

Sun	MONDAY <i>Cream of Broccoli</i>	TUESDAY <i>Potato</i>	WEDNESDAY <i>Cream of Mushroom</i>	THURSDAY <i>Navy Bean &amp; Ham</i>	FRIDAY <i>Chili</i>	Sat	
	<b>31</b> Happy New Year - Office Closed 		<b>2</b> 10am Craft & Chat <b>11:30am-12:30pm Lunch</b> – Parmesan Cod, Cole Slaw, Prince Charles Vegetables, Banana 1pm Mahjong 1pm Pool-Ball in Hand 1pm Wii Bowling 2:30pm Unlucky 7's <b>4:30-5:30pm Dinner</b> – Beef Enchilada, Brown Rice, Corn, Pear	<b>3</b> 10am Craft & Chat & Color Craze 10am Pokeno 10am Stretch to Fitness <b>11:30-6pm Foot Clinic-Need Appt</b> <b>11:30am-12:30pm Lunch</b> – Sweet & Sour Meatballs, Brown Rice, Peas & Carrots, Kiwi 1pm Penny Bingo  <b>4:30-5:30pm Dinner</b> –Chicken Cordon Bleu, Mashed Potatoes w/Gravy, Green Beans, Orange	<b>4</b> 10am Pinochle 10am Equipped to be Fit 11:30am-12:30pm Blood Pressure Checks <b>11:30am-12:30pm Lunch</b> – Salisbury Steak, Mashed Potatoes w/Mushroom Gravy, Brussels Sprouts, Grapes 1pm Pantry Bingo 1pm Pool – 9 Ball		
<b>6</b>	<b>7</b> 10am Aerobic Drumming Golden Beats 10am Flower Arrangement Class <b>11:30am-12:30pm Lunch</b> – Breaded Chicken Breast, Italian Blend, Asparagus, Kiwi 12:30pm Beginning Clogging 1pm Bridge Club 1:30pm Clogging  <b>4:30-5:30pm Dinner</b> – Smothered Pork Chop, Carrots, Broccoli & Cauliflower, Banana 5pm Aerobic Drumming Power Beats	<b>8</b> <b>10am Advance Care Planning            at MHG</b> 10am Bible Study 10am Zumba Gold <b>11:30am-12:30pm Lunch</b> – Meatloaf, Mashed Potatoes, Brussels Sprouts, Strawberries 1pm Euchre 1pm Gentle Yoga 4-5pm Blood Press/Sugar Checks <b>4:30-5:30pm Dinner</b> – Mediterranean Chicken Breast, Sweet Potato, Green Beans, Grapes 6pm Zumba Stepping it Up	<b>9</b> <b>9:30am Commodities @ St. Mary's</b> 10am Crafting <b>11:30am-12:30pm Lunch</b> – Potato Crunch Pollock, Redskin Potatoes, California Vegetable Blend, Burst O' Berries 1pm Mahjong 1pm Pool-Ball in Hand 1pm Wii Bowling 2:30pm Unlucky 7's <b>4:30-5:30pm Dinner</b> – Lasagna, Breadstick, Tossed Salad w/Tomato, Apple	<b>10</b> 10am Craft & Chat & Color Craze 10am Pokeno 10am Stretch to Fitness <b>11:30am-12:30pm Lunch</b> – Crispy Lemon Chicken Breast, Mashed Potatoes, Peas, Watermelon 1pm Penny Bingo  <b>4-6pm Winter Picnic</b> – BBQ Ribs, Glazed Baby Carrots, Steakhouse Potato Salad, Fruit Salad, Cherry Pie	<b>11</b> 10am Pinochle 10am Equipped to be Fit 11:30am-12:30pm Blood Pressure Checks <b>11:30am-12:30pm Lunch</b> – Pot Roast, Boiled Potatoes, Green Beans, Apple <b>12pm Frederic Satellite</b> 1pm Pantry Bingo Sponsored by The Brook 1pm Pool – 9 Ball		<b>12</b>
<b>13</b>	<b>14</b> 10am Aerobic Drumming Golden Beats 10am Flower Arrangement Class <b>11:30am-12:30pm Lunch</b> – Beef Pot Roast, Redskin Potatoes, Mixed Vegetables, Kiwi 12:30pm Beginning Clogging 1pm Bridge Club 1:30pm Clogging <b>4:30-5:30pm Dinner</b> – BBQ Chicken, Parsley Potatoes, Carrots, Grapes 5pm Aerobic Drumming Power Beats	<b>15</b> 10am Bible Study 10am Zumba Gold <b>11:30am-12:30pm Lunch</b> – Taco Salad, Pinto Beans, Broccoli, Apricots 1pm Euchre 1pm Gentle Yoga 4:30-5:30pm Blood Press/Sugar Ck <b>4:30-5:30pm Dinner</b> – Chicken Fettuccini Alfredo, Sugar Snap Peas, Broccoli, Strawberries <b>5:45pm Winter Party; Your Life</b> 6pm Zumba Stepping it Up	<b>16</b> <b>9am Chronic Pain Path @ MSUE</b> 10am Craft & Chat <b>11am Alzheimer's Support Grp. @            The Brook of Grayling; 503 Rose St</b> <b>11:30am-12:30pm Lunch</b> – Roasted Hot Turkey, Mashed Potatoes w/Gravy, Peas & Onions, Pear 1pm Mahjong 1pm Pool-Ball in Hand 1pm Wii Bowling 2:30pm Unlucky 7's <b>4:30-5:30pm Dinner</b> – Western Omelet, Redskin Potatoes, Broccoli & Cauliflower, Applesauce	<b>17</b> 10am Craft & Chat & Color Craze 10am Pokeno 10am Stretch to Fitness <b>11:30am-12:30pm Lunch</b> – Ravioli Squares, Tossed Salad, Italian Blend, Grapes 1pm Penny Bingo <b>1-4pm Legal Assist-Appt. Required</b> 3pm Medicine Shoppe Bingo  <b>4:30-5:30pm Dinner</b> – Beef Pot Pie, Mashed Potatoes, Brussels Sprouts, Burst O' Berries 6pm Chair Yoga	<b>18</b> 10am Pinochle 10am Equipped to be Fit <b>10:30am Lunch Bunch to Gaylord</b> 11:30am-12:30pm Blood Pressure Checks <b>11:30am-12:30pm Lunch</b> – Pepper Steak, Brown Rice, Stir Fry Vegetable, Asparagus, Apple <b>12pm Lovells Satellite</b> 1pm Pantry Bingo Sponsored by The Brook 1pm Pool – 9 Ball		<b>19</b>
<b>20</b>	<b>21</b> 10am Aerobic Drumming Golden Beats 10am Flower Arrangement Class <b>11:30am-12:30pm Lunch</b> – Chicken & Mushroom Orecchiette, Broccoli & Cauliflower, Grapes 12:30pm Beginning Clogging <b>1-4pm Hearing Clinic-Appt. Req'd</b> 1pm Bridge Club 1:30pm Clogging  <b>4:30-5:30pm Dinner</b> – Chicken Fajitas, Green Beans, Tossed Salad, Apple 5pm Aerobic Drumming Power Beats	<b>22</b> 10am Bible Study 10am Zumba Gold <b>11:30am-12:30pm Lunch</b> – Breaded Fish Fillet Sandwich, Asparagus, Pear 1pm Euchre 1pm Gentle Yoga 4:30-5:30pm Blood Press/Sugar Ck <b>4:30-5:30pm Birthday Dinner            Celebrating Birthdays at 5pm</b> Swiss Steak, Mashed Potatoes, Italian Blend, Grapes, Cake & Ice Cream 5:45 Cornhole <b>6pm Gardening Webinar at MHG</b> 6pm Zumba Stepping It Up	<b>23</b> <b>9am Chronic Pain Path @ MSUE</b> 10am Craft & Chat <b>11:30am-12:30pm Lunch</b> – Breaded Chicken Fillet, Redskin Potatoes, Brussels Sprouts, Orange <b>1-3pm Smart911</b> 1pm Mahjong 1pm Pool-Ball in Hand 1pm Wii Bowling 2:30pm Unlucky 7's <b>4:30-5:30pm Dinner</b> – Meatloaf, Mashed Potatoes w/Gravy, Broccoli, Strawberries	<b>24</b> 10am Craft & Chat & Color Craze 10am Pokeno 10am Stretch to Fitness <b>11:30am-12:30pm Lunch</b> – Hamburger, Green Beans, Tossed Salad, Burst O' Berries 1pm Penny Bingo  <b>4:30-5:30pm</b> Shepherd's Pie, Carrots, Grapes <b>5:45pm New to Medicare</b> 6pm Chair Yoga	<b>25</b> 10am Pinochle 10am Equipped to be Fit 11:30am-12:30pm Blood Pressure Checks <b>11:30am-12:30pm Lunch</b> – Chicken Cacciatore, Brown Rice Peas & Carrots, Apple 1pm Pantry Bingo Sponsored by The Brook 1pm Pool – 9 Ball		<b>26</b>
<b>27</b>	<b>28</b> 10am Aerobic Drumming Golden Beats 10am Flower Arrangement Class <b>11:30am-12:30pm Lunch</b> – Chicken Stir Fry, Brown Rice, Peas & Carrots, Kiwi 12:30pm Beginning Clogging 1pm Bridge Club 1:30pm Clogging <b>4:30-5:30pm Dinner</b> – Beef Stew, Brussels Sprouts, Tossed Salad, Strawberries 5pm Aerobic Drumming Power Beats	<b>29</b> <b>9am Munson Free B-Fast Pres.</b> 10am Bible Study 10am Zumba Gold <b>11:30am-12:30pm Lunch</b> – BBQ Pork Sandwich, Dill & Garlic Potatoes, Asparagus, Watermelon 1pm Euchre 1pm Gentle Yoga 4:30-5:30pm Blood Press/Sugar Ck <b>4:30-5:30pm Dinner</b> – Spaghetti & Meatballs, Breadstick, Tossed Salad, Grapes 6pm Zumba Stepping it Up <b>6pm Gardening Webinar at MHG</b>	<b>30</b> <b>9am Chronic Pain Path @ MSUE</b> 10am Craft & Chat  <b>11:30am-12:30pm Lunch</b> – Pork with Kraut, Green Beans, Applesauce 1pm Mahjong 1pm Pool-Ball in Hand 1pm Wii Bowling 2:30pm Unlucky 7's  <b>4:30-5:30pm Dinner</b> – Chicken Taco, Corn, Pinto Beans, Apple	<b>31</b> 10am Craft & Chat & Color Craze 10am Pokeno 10am Stretch to Fitness <b>11:30am-12:30pm Lunch</b> – French Dip Sandwich, Redskin Potatoes, Broccoli, Burst O' Berries 1pm Penny Bingo  <b>4:30-5:30pm Dinner</b> – Beef Tips, Brown Rice, Asparagus, Applesauce <b>5:45pm Retirement Planning</b> No Chair Yoga			