

## January 2022 - Meal Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> <b>11:30a-12:30p Lunch</b> Chicken Cordon Bleu, Mashed Potatoes w/ Gravy, Green Beans, Orange	<b>4</b> <b>11:30a-12:30p Lunch</b> Stuffed Peppers, Broccoli & Cauliflower, Grapes	<b>5</b> <b>11:30a-12:30p Lunch</b> Pork Chop Supreme, Baked Potato, Brussels Sprouts, Apple	<b>6</b> <b>11:30a-12:30p Lunch</b> Macaroni & Cheese w/ Ham, Bacon Fried Cabbage, Green Beans, Grapes	<b>7</b> <b>11:30a-12:30p Lunch</b> Parmesan Cod, Cole Slaw, Prince Charles Vegetables, Banana
<b>10</b> <b>11:30a-12:30p Lunch</b> Beef Goulash, Green Beans, Kiwi	<b>11</b> <b>11:30a-12:30p Lunch</b> Meatloaf, Mashed Potatoes w/ Gravy, Brussels Sprouts, Strawberries	<b>12</b> <b>11:30a-12:30p Lunch</b> BBQ Pork Sandwich, Dill & Garlic Potatoes, Asparagus, Watermelon	<b>13</b> <b>11:30a-1p Winter Picnic Luncheon</b> BBQ Ribs, Potato Salad, Honey Glazed Carrots, Rio Citrus Salad, Apple Pie	<b>14</b> <b>11:30a-12:30p Lunch</b> Mediterranean Chicken, Sweet Potato, Green Beans, Grapes
<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> Chicken Fajita, Roasted Corn & Black Bean Fiesta, Apple	<b>19</b> <b>11:30a-12:30p Lunch</b> Roast Turkey, Mashed Potatoes w/ Gravy, Peas & Onions, Pear	<b>20</b> <b>11:30a-12:30p Lunch</b> Chicken Stew, Biscuit, Brussels Sprouts, Pear	<b>21</b> <b>11:30a-12:30p Lunch</b> Pepper Steak, Brown Rice, Stir Fry Vegetable, Asparagus, Apple
<b>24</b> <b>11:30a-12:30p Lunch</b> Chicken & Mushroom Alfredo, Broccoli & Cauliflower, Orange	<b>25</b> <b>11:30a-12:30p Birthday Lunch</b> Chicken Fettuccine Alfredo, Sugar Snap Peas, Broccoli, Grapes, Cake & Ice Cream	<b>26</b> <b>11:30a-12:30p Lunch</b> Lemon Pepper Chicken, Baked Potato, Brussels Sprouts, Orange	<b>27</b> <b>11:30a-12:30p Lunch</b> Lasagna, Mixed Vegetables, Breadstick, Apple	<b>28</b> <b>11:30a-12:30p Lunch</b> Chicken Cacciatore, Brown Rice, Peas & Carrots, Grapes
<b>31</b> <b>11:30a-12:30p Lunch</b> Chicken Stir Fry, Brown Rice, Peas & Carrots	<p>You do not need to order the Hot Meal of the day to pick up meals. We have a variety of frozen meal options available that you can pick instead.</p> <p>You can pick up meals every few days or even once a week. You can order up to 2 meals per day of the week.</p>			

## January 2022 - Activity Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b>	<b>4</b> 10am Bible Study – Lawndale 10am Zumba – E M72	<b>5</b>	<b>6</b> <b>9am-12pm COVID Vaccination Pop-Up Clinic @M72</b> 10am Pokeno – Lawndale 11:30-12:30 Blood Press/Sugar Ck – Lawndale 1pm Penny Bingo – Lawndale <b>3-4pm Medicine Shoppe Bingo – Lawndale</b>	<b>7</b> 1pm Pantry Bingo – Lawndale 1pm Pool – Lawndale
<b>10</b> 10am SilverSneakers @ M72	<b>11</b> 10am Bible Study – Lawndale	<b>12</b> <b>9:30-10:30am Commodities – St. Mary's Church</b> 10am SilverSneakers @ M72	<b>13</b> 10am Pokeno – Lawndale 10am Indoor Walking Group @ Kirtland <b>11:30-1 Winter Picnic Luncheon— Take Out Only at Lawndale St.</b> 2pm Penny Bingo – Lawndale	<b>14</b> 1pm Pantry Bingo – Lawndale 1pm Pool – Lawndale
<b>17</b> 10am SilverSneakers @ M72 <b>1-3pm Judy Morford's Retirement Party</b>	<b>18</b> 10am Bible Study – Lawndale 10am Zumba – E M72 <b>12:30pm Pictionary Time @ Lawndale</b>	<b>19</b> 10am SilverSneakers @ M72 <b>11am Alzheimer's Support Grp. @ The Brook of Grayling</b> <b>1:30pm Snowshoe in the Woods @ Hartwick Pines</b>	<b>20</b> 10am Pokeno – Lawndale 10am Indoor Walking Group @ Kirtland 11:30-12:30 Blood Press/Sugar Ck – Lawndale 1pm Penny Bingo – Lawndale	<b>21</b> 1pm Pantry Bingo – Lawndale 1pm Pool – Lawndale <b>2pm Intro to Zoom – via Zoom</b>
<b>24</b> 10am SilverSneakers @ M72 <b>1-4pm Foot Clinic – Appt. Req. – Lawndale</b>	<b>25</b> 10am Bible Study – Lawndale 10am Zumba – E M72 <b>11:30a-12:30p Birthday Lunch</b>	<b>26</b> 10am SilverSneakers @ M72 <b>1:30pm Snowshoe in the Woods @ Hartwick Pines</b> <b>6pm New to Medicare Seminar – via Zoom</b>	<b>27</b> 10am Pokeno – Lawndale 10am Indoor Walking Group @ Kirtland 11:30-12:30 Blood Press/Sugar Ck – Lawndale 1pm Penny Bingo – Lawndale	<b>28</b> 1pm Pantry Bingo – Lawndale 1pm Pool – Lawndale
<b>31</b> 10am SilverSneakers @ M72 <b>1-3pm Paint Party @ Lawndale</b>	<p>We ask that participants social distance whenever possible.</p> <p>We are asking everyone to wear a mask unless eating or drinking regardless of vaccination status.</p>			