

# January 2020 - Meal Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Senior Center Meal Program</b> Lunch Monday-Friday 11:30am - 12:30pm Dinner Tuesday-Thursday 4:30 - 5:30pm <b>2nd Menu Option</b> served both meals Over 60 suggested donation of \$3.50. Under 60 cost \$5.75.		<b>1</b> <b>CLOSED FOR NEW YEARS DAY</b>	<b>2</b> <b>11:30a-12:30p Lunch</b> Beef Pot Pie, Mashed Potatoes, Brussels Sprouts, Burst O' Berries <b>4:30-5:30pm Dinner</b> Ravioli Squares, Italian Blend Vegetables, Tossed Salad, Grapes <b>2nd Menu Option</b> Beef Pita, Beef Vegetable Soup, Grapes	<b>3</b> <b>11:30-12:30 Lunch</b> Pepper Steak, Brown Rice, Stir Fry Vegetable, Asparagus, Apple <b>2nd Menu Option</b> Egg Salad Pita, Bean Soup, Banana
<b>6</b> <b>11:30-12:30 Lunch</b> Chicken & Mushroom Orecchiette, Broccoli & Cauliflower, Grapes <b>2nd Menu Option</b> Chicken Caesar Wrap, Chicken Rice Soup	<b>7</b> <b>11:30-12:30 Lunch</b> Chicken Fajita, Green Beans, Tossed Salad, Apple <b>4:30-5:30pm Dinner</b> Breaded Fish Sandwich, Asparagus, Pear <b>2nd Menu Option</b> Egg Salad Pita, Tomato Vegetable Soup, Orange	<b>8</b> <b>11:30a-12:30p Lunch</b> Breaded Chicken Fillet, Redskin Potatoes, Brussels Sprouts, Orange <b>4:30-5:30pm Dinner</b> Meatloaf, Mashed Potatoes w/ Gravy, Broccoli, Strawberries <b>2nd Menu Option</b> Chicken Salad Pita, Beef Barley Soup, Apple	<b>9</b> <b>11:30a-12:30p Lunch</b> Hamburger, Green Beans, Tossed Salad, Burst O' Berries <b>4-6pm Winter Picnic</b> BBQ Ribs, Kentucky Baked Beans, Broasted Yukon Potatoes, Rio Citrus Salad, Black Forest Torte <b>2nd Menu Option</b> Tuna Salad Wrap, Potato/Bacon/Cheddar Soup, Orange	<b>10</b> <b>11:30-12:30 Lunch</b> Chicken Cacciatore, Brown Rice, Peas & Carrots, Apple <b>2nd Menu Option</b> Roast Beef Wrap, Minestrone Soup, Grapes
<b>13</b> <b>11:30-12:30 Lunch</b> Chicken Stir Fry, Brown Rice, Peas & Carrots, Kiwi <b>2nd Menu Option</b> Roast Beef Wrap, Chicken Noodle Soup, Orange	<b>14</b> <b>11:30a-12:30p Lunch</b> BBQ Pork Sandwich, Dill & Garlic Potatoes, Asparagus, Watermelon <b>4:30-5:30pm Dinner</b> Beef Tips, Brown Rice, Corn, Applesauce <b>2nd Menu Option</b> BLT Wrap, Vegetable Soup, Banana, Kiwi	<b>15</b> <b>11:30a-12:30p Lunch</b> BBQ Chicken, Parsley Potatoes, Carrots, Grapes <b>4:30-5:30pm Dinner</b> Lemon Baked Fish, Redskin Potatoes, Asparagus, Pear <b>2nd Menu Option</b> Mediterranean Chicken Wrap, Broccoli Cheddar Soup, Pear	<b>16</b> <b>11:30a-12:30p Lunch</b> Western Omelet, Redskin Potatoes, Broccoli & Cauliflower, Applesauce <b>4:30-5:30pm Dinner</b> French Dip Sandwich, Redskin Potatoes, Broccoli, Burst O' Berries <b>2nd Menu Option</b> Beef Pita, Beef Vegetable Soup, Grapes	<b>17</b> <b>11:30-12:30 Lunch</b> Pork Roast, Baked Potato, Green Beans, Pear <b>2nd Menu Option</b> Egg Salad Pita, Bean Soup, Banana
<b>20</b> <b>11:30-12:30 Lunch</b> Cabbage Rolls, Parsley Potatoes, Peas & Carrots, Blueberry Yogurt <b>2nd Menu Option</b> Chicken Caesar Wrap, Chicken Rice Soup	<b>21</b> <b>11:30-12:30 Lunch</b> Stuffed Peppers, Broccoli, Grapes <b>4:30-5:30pm Dinner</b> Pork Chop Supreme, Redskin Potatoes, Brussels Sprouts, Tossed Salad, Kiwi <b>2nd Menu Option</b> Egg Salad Pita, Tomato Vegetable Soup, Orange	<b>22</b> <b>11:30a-12:30p Lunch</b> Steak Salisbury, Mashed Potatoes w/ Gravy, Brussels Sprouts, Grapes <b>4:30-5:30pm Dinner</b> Chicken Cordon Bleu, Mashed Potatoes, Green Beans, Orange <b>2nd Menu Option</b> Chicken Salad Pita, Beef Barley Soup, Apple	<b>23</b> <b>11:30a-12:30p Lunch</b> Beef Enchilada, Brown Rice, Corn, Pear <b>4:30-5:30pm Dinner</b> Sweet & Sour Meatballs, Brown Rice, Peas & Carrots, Kiwi <b>2nd Menu Option</b> Tuna Salad Wrap, Potato/Bacon/Cheddar Soup, Orange	<b>24</b> <b>11:30-12:30 Lunch</b> Parmesan Cod, Cole Slaw, Prince Charles Vegetables, Banana <b>2nd Menu Option</b> Roast Beef Wrap, Minestrone Soup, Grapes
<b>27</b> <b>11:30-12:30 Lunch</b> Potato Crunch Pollock, Redskin Potatoes, California Blend Vegetables, Burst O' Berries <b>2nd Menu Option</b> Roast Beef Wrap, Chicken Noodle Soup, Orange	<b>28</b> <b>11:30a-12:30p Lunch</b> Meatloaf, Mashed Potatoes, Brussels Sprouts, Strawberries <b>4:30-5:30 B-Day Dinner</b> Smothered Pork Chop, Broccoli & Cauliflower, Carrots, Banana, Cake & Ice Cream <b>2nd Menu Option</b> BLT Wrap, Vegetable Soup, Banana, Kiwi	<b>29</b> <b>11:30a-12:30p Lunch</b> Breaded Chicken Breast, Italian Blend Vegetables, Asparagus, Kiwi <b>4:30-5:30pm Dinner</b> Crispy Lemon Chicken, Mashed Potatoes, Peas, Watermelon <b>2nd Menu Option</b> Mediterranean Chicken Wrap, Broccoli Cheddar Soup, Pear	<b>30</b> <b>11:30a-12:30p Lunch</b> Lasagna, Tossed Salad, Breadstick, Apple <b>4:30-5:30pm Dinner</b> Mediterranean Chicken, Sweet Potato, Green Beans, Grapes <b>2nd Menu Option</b> Beef Pita, Beef Vegetable Soup, Grapes	<b>31</b> <b>11:30-12:30 Lunch</b> Pot Roast, Boiled Potatoes, Green Beans, Apple <b>2nd Menu Option</b> Egg Salad Pita, Bean Soup, Banana

# January 2020 - Activity Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <b>CLOSED</b> The Commission on Aging & Senior Center will be closing on Tuesdays & Thursdays at 6pm in January.		<b>1</b> <b>CLOSED FOR NEW YEARS DAY</b>	<b>2</b> 10am Craft & Chat 10am Pokeno NO Stretch to Fitness <b>11:30a-5:30p Foot Clinic</b> —Appt. Req. 1pm Penny Bingo	<b>3</b> 10am Pinochle 10am Equipped to be Fit 11:30am-12:30pm Blood Pressure Checks 1pm Pantry Bingo Sponsored by The Brook 1pm Pool – 9 Ball
<b>6</b> 10am Aerobic Drumming Gold 12:30 Beginning Clogging 1pm Bridge Club 1:30 Regular Clogging	<b>7</b> 10am Bible Study 10am Zumba Gold 11am Line Dancing 1pm Euchre NO Gentle Yoga 4:30-5:30pm Blood Press/Sugar Ck 5pm Water Aerobics @ Grayling Super 8	<b>8</b> <b>9:30am Commodities @ St. Marys</b> 10am Water Aerobics @ Grayling Super 8 10am Craft & Chat 1pm Mahjong 1pm Pool-Ball in Hand 1pm Wii Bowling	<b>9</b> 10am Craft & Chat 10am Pokeno 10am Stretch to Fitness 1pm Penny Bingo <b>4-6pm Winter Picnic</b>	<b>10</b> <b>9am Holocaust</b> 10am Pinochle 10am Equipped to be Fit 11:30am-12:30pm Blood Pressure Checks <b>12pm Frederic Satellite</b> 1pm Pantry Bingo Sponsored by The Brook 1pm Pool – 9 Ball
<b>13</b> 10am Aerobic Drumming Gold 12:30 Beginning Clogging 1pm Bridge Club 1:30 Regular Clogging	<b>14</b> 10am Bible Study 10am Zumba Gold 11am Line Dancing <b>1pm Escape Room</b> 1pm Euchre 1pm Gentle Yoga 4:30-5:30pm Blood Press/Sugar Ck 5pm Water Aerobics @ Grayling Super 8	<b>15</b> 10am Water Aerobics @ Grayling Super 8 10am Craft & Chat <b>11am Alzheimer's Support Grp. @ The Brook of Grayling</b> 1pm Mahjong 1pm Pool-Ball in Hand 1pm Wii Bowling	<b>16</b> 10am Craft & Chat 10am Pokeno 10am Stretch to Fitness <b>1-4pm Legal Assistance</b> 1pm Penny Bingo <b>3pm Medicine Shoppe Bingo</b> 5pm Chair Yoga w/ Dianne	<b>17</b> 10am Pinochle 10am Equipped to be Fit 11:30am-12:30pm Blood Pressure Checks 1pm Pantry Bingo Sponsored by The Brook 1pm Pool – 9 Ball
<b>20</b> 10am Aerobic Drumming Gold 12:30 Beginning Clogging <b>1-4pm Hearing Clinic</b> —Appt. Req'd 1pm Bridge Club 1:30 Regular Clogging	<b>21</b> <b>9am Breakfast Pres.</b> 10am Bible Study 10am Zumba Gold 11am Line Dancing 1pm Euchre 1pm Gentle Yoga 4:30-5:30pm Blood Press/Sugar Ck 5pm Water Aerobics @ Grayling Super 8	<b>22</b> 10am Water Aerobics @ Grayling Super 8 10am Craft & Chat 1pm Mahjong 1pm Pool-Ball in Hand 1pm Wii Bowling	<b>23</b> 10am Craft & Chat 10am Pokeno 10am Stretch to Fitness <b>12pm Paint Party</b> 1pm Penny Bingo 5pm Chair Yoga w/ Dianne	<b>24</b> 10am Pinochle 10am Equipped to be Fit 11:30am-12:30pm Blood Pressure Checks 1pm Pantry Bingo Sponsored by The Brook 1pm Pool – 9 Ball
<b>27</b> 10am Aerobic Drumming Gold 12:30 Beginning Clogging <b>1-2pm Walking Group @ Kirtland CC</b> 1pm Bridge Club 1:30 Regular Clogging	<b>28</b> 10am Bible Study 10am Zumba Gold 11am Line Dancing 1pm Euchre 1pm Gentle Yoga 4:30-5:30pm Blood Press/Sugar Ck 5pm Water Aerobics @ Grayling Super 8 <b>4:30pm B-Day Dinner</b>	<b>29</b> 10am Water Aerobics @ Grayling Super 8 10am Craft & Chat <b>1-2pm Walking Group @ Kirtland CC</b> 1pm Mahjong 1pm Pool-Ball in Hand 1pm Wii Bowling	<b>30</b> 10am Craft & Chat 10am Pokeno 10am Stretch to Fitness 1pm Penny Bingo	<b>31</b> 10am Pinochle 10am Equipped to be Fit 11:30am-12:30pm Blood Pressure Checks <b>1-2pm Walking Group @ Kirtland CC</b> 1pm Pantry Bingo Sponsored by The Brook 1pm Pool – 9 Ball