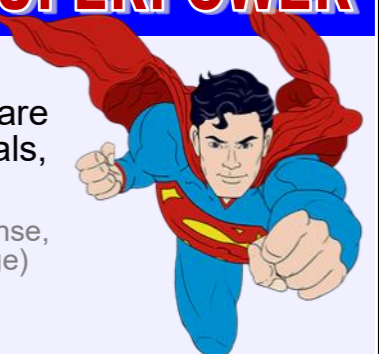


# January 2021 - Meal Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>FREE DESSERTS WITH YOUR CONGREGATE MEAL ON TUESDAYS!</b></p>  <p>What better way to ring in the New Year than dessert Tuesdays! We invite you to join us for some sweet treats every Tuesday to celebrate the New Year! See the calendar below for desserts offered in January. Lunch is a suggested donation of \$3.50 or under 60 cost of \$6. Simply call the Senior Center at (989) 348-7123 between the hours of 9-11:30am to order your meal for take-out. Then pick up curbside from 11:30-12:30pm and enjoy dessert with your meal!</p>				<p><b>1</b></p> <p><b>CLOSED FOR NEW YEARS</b></p>
<p><b>4</b></p> <p><b>11:30-12:30 Lunch</b> Cabbage Rolls, Parsley Potatoes, Peas &amp; Carrots, Blueberry Yogurt</p>	<p><b>5</b></p> <p><b>11:30-12:30 Lunch</b> Stuffed Peppers, Broccoli, Grapes, Cherry Pie <b>4:30-5:30p Dinner</b> Pork Chop Supreme, Redskin Potatoes, Brussels Sprouts, Kiwi</p>	<p><b>6</b></p> <p><b>11:30a-12:30p Lunch</b> Steak Salisbury, Mashed Potatoes w/ Gravy, Brussels Sprouts, Grapes <b>4:30-5:30pm Dinner</b> Beef Enchilada, Brown Rice, Corn, Pear</p>	<p><b>7</b></p> <p><b>11:30a-12:30p Lunch</b> Sweet &amp; Sour Meatballs, Brown Rice, Peas &amp; Carrots, Kiwi <b>4:30-5:30pm Dinner</b> Chicken Cordon Bleu, Mashed Potatoes, Green Beans, Orange</p>	<p><b>8</b></p> <p><b>11:30-12:30 Lunch</b> Parmesan Cod, Pea Pods, Prince Charles Vegetables, Banana</p>
<p><b>11</b></p> <p><b>11:30-12:30 Lunch</b> Pot Roast, Boiled Potatoes, Green Beans, Apple</p>	<p><b>12</b></p> <p><b>11:30-12:30 Lunch</b> Meatloaf, Mashed Potatoes, Brussels Sprouts, Orange, Chocolate Brownies <b>4:30-5:30p Dinner</b> Mediterranean Chicken, Sweet Potato, Green Beans, Grapes</p>	<p><b>13</b></p> <p><b>11:30a-12:30p Lunch</b> Breaded Chicken Breast, Italian Blend Vegetables, Asparagus, Kiwi <b>4:30-5:30pm Dinner</b> Lasagna, Mixed Vegetables, Apple, Breadstick</p>	<p><b>14</b></p> <p><b>11:30a-12:30p Lunch</b> Crispy Lemon Chicken, Mashed Potatoes, Peas, Orange <b>4:30-5:30pm Dinner</b> Smothered Pork Chop, Broccoli &amp; Cauliflower, Carrots, Banana</p>	<p><b>15</b></p> <p><b>11:30-12:30 Lunch</b> Potato Crunch Pollock, Redskin Potatoes, California Blend Vegetables, Apple</p>
<p><b>18</b></p> <p><b>11:30-12:30 Lunch</b> Beef Pot Roast, Redskin Potatoes, Mixed Vegetables, Kiwi</p>	<p><b>19</b></p> <p><b>11:30-12:30 Lunch</b> Swiss Steak, Mashed Potatoes, Italian Blend Vegetables, Grapes, Popcorn &amp; Cookies <b>4:30-5:30pm Dinner</b> Chicken Fettuccine Alfredo, Sugar Snap Peas, Broccoli, Banana</p>	<p><b>20</b></p> <p><b>11:30a-12:30p Lunch</b> Roast Turkey, Mashed Potatoes w/ Gravy, Peas &amp; Onions, Pear <b>4:30-5:30pm Dinner</b> Western Omelet, Redskin Potatoes, Broccoli &amp; Cauliflower, Applesauce</p>	<p><b>21</b></p> <p><b>11:30a-1p Winter Picnic</b> BBQ Ribs, Baked Potato, Honey Glazed Carrots, Tropical Fruit Mix, Apple Pie <b>4:30-5:30pm Dinner</b> Ravioli Squares, Italian Blend Vegetables, Corn, Grapes</p>	<p><b>22</b></p> <p><b>11:30-12:30 Lunch</b> Pepper Steak, Brown Rice, Stir Fry Vegetable, Asparagus, Apple</p>
<p><b>25</b></p> <p><b>11:30-12:30 Lunch</b> Chicken &amp; Mushroom Orecchiette, Broccoli &amp; Cauliflower, Grapes</p>	<p><b>26</b></p> <p><b>11:30a-12:30p Lunch</b> Pork w/ Kraut, Green Beans, Applesauce, Peanut Butter Brownies <b>4:30-5:30pm Dinner</b> Breaded Fish Sandwich, Asparagus, Pear</p>	<p><b>27</b></p> <p><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, Kiwi</p>	<p><b>28</b></p> <p><b>11:30a-12:30p Lunch</b> Hamburger, Green Beans, Corn, Grapes <b>4:30-5:30pm Dinner</b> Shepard's Pie, Carrots, Grapes</p>	<p><b>29</b></p> <p><b>11:30-12:30 Lunch</b> Chicken Cacciatore, Brown Rice, Peas &amp; Carrots, Apple</p>

# January 2021 - Activity Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b><i>VOLUNTEERS we need you! Show us your SUPERPOWER</i></b></p>  <p>Becoming a <b>Meals on Wheels Driver</b> is the perfect way to start your volunteer journey. Drop off lunch to those who are at home and unable to purchase or prepare their own meals, hear their story and leave with a new pep in your step! <small>(All drivers must be able to lift heavy bags, have valid driver's license, and have a clean reliable vehicle with current insurance coverage)</small> <b>Contact Alice Snyder at (989) 348-7123 to sign up or to learn more about Meals on Wheels.</b></p>				<p><b>1</b></p> <p><b>CLOSED FOR NEW YEARS</b></p>
<p><b>4</b></p> <p>10am Aerobic Drumming <b>12pm Zoom Social Hour</b></p>	<p><b>5</b></p> <p>10am Aerobic Drumming  <i>Get a FREE slice of Cherry Pie with your Congregate Meal!</i></p>	<p><b>6</b></p> <p><b>9:30am Commodities @ St. Mary's</b> 10am Zoom Zumba</p>	<p><b>7</b></p>	<p><b>8</b></p>
<p><b>11</b></p>	<p><b>12</b></p> <p><i>Get a FREE Chocolate Brownie with your Congregate Meal!</i></p>	<p><b>13</b></p>	<p><b>14</b></p>	<p><b>15</b></p>
<p><b>18</b></p>	<p><b>19</b></p> <p><i>Get a FREE Cookie &amp; Popcorn with your Congregate Meal!</i></p>	<p><b>20</b></p>	<p><b>21</b></p> <p><b>Winter Picnic Luncheon</b> <i>Curbside Pickup 11:30am-1pm RSVP Required</i></p>	<p><b>22</b></p>
<p><b>25</b></p>	<p><b>26</b></p> <p><i>Get a FREE Peanut Butter Brownie with your Congregate Meal!</i></p>	<p><b>27</b></p> <p><b>5pm New to Medicare Seminar</b></p>	<p><b>28</b></p>	<p><b>29</b></p>