








January 2023 - Meal Calendar				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b>  <b>CLOSED</b>  <div>Effective January 1st, the cost for a meal at the Senior Center for those under 60 years of age will increase to \$6.50.</div>	<b>3</b>  <b>CLOSED</b>	<b>4</b> <b>11:30a-12:30p Lunch</b> BBQ Pork Sandwich, Dill & Garlic Potatoes, Broccoli, Kiwi	<b>5</b> <b>11:30a-12:30p Lunch</b> Chicken Enchiladas, Roasted Corn & Black Beans, Applesauce 	<b>6</b> <b>11:30a-12:30p Lunch</b> Beef Stew, California Blend Vegetables, Asparagus, Kiwi 
<b>9</b> <b>11:30a-12:30p Lunch</b> Goulash, Carrots, Green Beans, Applesauce	<b>10</b> <b>11:30a-12:30p</b> Salsa Chicken, Roasted Corn & Black Beans, Red Skin Potato, Mandarin Oranges 	<b>11</b> <b>11:30a-12:30p Lunch</b> BBQ Chicken, Fried Cabbage w/ Bacon, Parsley Potatoes, Grapes	<b>12</b> <b>11:30a-12:30pm Lunch</b> Scalloped Potatoes w/ Ham, Asparagus, Mixed Vegetables, Orange	<b>13</b> <b>11:30a-12:30p Lunch</b> Pepper Steak, Brown Rice, Stir Fry Vegetables, Sugar Snap Peas, Kiwi
<b>16</b> <b>11:30a-12:30p Lunch</b> Hamburger Stroganoff, Green Beans, Apricots 	<b>17</b> <b>11:30a-12:30p</b> Chicken Fajita, Roasted Corn & Black Beans, Grapes	<b>18</b> <b>11:30a-12:30p Lunch</b> Lemon Pepper Chicken, Baked Potato, Brussels Sprouts, Orange	<b>19</b> <b>11:30a-1:00p Winter Picnic</b> BBQ Ribs, Hickory Smoked Baked Beans, Cole Slaw, Mixed Fruit, Lemon Cake	<b>20</b> <b>11:30a-12:30p Lunch</b> Chili w/ Beans, Green beans, Crinkle Cut Carrots, Apple 
<b>23</b> <b>11:30a-12:30p Lunch</b> Chicken Stir Fry, Brown Rice, Peas & Carrots, Pineapple	<b>24</b> <b>11:30a-12:30p Birthday Lunch – Cake &amp; Ice Cream Dine-In Only</b> Meatloaf, Mashed Potatoes & Gravy, Brussels Sprouts, Strawberries	<b>25</b> <b>11:30a-12:30p Lunch</b> Pot Roast, Mashed Potatoes, Corn, Kiwi	<b>26</b> <b>11:30a-12:30p Lunch</b> Spaghetti & Meatballs, Broccoli, Breadstick, Cantaloupe & Honeydew	<b>27</b> <b>11:30a-12:30p Lunch</b> Chicken Tenders, Cheesy Mashed Potatoes, Broccoli & Cauliflower, Orange 
<b>30</b> <b>11:30a-12:30p Lunch</b> Pork Chop Supreme, Baked Potato, Brussels Sprouts, Apple	<b>31</b> <b>11:30a-12:30p Lunch</b> “Create Your Own” Western Omelet, Redskin Potatoes, Broccoli & Cauliflower, Grapes			

January 2023 - Activity Calendar				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b>  <b>CLOSED</b>	<b>3</b>  <b>CLOSED</b>	<b>4</b> 9-11am Pickleball –M72 <b>9:30-10:30am Commodities – St. Mary’s Church</b> 10am SilverSneakers M72 11am-12pm Chair Yoga, M72 1pm – Mahjong - Lawndale	<b>5</b> 9-11pm Pickleball –M72 10am Pokeno – Lawndale 10am – Craft & Chat – Lawndale 10am Zumba – M72 11am – Indoor Walking Group – M72 1pm Penny Bingo – Lawndale <b>3pm – Medicine Shoppe Bingo - Lawndale</b>	<b>6</b> 9-11am Pickleball - M72 1pm Pantry Bingo – Lawndale
<b>9</b> 9-11am Pickleball –M72 10am SilverSneakers M72 1-4pm Chess Club, Lawndale	<b>10</b> 9-11am Pickleball –M72 10am Zumba –M72 10am Bible Study – Lawndale 11am – Indoor Walking Group – M72 6pm – Diamond Dancers – M72	<b>11</b> 9-11am Pickleball –M72 10am SilverSneakers M72 11am-12pm Chair Yoga, M72 1pm – Mahjong	<b>12</b> 9-11am Pickleball –M72 10am Pokeno – Lawndale 10am Zumba – M72 10am – Craft & Chat – Lawndale 11am – Indoor Walking Group – M72 1pm Penny Bingo – Lawndale	<b>13</b> 9-11am Pickleball - M72 1pm Pantry Bingo – Lawndale
<b>16</b> 9-11am Pickleball –M72 10am SilverSneakers M72 1-4pm Chess Club, Lawndale	<b>17</b> 9-11am Pickleball –M72 10am Zumba –M72 10am Bible Study – Lawndale 11am – Indoor Walking Group – M72 6pm – Diamond Dancers – M72	<b>18</b> 9-11am Pickleball –M72 10am SilverSneakers M72 <b>11am Alzheimer’s Support Grp. @The Brook of Grayling</b> 11am-12pm Chair Yoga, M72 1pm – Mahjong – Lawndale	<b>19</b> 9-11am Pickleball –M72 10am Pokeno – Lawndale 10am – Craft & Chat – Lawndale 10am Zumba – M72 11am – Indoor Walking Group – M72 <b>11:30am-1pm Winter Picnic - Lawndale</b> 2pm Penny Bingo – Lawndale	<b>20</b> 9-11am Pickleball - M72 <b>10am – Sound Healing &amp; Meditation - Lawndale</b> 1pm Pantry Bingo – Lawndale
<b>23</b> 9-11am – Pickleball -M72 10am SilverSneakers M72 <b>12-3pm Foot Clinic – Appt. Req. – Lawndale</b> 1-4pm Chess Club, Lawndale	<b>24</b> 9-11am Pickleball –M72 10am Zumba –M72 10am Bible Study – Lawndale 11am – Indoor Walking Group – M72 <b>11:30-12:30pm Birthday Lunch – Lawndale</b> 6pm – Diamond Dancers – M72	<b>25</b> 9-11am Pickleball –M72 10am SilverSneakers M72 <b>11am – New to Medicare – ZOOM</b> 11am-12pm Chair Yoga, M72 1pm – Mahjong – Lawndale	<b>26</b> 9-11am Pickleball –M72 10am Pokeno – Lawndale 10am Zumba – M72 10am – Craft & Chat – Lawndale 11am – Indoor Walking Group – M72 1pm Penny Bingo – Lawndale	<b>27</b> 9-11am Pickleball – M72 1pm Pantry Bingo – Lawndale
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