

January 2025 - Meal Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	31 CENTER CLOSED 	1 CENTER CLOSED 	2 11:30a-12:30p Lunch Balsamic chicken Tomato Parmesan Pasta Italian Blend Fresh Orange 2% Milk	3 11:30a-12:30p Lunch Pepper Steak, Brown Rice, Stir Fry Vegetable, Sugar Snap Peas, Kiwi, 2% Milk
6 11:30a-12:30p Lunch Chicken Tenders, Cheesy Mashed Potatoes, Broccoli and Cauliflower, Fresh Orange, 2% Milk	7 11:30a-12:30p Lunch Beef and Broccoli, Brown Rice, Stir Fry Vegetable, Four Berries Blend, 2% Milk	8 11:30a-12:30p Lunch Pork Roast, Baked Potato, Green Beans, Pear, 2% Milk	9 11:30a-12:30p Lunch Lasagna, Mixed Vegetables, Grapes Special Dinner 4:00p-6:00p Orange Chicken with Pea Pods, Chinese Pepper Steak, Fried Rice, Vegetable Lo Mein, Egg Rolls, Bananas in Strawberry Glaze, a Chocolate Sheet Cake, and Fortune Cookies	10 11:30a-12:30p Lunch Roast Turkey Mashed Potatoes W/ Gravy Peas and Onions Fresh Orange 2% Milk
13 11:30a-12:30p Lunch Chicken Cordon Bleu, Mashed Potatoes W/ Gravy, Green Beans, Pineapple Chunks, 2% Milk <i>Sponsored by Tom Jarosz</i> 	14 11:30a-12:30p Lunch Chicken Fajita, Roasted Corn & Black Bean Fiesta, Grapes, 2% Milk	15 11:30a-12:30p Lunch Hamburger Stroganoff, Green Beans, Apricots, 2% Milk <i>Sponsored by Tom Jarosz</i> 	16 11:30a-12:30p Lunch Macaroni & Cheese with Ham, Harvest Blend Vegetables, Grapes, 2% Milk <i>Sponsored by Tom Jarosz</i> 	17 11:30a-12:30p Lunch Cheese Ravioli w/Sauce, Asparagus, Italian Blend, Grapes, 2% Milk <i>Sponsored by Tom Jarosz</i> 
20 11:30a-12:30p Lunch Breaded Fish Fillet, Cheesy Mashed Potatoes, Crinkle Cut Carrots, Pineapple <i>Sponsored by Tom Jarosz</i> 	21 11:30a-12:30p Lunch 21 Birthday Lunch Meatloaf, Mashed Potatoes w/ Gravy, Brussels Sprouts, Strawberries, 2% Milk	22 11:30a-12:30p Lunch Lemon Pepper Chicken, Baked Potato, Brussels Sprouts, Orange , 2% Milk <i>Sponsored by Tom Jarosz</i> 	23 11:30a-12:30p Lunch Sweet and Sour Meatballs, Brown Rice, Stir Fry Vegetable, Pineapple Chunks, 2% Milk	24 11:30a-12:30p Lunch Pot Roast, Mashed Potato w/ Gravy, Corn, Kiwi
27 11:30a-12:30p Lunch Chicken Drumsticks, Beans Baked Prince Charles Vegetables, Apricots	28 11:30a-12:30p Lunch Western Omelet, Redskin Potatoes, Broccoli and Cauliflower, Grapes, 2% Milk	29 11:30a-12:30p Lunch Baked Penne with Sausage, Vegetable Blend Prince Charles, Breadstick, Kiwi, 2% Milk	30 11:30a-12:30p Lunch Lemon Baked Fish, Redskin Potatoes, Green Beans, Pear, 2% Milk	31 11:30a-12:30p Lunch Pepper Steak, Brown Rice, Stir Fry Vegetable, Sugar Snap Peas, Kiwi, 2% Milk
Light Bites Southwest Side Salad, Chicken Tortilla Soup, Kiwi	Light Bites Turkey Sub, Minestrone Soup, Grapes	Light Bites Side Chef Salad, Cheesy Potato Soup, Pear	Light Bites Won Ton Soup, Mandarin Salad, Kiwi	Light Bites Ham & Cheese Sub, Cabbage and White Bean Soup, Pineapple

January 2025 - Activity Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	31 CENTER CLOSED 	1 CENTER CLOSED 	2 9a Zumba Gold 10a Zumba Gold 1p Penny Bingo 3p Medicine Shoppe Bingo	3 10:45a Fit for the Aging 1p Pantry Bingo
6 10a Silver Sneakers 1-4p Chess Club 2-3p Diamond Art Club 2:30p-4:00p Bingocize	7 9a Friends of a Feather Quilting Group 9a Zumba Gold 10a Zumba Gold 12:30p Euchre (Events Room) 2:30p-4:00p Bingocize	8 10a Silver Sneakers 11a BP Check 12:30p Mahjong	9 9a Zumba Gold 10a Zumba Gold 1p Penny Bingo 4p-6p Chinese New Year Special Dinner	10 10a Walking Group @ Kirtland 10:30a Bible Study 10:45a Fit for the Aging 1p Pantry Bingo
13 10a Silver Sneakers 1-4p Chess Club 2-3p Diamond Art Club 2:30p-4:00p Bingocize 5:30p Billy McAllister Concert (Sinatra Tribute) *POSTPONED*	14 9a Zumba Gold 9a-2p Housing Counseling 10a Zumba Gold 12:30p Euchre 1p-2p Radon Presentation 2:30p-4:00p Bingocize	15 10a Silver Sneakers 11a New to Medicare Support @ the Brook 11a BP Check 12:30p Mahjong	16 9a Zumba Gold 10a Zumba Gold 1p Penny Bingo 1-5p Legal Assistance Appt. Required 1-3p Cooking Matters	17 10a Walking Group @ Kirtland 10:30a Bible Study 10:45a Fit for the Aging 1p Pantry Bingo
20 10a Silver Sneakers 1-4p Chess Club 2-3p Diamond Art Club 2:30p-4:00p Bingocize	21 9a Zumba Gold 10a Zumba Gold 11:30a Birthday Lunch 12:30p Euchre (Events Room) 2:30p-4:00p Bingocize 4:30p COA Board Meeting	22 10a Silver Sneakers 11a BP Check 12:30p Mahjong 2p-4:30p Commodities	23 9a Zumba Gold 10a Zumba Gold 1p Penny Bingo 1-3p Cooking Matters	24 10a Walking Group @ Kirtland 10:30a Bible Study 10:45a Fit for the Aging 1p Pantry Bingo
27 10a Silver Sneakers 1-4p Chess Club 2-3p Diamond Art Club 2:30p-4:00p Bingocize	28 9a Zumba Gold 10a Zumba Gold 12:30p Euchre 1:00p Jeopardy 2:30p-4:00p Bingocize	29 10a Silver Sneakers 11a BP Check 12:30p Mahjong	30 9a Zumba Gold 10a Zumba Gold 1p Penny Bingo 1-3p Cooking Matters	31 10a Walking Group @ Kirtland 10:30a Bible Study 10:45a Fit for the Aging 1p Pantry Bingo