

# JANUARY 2009 MENU

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
			1 HAPPY NEW YEAR  SENIOR CENTER CLOSED	2 Pork Chops Baked Potatoes Cauliflower Beet Pickle Rye Bread
5 Fillet of Cod Creamed Potatoes Mixed Vegetables Golden Glow Salad WW Bread Cherries	6 Chicken La a King Broccoli Pea Salad Fruit Cocktail Biscuit Vanilla Pudding	7 Roast Beef Mashed Potatoes & Gravy Beets Apple Juice WW Bread Bread Pudding	8 Swiss Steak Baked Potato Squash Sweet Potato WW Bread Peanut Butter Haystack	9 Cavatina Italian Blend Vegetables Coleslaw Bread Stick Peaches
12 Salisbury Steak Baked Potato Spinach & Sauce Rye Bread Ice Cream	13 Meatloaf Hash Brown Casserole Wax Beans Pacific Salad WW Bread Mandarin Oranges	14 Baked Chicken Wild Rice Oriental Blended Vegetables Vegetable Salad WW Bread Plums	15 Pork Steak Mashed Potatoes & Gravy Tomato Vegetable Medley Peach Pie Filling Salad WW Bread Oatmeal Cookie	16 Scalloped Potatoes & Ham Peas Double Cheese Pear Halves WW Bread Wheat Germ Cookie
19 Cod Nuggets Parmesan Cheese Potatoes Asparagus Velvet Salad WW Bread Strawberries	20 Roast Beef Mashed Potatoes & Gravy Corn WW Bread Apple Crisp	21 Beef Vegetable Soup Celery w/peanut butter Pasta Salad Crackers Cherry Pie	22 Pepper Steak over Rice Carrots Kidney Bean Salad WW Bread Applesauce	23 Country Baked Steak Baked Potato Green Beans Apple Ring WW Bread Pie
26 Pork Roast Mashed Potatoes & Gravy Mixed Vegetables Dinner Apricots	27 BBQ Meatballs Scalloped Potatoes Cauliflower Waldorf Salad WW Bread Sherbet	28 Tuna & Noodles Peas Lettuce & Cheese Tomato Juice WW Bread Angle Food Cake	29 Chicken Noodle Soup Top Hat Salad Carrot Coins Crackers I can't believe it's dessert	30 Chicken Fried Steak Butter Baked Potato Broccoli WW Bread Peaches

# JANUARY 2008 ACTIVITIES

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
			<p><b>1</b> Happy New Year Wayne Senior Center Closed No Congregate Meals No Delivered Meals</p>	<p><b>2</b> Morning Walking Quilting/Cards 1:00 Pool 1:15 Bingo</p>
<p><b>5</b> Morning Walking Quilting/Cards 1:00 Pool</p>	<p><b>6</b> Morning Walking Quilting/Cards Bridge <b>1:00 Card Making</b></p>	<p><b>7</b> Morning Walking Quilting/Cards 1:00 Pool <b>Birthday Club Volunteer Luncheon</b></p>	<p><b>8</b> Morning Walking Quilting/Cards 1:15– 3:00 Pitch party Bridge <b>Century Club Movie</b></p>	<p><b>9</b> Morning Walking Quilting/Cards 1:00 Pool 1:15 Bingo <b>Aaron Shear, Piano</b></p>
<p><b>12</b> Morning Walking Quilting/Cards 1:00 Pool <b>Piano Music by Deb Dickey</b></p>	<p><b>13</b> Morning Walking Quilting/Cards Bridge</p>	<p><b>14</b> Morning Walking Quilting/Cards 1:00 Pool <u><b>12:45 Hallie's Comments</b></u></p>	<p><b>15</b> Morning Walking Quilting/Cards 1:15-3:00 Pitch Party Bridge <b>Volunteer Luncheon</b></p>	<p><b>16</b> Morning Walking Quilting/Cards 1:00 Pool 1:15 Bingo <b>Aaron Shear, Piano</b></p>
<p><b>19</b> Morning Walking Quilting/Cards 1:00 Pool 1:00 Board Meeting</p>	<p><b>20</b> Morning Walking Quilting/Cards Bridge <b>Volunteer Luncheon</b></p>	<p><b>21</b> Morning Walking Quilting/Cards 1:00 Pool <b>Health Screens Special Luncheon Nutrition Counseling</b></p>	<p><b>22</b> Morning Walking Quilting/Cards <b>10:00 Ladies Tea</b> 1:15 –3:00 Pitch Party Bridge</p>	<p><b>23</b> Morning Walking Quilting/Cards 1:00 Pool 1:15 Bingo <b>Aaron Shear, Piano</b></p>
<p><b>26</b> Morning Walking Quilting/Cards 1:00 Pool Bridge <b>Deb Dickey Piano Music</b></p>	<p><b>27</b> Morning Walking Quilting/Cards Bridge</p>	<p><b>28</b> Morning Walking Quilting/Cards 1:00 Pool <b>12:45 Carolyn Harder Comedy Snowball Party</b></p>	<p><b>29</b> Morning Walking Quilting/Cards 1:15-3:00 Pitch Party Bridge Surprise Birthday</p>	<p><b>30</b> Morning Walking Quilting/Cards 1:00 Pool 1:15 Bingo <b>Aaron Shear, Piano</b></p>