


December 2022 - Meal Calendar				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<b>1</b> <b>11:30a-12:30p Lunch</b> Baked Ham, Scalloped Potatoes, California Blend Vegetables, Apricots	<b>2</b> <b>11:30a-12:30p Lunch</b> Mediterranean Chicken, Sweet Potato, Green Beans, Grapes
<b>5</b> <b>11:30a-12:30p Lunch</b> BBQ Chicken, Parsley Potatoes, Carrots, Grapes	<b>6</b> <b>11:30a-12:30p Birthday Lunch</b> – Cake & Ice Cream Dine-In Only Chicken Fajita, Roasted Corn & Black Beans, Apple	<b>7</b> <b>11:30a-12:30p Lunch</b> Roast Turkey, Mashed Potatoes & Gravy, Peas & Onions, Pear	<b>8</b> <b>11:30a-12:30pm Lunch</b> Chicken Stew with Biscuits, Brussels Sprouts, Kiwi	<b>9</b> <b>11:30a-12:30p Lunch</b> Pepper Steak & Brown Rice, Stir Fry Vegetable, Asparagus, Orange
<b>12</b> <b>11:30a-12:30p Lunch</b> Pork Chop Supreme, Baked Potato, Brussels Sprouts, Apple	<b>13</b> <b>11:30a-12:30p Lunch</b> Beef Enchilada, Spanish Rice, Corn, Mandarin Oranges	<b>14</b> <b>11:30a-12:30p Lunch</b> Lemon Pepper Chicken, Baked Potato, Brussels Sprouts, Orange	<b>15</b> <b>11:30a-1:00p Christmas Luncheon</b> Roast Beef, Au Gratin Potatoes, Venetian Blend Vegetables, Chocolate Mint Pie	<b>16</b> <b>11:30a-12:30p Lunch</b> Chicken Cacciatore, Brown Rice, Peas & Carrots, Grapes
<b>19</b> <b>11:30a-12:30p Lunch</b> Chicken Stir Fry, Brown Rice, Peas & Carrots, Pineapple	<b>20</b> <b>11:30a-12:30p</b> Lasagna, Mixed Vegetables, Breadstick, Apple	<b>21</b> <b>11:30a-12:30p Lunch</b> Pot Roast, Mashed Potatoes, Corn, Kiwi	<b>22</b> <b>11:30a-12:30p Lunch</b> BBQ Pork Sandwich, Dill & Garlic Potatoes, Asparagus, Mandarin Oranges	<b>23</b> <b>11:30a-12:30p Lunch</b> Cabbage Rolls, Parsley Potatoes, Peas & Carrots, Blueberry Yogurt
<b>26</b>  CLOSED	<b>27</b>  CLOSED	<b>28</b> <b>11:30a-12:30p Lunch</b> Chicken Cordon Bleu, Mashed Potatoes & Gravy, Green Beans, Orange	<b>29</b> <b>11:30a-12:30p Lunch</b> Lemon Pepper Chicken, Baked Potato, Brussels Sprouts, Orange	<b>30</b> <b>11:30a-12:30p Lunch</b> Ravioli Squares, Green Beans, Italian Blend Vegetables, Grapes

December 2022 - Activity Calendar				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<b>1</b> 10-12pm Pickleball –M72 9-10am Tai Chi – M72 10am Pokeno – Lawndale 10am – Craft & Chat – Lawndale 10am Zumba – M72 1pm Penny Bingo – Lawndale <b>3pm – Medicine Shoppe Bingo - Lawndale</b>	<b>2</b> 9-11am Matter of Balance, M72 <b>9am – Hanging of the Greens - Lawndale</b> 1pm Pantry Bingo – Lawndale
<b>5</b> 9-11am Pickleball –M72 10am SilverSneakers M72 1-4pm Chess Club, Lawndale	<b>6</b> <b>9am – Friends of a Feather - Lawndale</b> 10-2pm Pickleball –M72 9-10am Tai Chi – M72 10am Zumba –M72 10am Bible Study – Lawndale <b>11:30-12:30pm Birthday Lunch – Lawndale</b> 1pm – Euchre - Lawndale 6pm – Diamond Dancers – M72	<b>7</b> 9-11am Pickleball –M72 <b>9:30-10:30am Commodities – St. Mary's Church</b> 10am SilverSneakers M72 11am-12pm Chair Yoga, M72 1pm – Mahjong	<b>8</b> 10-12pm Pickleball –M72 9-10am Tai Chi – M72 10am Pokeno – Lawndale 10am Zumba – M72 10am – Craft & Chat – Lawndale 1pm Penny Bingo – Lawndale	<b>9</b> 9-11am Matter of Balance, M72 1pm Pantry Bingo – Lawndale
<b>12</b> 9-11am Pickleball –M72 10am SilverSneakers M72 1-4pm Chess Club, Lawndale	<b>13</b> 9-11am Pickleball –M72 10am Zumba –M72 10am Bible Study – Lawndale <b>12pm – Christmas Party - Lawndale</b> 1pm – Euchre - Lawndale 6pm – Diamond Dancers – M72	<b>14</b> 9-11am Pickleball –M72 <b>10am – New to Medicare - ZOOM</b> 10am SilverSneakers M72 11am-12pm Chair Yoga, M72 1pm – Mahjong – Lawndale	<b>15</b> 0-11am Pickleball –M72 10am Pokeno – Lawndale 10am – Craft & Chat – Lawndale 10am Zumba – M72 <b>11:30-1pm Christmas Luncheon</b> 2pm Penny Bingo – Lawndale	<b>16</b> 9-11am Matter of Balance, M72 1pm Pantry Bingo – Lawndale
<b>19</b> 9-11am – Pickleball -M72 10am SilverSneakers M72 <b>12-3pm Foot Clinic – Appt. Req. – Lawndale</b> 1-4pm Chess Club, Lawndale	<b>20</b> 9-11am Pickleball –M72 10am Zumba –M72 10am Bible Study – Lawndale 1pm – Euchre – Lawndale <b>4:30pm – Board Meeting - Lawndale</b> 6pm – Diamond Dancers – M72	<b>21</b> 9-11am Pickleball –M72 10am SilverSneakers M72 11am-12pm Chair Yoga, M72 <b>11am Alzheimer's Support Grp. @The Brook of Grayling</b> 1pm – Mahjong – Lawndale	<b>22</b> 9-11am Pickleball –M72 10am Pokeno – Lawndale 10am Zumba – M72 10am – Craft & Chat – Lawndale 1pm Penny Bingo – Lawndale	<b>23</b> 1pm Pantry Bingo – Lawndale
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