

January 2026 - Meal Calendar				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>December 22nd was donated in Memory of Thekla B. LeHoux</p> 			<p>1</p>	<p>2</p> <p>8:30a-9:30a Breakfast Bacon, Fried Egg, Breakfast Potatoes, Wheat Toast, Four Berries Blend, Blueberry Chia Smoothie</p> <p>11:30a-12:30p Lunch Cheese Ravioli, Asparagus, Italian Blend Vegetables, Red Grapes</p>
<p>5</p> <p>8:30a-9:30a Breakfast Biscuits and Gravy, Scrambled Eggs, Four Berries Blend, Strawberry Chia Smoothie</p> <p>11:30a-12:30p Lunch Lemon Baked Fish, Redskin Potatoes, Green Beans, Fresh Pear</p>	<p>6</p> <p>8:30a-9:30a Breakfast Fried Egg Sandwich, Oatmeal, Mango Berry Smoothie</p> <p>11:30a-12:30p Lunch Chicken & Pepper Bake, Dinner Roll, Apple</p>	<p>7</p> <p>8:30a-9:30a Breakfast Bacon & Egg Bake, Hash Browns, Assorted Bagels, Tropical Smoothie, Kiwi</p> <p>11:30a-12:30p Lunch Pork Roast, Baked Potato, Green Beans, Red Grapes</p>	<p>8</p> <p>8:30a-9:30a Breakfast Pancakes, Two Sausage Patties, Sunrise Peach Smoothie</p> <p>11:30a-12:30p Lunch Meatloaf, Mashed Potatoes with Beef Gravy, Brussels Sprouts, Apple</p>	<p>9</p> <p>8:30a-9:30a Breakfast Bacon, Fried Egg, Breakfast Potatoes, Wheat Toast, Four Berries Blend, Blueberry Chia Smoothie</p> <p>11:30a-12:30p Lunch American Goulash, Green Beans, Dinner Roll, Kiwi</p>  <p>January 14th was Donated in Memory of Joan Radwanski</p>
<p>12</p> <p>8:30a-9:30a Breakfast Biscuits and Gravy, Scrambled Eggs, Four Berries Blend, Strawberry Chia Smoothie</p> <p>11:30a-12:30p Lunch Chicken Drumsticks, Baked Beans, Prince Charles Vegetables, Banana</p>	<p>13</p> <p>8:30a-9:30a Breakfast Fried Egg Sandwich, Oatmeal, Mango Berry Smoothie</p> <p>11:30a-12:30p Lunch Spaghetti and Meatballs, Broccoli, Breadstick, Cantaloupe & Honeydew</p>	<p>14</p> <p>8:30a-9:30a Breakfast Bacon & Egg Bake, Hash Browns, Assorted Bagels, Tropical Smoothie, Kiwi</p> <p>11:30a-12:30p Lunch Lemon Pepper Chicken, Baked Potato, Brussels Sprouts, Orange</p>  <p>January 14th was donated in Memory of Dawn Haag Pindell</p>	<p>15</p> <p>11:30a-12:30p Lunch Honey Mustard Chicken Thighs, Herbes De Provence Potatoes, Peas & Onions, Fresh Pear</p> <p>4:00p – 6:00p Winter Picnic BBQ Ribs, Potato Salad, Coleslaw, and Lemon Bars</p>	<p>16</p> <p>8:30a-9:30a Breakfast Bacon, Fried Egg, Breakfast Potatoes, Wheat Toast, Four Berries Blend, Blueberry Chia Smoothie</p> <p>11:30a-12:30p Lunch Pepper Steak, Brown Rice, Stir Fry Vegetable, Vegetable Egg Roll, Kiwi</p>
<p>19</p> <p>8:30a-9:30a Breakfast Biscuits and Gravy, Scrambled Eggs, Four Berries Blend, Strawberry Chia Smoothie</p> <p>11:30a-12:30p Lunch Chili with Beans, Broccoli & Cauliflower, Roll, Fresh Pear</p>	<p>20</p> <p>8:30a-9:30a Breakfast Fried Egg Sandwich, Oatmeal, Mango Berry Smoothie</p> <p>11:30a-12:30p Lasagna, Mixed Vegetables, Orange</p>	<p>21</p> <p>8:30a-9:30a Breakfast Bacon & Egg Bake, Hash Browns, Assorted Bagels, Tropical Smoothie, Kiwi</p> <p>11:30a-12:30p Lunch Chicken Stir Fry, Brown Rice, Vegetable Egg Roll, Mandarin Oranges</p>	<p>22</p> <p>8:30a-9:30a Breakfast Pancakes, Two Sausage Patties, Sunrise Peach Smoothie</p> <p>11:30a-12:30p Lunch Sweet & Sour Meatballs, Brown Rice, Stir Fry Vegetables, Pineapple Chunks</p>	<p>23</p> <p>8:30a-9:30a Breakfast Bacon, Fried Egg, Breakfast Potatoes, Wheat Toast, Four Berries Blend, Blueberry Chia Smoothie</p> <p>11:30a-12:30p Lunch Roast Turkey, Mashed Potatoes with Gravy, Peas & Onions, Orange</p>
<p>26</p> <p>8:30a-9:30a Breakfast Biscuits and Gravy, Scrambled Eggs, Four Berries Blend, Strawberry Chia Smoothie</p> <p>11:30a-12:30p Lunch BBQ Pork Sandwich, Dill & Garlic Potatoes, Carrots, Kiwi</p>	<p>27</p> <p>8:30a-9:30a Breakfast Fried Egg Sandwich, Oatmeal, Mango Berry Smoothie</p> <p>11:30a-12:30p Western Omelet, Redskin Potatoes, Broccoli & Cauliflower, Dinner Roll, Banana</p>	<p>28</p> <p>8:30a-9:30a Breakfast Bacon & Egg Bake, Hash Browns, Assorted Bagels, Tropical Smoothie, Kiwi</p> <p>11:30a-12:30p Lunch Herb Seasoned Pork Loin, Mashed Sweet Potatoes, Dilled Cauliflower, Dinner Roll, Cinnamon Apples</p>	<p>29</p> <p>8:30a-9:30a Breakfast Pancakes, Two Sausage Patties, Sunrise Peach Smoothie</p> <p>11:30a-12:30p Lunch Chicken Enchiladas, Corn & Black Bean Fiesta, Applesauce</p>	<p>30</p> <p>8:30a-9:30a Breakfast Bacon, Fried Egg, Breakfast Potatoes, Wheat Toast, Four Berries Blend, Blueberry Chia Smoothie</p> <p>11:30a-12:30p Lunch Sloppy Joe, Green Beans, Carrots, Four Berries Blend</p>
<p>Light Bites – Dine in Only Chicken Taco, Cuban Black Bean Soup, Fresh Pear</p>	<p>Light Bites – Dine in Only Turkey Sub, Minestrone Soup, Grapes</p>	<p>Light Bites – Dine in Only Ham & Cheese Sub, Cabbage & White Bean Soup, Fresh Pear</p>	<p>Light Bites – Dine in Only Vegetable Beef Soup, Garden Salad, Roll</p>	<p>Light Bites – Dine in Only Italian Meatball Sub, Tomato Florentine Soup, Mandarin Oranges</p>

January 2026 - Activities Calendar				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<p>2</p> <p>10:30a Bible Study</p> <p>1p Pantry Bingo</p> <p>2p-4p Board Games</p>
<p>5</p> <p>10a Silver Sneakers</p> <p>1-4p Chess Club</p> <p>2-3p Diamond Art Club</p>	<p>6</p> <p>9a Friends of a Feather Quilting Group</p> <p>10a Zumba Gold</p> <p>12:30p Euchre</p> <p>1:00p Kate's Cooking Class</p> <p>2:30p Cardio Drumming</p>	<p>7</p> <p>8:30a Blood Pressure Checks</p> <p>9a New to Medicare</p> <p>10a Silver Sneakers</p> <p>12:30p Mahjong</p> <p>1:00-3:00p Wii Bowling</p>	<p>8</p> <p>10a Zumba Gold</p> <p>1p Penny Bingo</p>	<p>9</p> <p>10:30a Bible Study</p> <p>10:45a Fit for the Aging</p> <p>1p Pantry Bingo</p> <p>2p-4p Board Games</p>
<p>12</p> <p>10a Silver Sneakers</p> <p>10a Mason Jar Crafting Class</p> <p>1-4p Chess Club</p> <p>2-3p Diamond Art Club</p>	<p>13</p> <p>10a Zumba Gold</p> <p>9a Housing Counseling</p> <p>10a Grief Support Group</p> <p>12:30p Euchre</p> <p>2:30p Cardio Drumming</p>	<p>14</p> <p>8:30a Blood Pressure Checks</p> <p>10a Silver Sneakers</p> <p>12:30p Mahjong</p> <p>12:30p Write Your Own Story</p> <p>1:00-3:00p Wii Bowling</p>	<p>15</p> <p>10a Zumba Gold</p> <p>1p Penny Bingo</p> <p>1p Legal Advice</p> <p>4p-6p Winter Picnic Special Dinner</p>	<p>16</p> <p>10:30a Bible Study</p> <p>10:45a Fit for the Aging</p> <p>1p Pantry Bingo</p> <p>2p-4p Board Games</p>
<p>19</p> <p>10a Silver Sneakers</p> <p>1-4p Chess Club</p> <p>2-3p Diamond Art Club</p>	<p>20</p> <p>10a Zumba Gold</p> <p>12:30p Euchre</p> <p>1:00p Kate's Cooking Class</p> <p>2:30p Cardio Drumming</p> <p>5p COA Board Meeting</p>	<p>21</p> <p>8:30a Blood Pressure Checks</p> <p>9a New to Medicare</p> <p>11a Alzheimer's Support @ the Brook</p> <p>Checks</p> <p>10a Silver Sneakers</p> <p>12:30p Mahjong</p> <p>12:30p Write Your Own Story</p> <p>1:00-3:00p Wii Bowling</p>	<p>22</p> <p>10a Zumba Gold</p> <p>1p Penny Bingo</p> <p>11:30a Birthday Lunch</p>	<p>23</p> <p>10:30a Bible Study</p> <p>10:45a Fit for the Aging</p> <p>1p Pantry Bingo</p> <p>2p-4p Board Games</p>
<p>26</p> <p>10a Silver Sneakers</p> <p>1-4p Chess Club</p> <p>2-3p Diamond Art Club</p>	<p>27</p> <p>10a Zumba Gold</p> <p>12:30p Euchre</p> <p>2:30p Cardio Drumming</p>	<p>28</p> <p>8:30a Blood Pressure Checks</p> <p>10a Silver Sneakers</p> <p>12:30p Mahjong</p> <p>12:30p Write Your Own Story</p> <p>1:00-3:00p Wii Bowling</p> <p>1-3p Commodities</p>	<p>29</p> <p>10a Zumba Gold</p> <p>1p Penny Bingo</p>	<p>30</p> <p>10:30a Bible Study</p> <p>10:45a Fit for the Aging</p> <p>1p Pantry Bingo</p> <p>2p-4p Board Games</p>