

## February 2022 - Meal Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b> <b>11:30a-12:30p Lunch</b> Chicken Taco, Corn, Pinto Beans, Cantaloupe & Honeydew	<b>2</b> <b>11:30a-12:30p Lunch</b> Pot Roast, Mashed Potatoes, Corn, Kiwi	<b>3</b> <b>11:30a-12:30p Lunch</b> Spaghetti & Meatballs, Broccoli, Breadstick, Cantaloupe & Honeydew	<b>4</b> <b>11:30a-12:30p Lunch</b> Sloppy Joe Sandwich, Green Beans, Carrots, Burst O' Berries
<b>7</b> <b>11:30a-12:30p Lunch</b> Pork Chop Supreme, Baked Potato, Brussels Sprouts, Apple	<b>8</b> <b>11:30a-12:30p Lunch</b> Macaroni & Cheese w/ Ham, Bacon Fried Cabbage, Green Beans, Grapes	<b>9</b> <b>11:30a-12:30p Lunch</b> Chicken Cordon Bleu, Mashed Potatoes w/ Gravy, Green Beans, Orange	<b>10</b> <b>11:30a-1p Valentine's Day Lunch</b> Prime Rib, Scalloped Potatoes, Green Bean Casserole, Mixed Fruit, Cherry Pie	<b>11</b> <b>11:30a-12:30p Lunch</b> Parmesan Cod, Cole Slaw, Prince Charles Vegetables, Banana
<b>14</b> <b>11:30a-12:30p Lunch</b> Beef Goulash, Green Beans, Kiwi	<b>15</b> <b>11:30a-12:30p Lunch</b> Meatloaf, Mashed Potatoes w/ Gravy, Brussels Sprouts, Strawberries	<b>16</b> <b>11:30a-12:30p Lunch</b> BBQ Pork Sandwich, Dill & Garlic Potatoes, Asparagus, Watermelon	<b>17</b> <b>11:30a-12:30p Lunch</b> BBQ Chicken, Parsley Potatoes, Carrots, Grapes	<b>18</b> <b>11:30a-12:30p Lunch</b> Mediterranean Chicken, Sweet Potato, Green Beans, Grapes
<b>21</b> <b>CLOSED FOR PRESIDENT'S DAY</b>	<b>22</b> <b>11:30a-12:30p Birthday Lunch</b> Chicken Fettuccine Alfredo, Sugar Snap Peas, Broccoli, Grapes, Cake & Ice Cream	<b>23</b> <b>11:30a-12:30p Lunch</b> Roast Turkey, Mashed Potatoes w/ Gravy, Peas & Onions, Pear	<b>24</b> <b>11:30a-12:30p Lunch</b> Chicken Stew, Biscuit, Brussels Sprouts, Pear	<b>25</b> <b>11:30a-12:30p Lunch</b> Pepper Steak, Brown Rice, Stir Fry Vegetable, Asparagus, Apple
<b>28</b> <b>11:30a-12:30p Lunch</b> Chicken & Mushroom Alfredo, Broccoli & Cauliflower, Orange				

## February 2022 - Activity Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b> 10am Bible Study – Lawndale 10am Zumba – E M72	<b>2</b> 10am SilverSneakers @ M72	<b>3</b> <b>9am-12pm COVID Vaccination Pop-Up Clinic @M72</b> 10am Pokeno – Lawndale 10am Indoor Walking Group @ Kirtland 11:30-12:30 Blood Press/Sugar Ck – Lawndale 1pm Penny Bingo – Lawndale <b>3-4pm Medicine Shoppe Bingo – Lawndale</b>	<b>4</b> 1pm Pantry Bingo – Lawndale 1pm Pool – Lawndale
<b>7</b> 10am SilverSneakers @ M72 <b>1-2:30pm TEFAP @ American Legion Hall</b>	<b>8</b> 10am Bible Study – Lawndale 10am Zumba – E M72	<b>9</b> <b>9:30-10:30am Commodities – St. Mary's Church</b> 10am SilverSneakers @ M72	<b>10</b> 10am Pokeno – Lawndale 10am Indoor Walking Group @ Kirtland <b>11:30a-1p Valentine's Day Luncheon— Take Out Only at Lawndale St.</b> 2pm Penny Bingo – Lawndale	<b>11</b> 1pm Pantry Bingo – Lawndale 1pm Pool – Lawndale
<b>14</b> 10am SilverSneakers @ M72	<b>15</b> 10am Bible Study – Lawndale 10am Zumba – E M72	<b>16</b> 10am SilverSneakers @ M72 <b>11am Alzheimer's Support Grp. @ The Brook of Grayling</b> <b>1:30pm Cross Country Skiing @Hanson Hills</b>	<b>17</b> 10am Pokeno – Lawndale 10am Indoor Walking Group 11:30-12:30 Blood Press/Sugar Ck – Lawndale 1pm Penny Bingo – Lawndale	<b>18</b> 1pm Pantry Bingo – Lawndale 1pm Pool – Lawndale <b>2pm Intro to Zoom – via Zoom</b>
<b>21</b> <b>CLOSED FOR PRESIDENT'S DAY</b>	<b>22</b> 10am Bible Study – Lawndale 10am Zumba – E M72 <b>11:30a-12:30p Birthday Lunch</b> <b>1-3pm Paint Party</b>	<b>23</b> 10am SilverSneakers @ M72 <b>5pm New to Medicare Seminar – via Zoom</b>	<b>24</b> 10am Pokeno – Lawndale 10am Indoor Walking Group @ Kirtland 11:30-12:30 Blood Press/Sugar Ck – Lawndale 1pm Penny Bingo – Lawndale	<b>25</b> 1pm Pantry Bingo – Lawndale 1pm Pool – Lawndale
<b>28</b> 10am SilverSneakers @ M72 <b>1-4pm Foot Clinic — Appt. Req. – Lawndale</b>				