen on Accordion</b>	<b>2</b> Morning Walking Quilting Cards 1:00 Pitch Party Afternoon Bridge Club	<b>3</b> Morning Walking Quilting Cards 9:00 & 1:00 Pool 1:15 Bingo 2:00 Chicken Foot Dominoes
<b>6</b> Morning Walking Quilting Cards 9:00 & 1:00 Pool	<b>7</b> Morning Walking Quilting Cards Afternoon Bridge Club <b>1:00 Card Making</b>	<b>8</b> Morning Walk Quilting Cards 9:00 & 1:00 Pool <b>12:45 Wind Turbine</b>	<b>9</b> Morning Walking Quilting Cards 1:00 Pitch Party Afternoon Bridge Club <b>Century Club</b>	<b>10</b> Morning Walking Quilting/Cards 9:00 & 1:00 Pool <b>11:30 Pat Cook, Piano</b> 1:15 Bingo 2:00 Chicken Foot Dominoes
<b>13</b> Walk/Quilting/Cards 9:00 & 1:00 Pool <b>11:50 Mrs. Santa's Welcome</b> 12:45 Elementary Music 3:00 WHS Jazz Choir	<b>14</b> Morning Walk Quilting/Cards Afternoon Bridge Club 11:30 Val Koeber, Piano 12:45 Healthy Snacks	<b>15</b> Walk/ Quilting/Cards/Pool <b>9:30 - 3:30 Medicare Part D Enrollment Counseling</b> 9:30 Health & Hearing Screens 12:00 Special Luncheon 12:45 Medicare Part D Update	<b>16</b> Morning Walk/Quilting/Cards 1:00 Pitch Party Afternoon Bridge Club <b>11:50 Library Corner</b>	<b>17</b> Morning Walk/Quilting/Cards 9:00 & 1:00 Pool 1:15 Bingo 2:00 Chicken Foot Dominoes <b>Phil Pfaltzgraft - "Spotlight on Promise"</b>
<b>20</b> Morning Walking Quilting/Cards 9:00 & 1:00 Pool <b>11:30 Woodwind Christmas with Jay O'Leary &amp; Bill Koeber</b> 1:00 Board Meeting	<b>21</b> Morning Walk Quilting Cards Afternoon Bridge Club <b>11:30 Spiritual Christmas, Pat Cook, Piano</b>	<b>22</b> Morning Walking Quilting/Cards 9:00 & 1:00 Pool <b>Noon Christmas Feast</b> 12:45 Dickey Family Christmas	<b>23</b> <b>Closed For Christmas</b>	<b>24</b> <b>Closed For Christmas</b>
<b>27</b> Morning Walking Quilting Cards 9:00 & 1:00 Pool	<b>28</b> Morning Walking Quilting Cards Afternoon Bridge Club	<b>29</b> Morning Walking Quilting Cards 9:00 & 1:00 Pool	<b>30</b> Morning Walking Quilting Cards <b>11:30 Cyril Hansen, Organ</b> <b>NOON: New Year's Eve Dinner</b> 1:00 Pitch Party Afternoon Bridge Club	<b>31</b> <b>Closed For New Year's Eve</b>