


December 2022 - Meal Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 11:30a-12:30p Lunch Baked Ham, Scalloped Potatoes, California Blend Vegetables, Apricots	2 11:30a-12:30p Lunch Mediterranean Chicken, Sweet Potato, Green Beans, Grapes
5 11:30a-12:30p Lunch BBQ Chicken, Parsley Potatoes, Carrots, Grapes	6 11:30a-12:30p Birthday Lunch – Cake & Ice Cream Dine-In Only Chicken Fajita, Roasted Corn & Black Beans, Apple	7 11:30a-12:30p Lunch Roast Turkey, Mashed Potatoes 7 Gravy, Peas & Onions, Pear	8 11:30a-12:30pm Lunch Chicken Stew with Biscuits, Brussels Sprouts, Kiwi	9 11:30a-12:30p Lunch Pepper Steak & Brown Rice, Stir Fry Vegetable, Asparagus, Orange
12 11:30a-12:30p Lunch Pork Chop Supreme, Baked Potato, Brussels Sprouts, Apple	13 11:30a-12:30p Lunch Beef Enchilada, Spanish Rice, Corn, Mandarin Oranges	14 11:30a-12:30p Lunch Lemon Pepper Chicken, Baked Potato, Brussels Sprouts, Orange	15 11:30a-1:00p Christmas Luncheon Roast Beef, Au Gratin Potatoes, Venetian Blend Vegetables, Chocolate Mint Pie	16 11:30a-12:30p Lunch Chicken Cacciatore, Brown Rice, Peas & Carrots, Grapes
19 11:30a-12:30p Lunch Chicken Stir Fry, Brown Rice, Peas & Carrots, Pineapple	20 11:30a-12:30p Lasagna, Mixed Vegetables, Breadstick, Apple	21 11:30a-12:30p Lunch Pot Roast, Mashed Potatoes, Corn, Kiwi	22 11:30a-12:30p Lunch BBQ Pork Sandwich, Dill & Garlic Potatoes, Asparagus, Mandarin Oranges	23 11:30a-12:30p Lunch Cabbage Rolls, Parsley Potatoes, Peas & Carrots, Blueberry Yogurt
26 CLOSED	27 CLOSED	28 11:30a-12:30p Lunch Chicken Cordon Bleu, Mashed Potatoes & Gravy, Green Beans, Orange	29 11:30a-12:30p Lunch Lemon Pepper Chicken, Baked Potato, Brussels Sprouts, Orange	30 11:30a-12:30p Lunch Ravioli Squares, Green Beans, Italian Blend Vegetables, Grapes

December 2022 - Activity Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 10-12pm Pickleball –M72 9-10am Tai Chi – M72 10am Pokeno – Lawndale 10am – Craft & Chat – Lawndale 10am Zumba – M72 1pm Penny Bingo – Lawndale 3pm – Medicine Shoppe Bingo - Lawndale	2 9-11am Matter of Balance, M72 9am – Hanging of the Greens - Lawndale 1pm Pantry Bingo – Lawndale
5 9-11am Pickleball –M72 10am SilverSneakers M72 11:30am – Clogging M72 1-4pm Chess Club, Lawndale	6 9am – Friends of a Feather - Lawndale 10-2pm Pickleball –M72 9-10am Tai Chi – M72 10am Zumba –M72 10am Bible Study – Lawndale 11:30-12:30pm Birthday Lunch – Lawndale 1pm – Euchre - Lawndale 6pm – Diamond Dancers – M72	7 9-11am Pickleball –M72 9:30-10:30am Commodities – St. Mary's Church 10am SilverSneakers M72 11am-12pm Chair Yoga, M72 1pm – Mahjong	8 10-12pm Pickleball –M72 9-10am Tai Chi – M72 10am Pokeno – Lawndale 10am Zumba – M72 10am – Craft & Chat – Lawndale 1pm Penny Bingo – Lawndale	9 9-11am Matter of Balance, M72 1pm Pantry Bingo – Lawndale
12 9-11am Pickleball –M72 10am SilverSneakers M72 11:30am – Clogging M72 1-4pm Chess Club, Lawndale	13 9-11am Pickleball –M72 10am Zumba –M72 10am Bible Study – Lawndale 12pm – Christmas Party - Lawndale 1pm – Euchre - Lawndale 6pm – Diamond Dancers – M72	14 9-11am Pickleball –M72 10am – New to Medicare - ZOOM 10am SilverSneakers M72 11am-12pm Chair Yoga, M72 1pm – Mahjong – Lawndale	15 0-11am Pickleball –M72 10am Pokeno – Lawndale 10am – Craft & Chat – Lawndale 10am Zumba – M72 11:30-1pm Christmas Luncheon 2pm Penny Bingo – Lawndale	16 9-11am Matter of Balance, M72 1pm Pantry Bingo – Lawndale
19 9-11am – Pickleball -M72 10am SilverSneakers M72 11:30am – Clogging M72 12-3pm Foot Clinic – Appt. Req. – Lawndale 1-4pm Chess Club, Lawndale	20 9-11am Pickleball –M72 10am Zumba –M72 10am Bible Study – Lawndale 1pm – Euchre – Lawndale 4:30pm – Board Meeting - Lawndale 6pm – Diamond Dancers – M72	21 9-11am Pickleball –M72 10am SilverSneakers M72 11am-12pm Chair Yoga, M72 11am Alzheimer's Support Grp. @The Brook of Grayling 1pm – Mahjong – Lawndale	22 9-11am Pickleball –M72 10am Pokeno – Lawndale 10am Zumba – M72 10am – Craft & Chat – Lawndale 1pm Penny Bingo – Lawndale	23 9-11am Pickleball - M72 1pm Pantry Bingo – Lawndale
26 CLOSED	27 CLOSED	28 9-11am Pickleball –M72 10am SilverSneakers M72 11am-12pm Chair Yoga, M72 1pm – Mahjong – Lawndale	29 10-12pm Pickleball –M72 10am Pokeno – Lawndale 10am Zumba – M72 10am – Craft & Chat – Lawndale 1pm Penny Bingo – Lawndale	30 9-11am Pickleball - M72 1pm Pantry Bingo – Lawndale