

January 2011 Activities

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<p>2</p> <p>Closed For New Year's Day</p>	<p>3</p> <p>Morning Walking Quilting Cards 1:15 Card Making Afternoon Bridge Club</p>	<p>4</p> <p>Walking/Quilting/Cards/Pool 9:00 & 1:00 Pool 11:30 & 3:00 Ray Petersen, Accordion Birthday Celebration Snowball Birthday Cake 1:00 Hand & Foot</p>	<p>5</p> <p>Morning Walking Quilting Cards 1:00 Cards Afternoon Bridge Club</p>	<p>6</p> <p>Walking/Quilting/Cards/Pool 1:15 Bingo 2:00 Chicken Foot Dominoes and Hand & Foot</p>
<p>9</p> <p>Walking / Quilting / Cards 9:00 & 1:00 Pool 1:00 Hand & Foot and Chicken Foot Dominoes</p>	<p>10</p> <p>Morning Walking Quilting Cards Afternoon Bridge Club 2:00 Toe Nail Clinic with Anne Hoeman, PA</p>	<p>11</p> <p>Morning Walking Quilting 9:00 & 1:00 Pool Cards</p>	<p>12</p> <p>Morning Walking Quilting 1:00 Cards Afternoon Bridge Club</p>	<p>13</p> <p>Walking/Quilting/Cards/Pool Century Club Movie 12:10 Dinner 11:30 & 12:45 Sheri Lundahl, Guitar & Piano 1:15 Bingo Chicken Foot Dominoes, H&F</p>
<p>16</p> <p>Walking/Quilting/Cards 9:00 & 1:00 Pool 1:00 Hand & Foot 1:00 Chicken Foot Dominoes</p>	<p>17</p> <p>Morning Walking Quilting Cards Afternoon Bridge Club</p>	<p>18</p> <p>Walking / Quilting / Cards 9:00 & 1:00 Pool 9:30-12:00 Health Clinic Blood Pressure / Sugar By Mary Nichols, RN 1:00 Hand & Foot</p>	<p>19</p> <p>Morning Walking Quilting Cards Afternoon Bridge Club</p>	<p>20</p> <p>Walking/Quilting/Cards 9:00 & 1:00 Pool 1:15 Bingo 2:00 Dominoes Hand & Foot</p>
<p>23</p> <p>Walking/Quilting/Cards 9:00 & 1:00 Pool 1:00 Board Meeting 1:00 Hand and Foot 1:00 Chicken Foot Dominoes</p>	<p>24</p> <p>Morning Walking Quilting Cards 12:45 Donna's Day Afternoon Bridge Club</p>	<p>25</p> <p>Walking/Quilting/Cards/Pool 11:30 and 3:00 Snowball Dance Cyril Hansen, Organ 1:00 Hand & Foot</p>	<p>26</p> <p>Walking Quilting Cards Afternoon Bridge</p>	<p>27</p> <p>Walking/Quilting/Cards 9:00 & 1:00 Pool 1:15 Bingo Dominoes Hand & Foot</p>
<p>30</p> <p>Walking/Quilting/Cards 9:00 & 1:00 Pool 1:00 Hand and Foot 1:00 Chicken Foot Dominoes 1:00 Afternoon at the Mov- ies - "The Help"</p>	<p>31</p> <p>Morning Walking Quilting Cards Afternoon Bridge Club</p>	<p>Every Monday & Wednesday: 1:00 Hand & Foot</p>	<p>Every Monday & Wednesday: 1:00 Chicken Foot Dominoes</p>	<p>Remember Fridays: 1:15 Bingo 2:00 Chicken Foot Dominoes</p>

January 2011 Menu

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<p>2</p> <p>Closed For New Year's Day No Center or Home Delivered Meals, No Van</p>	<p>3</p> <p>Polish Dog w/ 1/4 c. Kraut Creamed Frozen Peas Pineapple, Carrots, Raisins & Mayo Salad WW Fresh Bread & Promise Vanilla Pudding with Marshmallows & Mangoes</p>	<p>4</p> <p>Baked Chicken w/ Cream of Chicken Soup Ranch Roasted Potatoes w/ Skins Frozen Mixed Vegetables WW Fresh Bread & Promise Canned Tropical Fruit</p>	<p>5</p> <p>Hamburger Goulash w/ Stewed Tomatoes, Celery, Onions & Tomato Sauce Scalloped Potatoes w/ Parsley WW Dinner Rolls & Promise Lime Jell-O w/ Canned Man- darin Oranges & Juice</p>	<p>6</p> <p>Chicken Salad Sandwich w/ Pineapple & Celery on Whole Wheat Bread Potato Cheese Soup Sliced Cucumbers in Sauce Crackers & Promise Frozen Strawberries in Juice</p>
<p>9</p> <p>Swedish Meatballs w/ Celery Soup & Dill Au gratin Potatoes Frozen Peas & Pearl Onions WW Fresh Bread & Promise Vanilla Pudding w/ Marshmal- lows & Canned Peaches</p>	<p>10</p> <p>Sliced Turkey Sweet Potatoes Frozen Broccoli WW Dinner Roll & Promise Canned Mandarin Oranges</p>	<p>11</p> <p>Country Beef Steak with Country Gravy Mashed Potatoes w/ Skins Frozen Corn WW Fresh Bread & Promise Cherry Jell-O w/ Canned Pears & Juice</p>	<p>12</p> <p>Fish (Pollock) Baked Potato Frozen Mixed Vegetables WW Fresh Bread & Promise Tartar Sauce Canned Apricots</p>	<p>13</p> <p>Pork Loin w/ Kraut & Caraway Seeds Pork Gravy Mashed Potatoes w/ Skins Frozen Dilled Carrots WW Fresh Bread & Promise Applesauce w/ Cinnamon</p>
<p>16</p> <p>Spaghetti & Meatballs with Spaghetti Sauce Frozen Green Beans Shredded Lettuce w/ Cheese & Dorothy Lynch</p>	<p>17</p> <p>Crispy Chicken Baked Potato & Butter Frozen Corn WW Dinner Roll & Promise Frozen Strawberries</p>	<p>18</p> <p>Sausage Gravy over Biscuit Mashed Potatoes w/ Skins Frozen Key Largo Blend Vegetables Promise Surprise Pie</p>	<p>19</p> <p>Roasted Pork Loin Fresh Red Roasted Potatoes with Skins Frozen Creamed Peas WW Fresh Bread & Promise Hot Cinnamon Apples</p>	<p>20</p> <p>Beef Lasagna Frozen Carrots Fresh Broccoli Salad WW Fresh Bread & Promise Canned Pineapple Tidbits</p>
<p>23</p> <p>Turkey Stack Turkey Gravy Mashed Potatoes w/ Skins Frozen Broccoli WW Fresh Bread & Promise Canned Apple Sauce</p>	<p>24</p> <p>Swiss Steak w/ Gravy, Stewed Tomatoes & Onions Scalloped Potatoes Beets WW Dinner Roll & Promise Frozen Strawberries</p>	<p>25</p> <p>Sliced Beef Russet Roasted Potatoes w/ Skins Frozen Key Largo Blend Vegetables WW Dinner Roll & Promise Canned Mandarin Oranges</p>	<p>26</p> <p>Creamed Chicken over a Biscuit Cauliflower Shredded Lettuce w/ Carrots and Dorothy Lynch Promise Apricot Halves</p>	<p>27</p> <p>Tator Tot Casserole w/ Frozen Green Beans Frozen Peas & Carrots WW Fresh Bread & Promise Canned Peaches over Cottage Cheese</p>
<p>31</p> <p>Chicken Fried Steak with Country Gravy Fresh Mashed Potatoes Frozen Corn WW Dinner Roll & Promise Orange Jell-O w/ Carrots & Pineapple</p>	<p>31</p> <p>Meatloaf w/ Tomato Sauce Fresh Baked Potato Frozen Green Beans WW Dinner Roll & Promise Canned Pears</p>	<p>2% Milk, Skim Milk, Water, and Coffee are offered with every meal.</p>	<p>Bring A Friend!</p>	<p>Menus Subject to Change By Dietitian</p>