

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	
				<p><b>1</b></p> <p>10am Crafting &amp; Color Craze 10am Pokeno 10am Golden Toners Exercise <b>12pm Lunch</b> – Fish Sandwich, Cauliflower, Peas &amp; Carrots, Fresh Apple 1pm Penny Bingo 1:30pm Bible Study</p> <p><b>5pm Dinner</b> – Beef Stew, Biscuit, Tossed Salad, Parisian Carrots, Grapes</p>	<p><b>2</b></p> <p>9am Card Golf 10am Pinochle 10am Munson Rehab Exercise Group 11am Blood Pressure Checks <b>12pm Lunch</b> - Swiss Steak, Mashed Potatoes, Sugar Snap Peas, Peaches 1pm Pantry Bingo 1pm Pool – 9 Ball</p>	<b>3</b>	
<b>4</b>	<p><b>5</b></p> <p>10am Flower Arrangement Class <b>11:30am-12:30pm Lunch</b> – Breaded Chicken Fritter, Red Skin Potato, Brussels Sprouts, Apple Slices 12:30pm Beginning Clogging <b>1-2:30 pm TEFAP @ American Legion</b> 1pm Bridge Club 1:30pm Clogging <b>4:30-5:30pm Dinner</b> - Spaghetti &amp; Meatballs, Breadstick, Italian Blend, Tossed Salad w/Tomato, Grapes</p>	<p><b>6</b></p> <p>10am Bible Study 10am Zumba Gold <b>11:30am-12:30pm Lunch</b> – Sweet &amp; Sour Meatballs, Brown Rice, Prince Charles Veggie Blend, Cauliflower, Burst O' Berries 1pm Euchre  4-5pm Blood Press/Sugar Checks <b>4:30-5:30pm Dinner</b> – Pork Roast, Green Beans, Baked Potato, Fresh Pear</p>	<p><b>7</b></p> <p><b>9:30am Commodities @ St. Mary's</b> 10am Crafting  <b>11:30-12:30pm Lunch</b> - Chicken and Mushroom Orecchiette, Broccoli, Mixed Vegetables, Red Grapes 1pm Mahjong 1pm Pool-Ball in Hand 1pm Wii Bowling 2:30pm Unlucky 7's <b>4:30-5:30pm Dinner</b> – French Dip Sandwich, Red Skin Potato, Corn, Burst O' Berries</p>	<p><b>8</b></p> <p>10am Crafting &amp; Color Craze 10am Pokeno 10am Golden Toners Exercise <b>11:30am-12:30pm Lunch</b> – BBQ Pork Sandwich, Sweet Potato Fries, Peas &amp; Carrots, Apricots 1pm Penny Bingo 1:30pm Bible Study  <b>4:30-5:30pm Dinner</b> – Beef Taco, Corn, Refried Beans, Apricots</p>	<p><b>9</b></p> <p>9am Card Golf 10am Pinochle 10am Munson Rehab Exercise Group 11am Blood Pressure Checks <b>12pm Frederic Satellite</b> <b>11:30am-12:30pm Lunch</b> – Chicken Cordon Bleu, Mashed Potatoes, Green Beans, Peaches 1pm Pantry Bingo 1pm Pool – 9 Ball</p>	<b>10</b>	
<b>11</b>	<p><b>12</b></p> <p>10am Flower Arrangement Class <b>11:30am-12:30pm Lunch</b> – Pork with Kraut, Green Beans, Apricots 12:30pm Beginning Clogging 1pm Bridge Club 1:30pm Clogging  <b>4:30-5:30pm Dinner</b> - Lemon Baked Fish, Red Skin Potato, Sliced Carrots, Burst O' Berries</p>	<p><b>13</b></p> <p>10am Bible Study 10am Zumba Gold <b>11:30-5pm Foot Clinic-Need Appt</b> <b>11:30am-12:30pm Lunch</b> – Shepherd's Pie, Winter Blend Vegetable, Fresh Orange 1pm Euchre  4-5pm Blood Press/Sugar Checks <b>4:30-5:30pm Dinner</b> – Chicken Fettuccini Alfredo, Sugar Snap Peas, Tossed Salad, Strawberries <b>6pm Mardi Gras Party</b></p>	<p><b>14</b></p> <p>10am Crafting  <b>11:30am-12:30pm Lunch</b> - Beef Tips &amp; Noodles, Asparagus, Fresh Apple <b>1pm-4pm DHHS Assistance</b> 1pm Mahjong 1pm Pool-Ball in Hand 1pm Wii Bowling 2:30pm Unlucky 7's <b>4:30-5:30pm Dinner</b> – Salisbury Steak, Mashed Potato w/Mushroom Gravy, Brussel Sprouts, Fruit Cocktail</p>	<p><b>15</b></p> <p>10am Crafting &amp; Color Craze 10am Pokeno 10am Golden Toners Exercise <b>11:30am-12:30pm Lunch</b> – Pork Riblet Sandwich, Sweet Potato Fries, Green Beans, Fresh Pear 1pm Penny Bingo 1:30pm Bible Study  <b>4-6pm Valentine's Dinner – Prime Rib, Garlic Roasted Red Skins, Glazed Baby Carrots, Mojito Fruit Salad, Red Velvet Cake</b></p>	<p><b>16</b></p> <p>9am Card Golf 10am Pinochle 10am Munson Rehab Exercise Group 11am Blood Pressure Checks <b>12pm Lovells Satellite</b> <b>11:30am-12:30pm Lunch</b> – Breaded Skinless Chicken Breast, Baked Sweet Potato, Mixed Vegetables, Applesauce 1pm Pantry Bingo 1pm Pool – 9 Ball</p>	<b>17</b>	
<b>18</b>	<p><b>19</b></p> <p>10am Flower Arrangement Class <b>11:30am-12:30pm Lunch</b> – Breaded Cod, Red Skin Potatoes, Prince Charles Veggie Blend, Fresh Apple 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> – Crispy Lemon Chicken Breast, Baked Sweet Potato, Peas, Fresh Orange</p>	<p><b>20</b></p> <p>10am Bible Study 10am Zumba Gold <b>11:30am-12:30pm Lunch</b> - Smothered Pork, Broccoli, Carrots, Burst O' Berries, Banana 1pm Euchre <b>3:30pm Foodie Group</b> 4-5pm Blood Press/Sugar Checks <b>4:30-5:30pm Dinner</b> – Beef Lasagna, Breadstick, Tossed Salad, Winter Blend Vegetable, Red Grapes</p>	<p><b>21</b></p> <p>10am Crafting <b>11am Alzheimer's Support Grp. @ The Brook of Grayling; 503 Rose St</b> <b>11:30am-12:30pm Lunch</b> – Stuffed Cabbage, Baked Potato, Mixed Vegetables, Blueberry Yogurt 1pm Mahjong 1pm Pool-Ball in Hand 1pm Wii Bowling 2:30pm Unlucky 7's <b>4:30-5:30pm Dinner</b> – Beef Pot Roast, Boiled Potato, Green Beans, Fresh Apple</p>	<p><b>22</b></p> <p><b>9am Free Breakfast Presentation</b> 10am Crafting &amp; Color Craze 10am Pokeno 10am Golden Toners Exercise <b>11:30-12:30pm Lunch</b> - Meatloaf, Baked Potato, Broccoli, Strawberries 1pm Penny Bingo 1:30pm Bible Study 3pm Medicine Shoppe Bingo  <b>4:30-5:30pm Dinner</b> – Beef Enchilada, Corn, Peaches <b>6pm Chair Yoga</b></p>	<p><b>23</b></p> <p>9am Card Golf 10am Pinochle 10am Munson Rehab Exercise <b>10:30am Foodie Group</b> 11am Blood Pressure Checks <b>11:30am-12:30pm Lunch</b> - Baked Ham, Baked Sweet Potato, Green Beans, Applesauce 1pm Pantry Bingo 1pm Pool – 9 Ball</p>	<b>24</b>	
<b>25</b>	<p><b>26</b></p> <p>10am Flower Arrangement Class <b>11:30am-12:30pm Lunch</b> - Roast Turkey, Mashed Potatoes w/Gravy, Peas &amp; Pearl Onions, Apricots 12:30pm Beginning Clogging 1pm Bridge Club 1:30pm Clogging  <b>4:30-5:30pm Dinner</b> – Liver &amp; Onions, Boiled Potato, Fried Cabbage w/Bacon, Parisian Carrots, Fruit Cocktail</p>	<p><b>27</b></p> <p>10am Bible Study 10am Zumba Gold <b>11:30am-12:30pm Lunch</b> – Beef Ravioli, Italian Blend, Tossed Salad w/Tomato, Grapes 1pm Euchre  4-5pm Blood Press/Sugar Checks <b>4:30-5:30pm Birthday Dinner</b> – Beef Pot Pie, Brussel Sprouts, Burst O' Berries, Banana, Cake &amp; Ice Cream</p>	<p><b>28</b></p> <p>10am Crafting <b>11:30am-12:30pm Lunch</b> – Beef Pot Roast, Red Skin Potato, Carrots, Fresh Orange <b>1-4pm Legal Assist-Appt. Required</b> 1pm Mahjong 1pm Pool-Ball in Hand 1pm Wii Bowling 2:30pm Unlucky 7's <b>4:30-5:30pm Dinner</b> – BBQ Chicken Breast, Baked Potato, Stewed Tomatoes, Fresh Pear</p>			<p><b>LOOK!</b></p> <p>New Serving Times at the Senior Center! Lunch &amp; Dinner's serving time is now 1 hour!</p>	
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