

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>CENTER CLOSED FOR NEW YEAR'S DAY</b>	9:00am...Senior Strength I 2 10:00am...Senior Strength II 10:00am...Hot Topics 1:00pm...Bridge	9:30am...Chair Yoga 3 10:00am...Knitting 10:00am...Line Dancing <b>11:00am...Grief Support Group</b> 11:30am...Shopping at Shaw's 12:30pm...Bridge 1:00pm...Mah Jongg	9:00am...Senior Strength I 4 10:00am...Senior Strength II 10:30am...Blood Pressure 1:00pm...Bingo 1:00pm...Shopping at Shaw's	9:30am...Benefit Rep 5 <b>10:00am...Belly Dancing</b> 10:00am...Scrabble Club 1:00pm...Yoga
9:30am...Chair Yoga 8 12:30pm...Bridge 1:00pm...Mah Jongg - Main Room 1:00pm... <b>Alzheimer's support</b> 6:45pm...Duplicate Bridge	9:00am...Senior Strength I 9 10:00am...Senior Strength II 10:00am...Hot Topics 1:00pm...Bridge <b>1:00pm...Chorus</b>	9:30am...Chair Yoga 10 10:00am...Knitting 10:00am...Line Dancing <b>11:00am...Grief Support Group</b> 11:30am...Shopping at Shaw's 12:30pm...Bridge 1:00pm...Mah Jongg	9:00am...Senior Strength I 11 10:00am...Senior Strength II 10:30am...Blood Pressure 1:00pm...Bingo 1:00pm...Shopping at Shaw's	9:30am...Benefit Rep 12 <b>10:00am...Belly Dancing</b> 10:00am...Scrabble Club 1:00pm...Yoga
<b>CENTER CLOSED FOR MARTIN LUTHER KING DAY</b> 15	9:00am...Senior Strength I 16 10:00am...Senior Strength II 10:00am...Hot Topics 1:00pm...Bridge <b>1:00pm...Chorus</b>	9:30am...Chair Yoga 17 10:00am...Knitting 10:00am...Line Dancing <b>11:00am...Grief Support Group</b> 11:30am...Shopping at Shaw's 12:30pm...Bridge 1:00pm...Mah Jongg	9:00am...Senior Strength I 18 10:00am...Senior Strength II 10:30am...Blood Pressure 1:00pm...Bingo 1:00pm...Shopping at Shaw's	9:30am...Benefit Rep 19 <b>10:00am...Belly Dancing</b> 10:00am...Scrabble Club 1:00pm...Yoga
9:30am...Chair Yoga 22 12:30pm...Bridge 1:00pm...Mah Jongg 6:45pm...Duplicate Bridge	9:00am...Senior Strength I 23 10:00am...Senior Strength II 10:00am...Hot Topics 1:00pm...Bridge <b>1:00pm...Chorus</b>	9:30am...Chair Yoga 24 10:00am...Knitting 10:00am...Line Dancing <b>11:00am...Grief Support Group</b> 11:30am...Shopping at Shaw's 12:30pm...Bridge 1:00pm...Mah Jongg	9:00am...Senior Strength I 25 10:00am...Senior Strength II 10:30am...Blood Pressure 1:00pm...Bingo 1:00pm...Shopping at Shaw's	9:30am...Benefit Rep 26 <b>10:00am...Belly Dancing</b> 10:00am...Scrabble Club 11:00am... <b>Concierge &amp; Handyman talk</b> 1:00pm...Yoga 1:00pm... <b>FLOWERS FOR EVERYONE</b>
9:30am...Chair Yoga 29 12:30pm...Bridge 1:00pm...Mah Jongg 6:45pm...Duplicate Bridge	9:00am...Benefit Rep 30 9:00am...Senior Strength I 10:00am...Senior Strength II 10:00am...Hot Topics 1:00pm...Bridge <b>1:00pm...Chorus</b>	9:30am...Chair Yoga 31 10:00am...Knitting 10:00am...Line Dancing <b>11:00am...Grief Support Group</b> 11:30am...Shopping at Shaw's 12:30pm...Bridge 1:00pm...Mah Jongg	 <h1 style="font-size: 48px; margin: 0;">JANUARY</h1> <h1 style="font-size: 48px; margin: 0;">2018</h1> 	

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p><b><u>CLOSED</u></b></p> <p><b><i>Happy New Year!</i></b></p>	<p>2 Barley Soup</p> <p><b>Meatloaf w/Gravy</b></p> <p>Mashed Potatoes Broccoli Peaches Rye Bread <i>(Honey Ham, Cheese on Rye)</i></p>	<p>3 Pasta &amp; Bean Soup</p> <p><b>Chicken Leg Quarter</b></p> <p>Baked Potato w/Sour Cream California Blend Vegetables Pudding Oatmeal Bread <i>(Egg Salad on Oatmeal Bread)</i></p>	<p>4 Chicken Soup</p> <p><b>Roast Pork Loin w/ Applesauce</b></p> <p>Mashed Sweet Potatoes Cauliflower Cookies Roll <i>(Chicken Salad on Roll)</i></p>	<p>5 Clear Chowder</p> <p><b>Seafood Newburg</b></p> <p>Seasoned Brown Rice Capri Blend Vegetables Ice Cream Wheat Dinner Roll <i>(Pastrami &amp; Swiss on Roll)</i></p>
<p>8 Turkey Chili w/Low F. Cheese</p> <p>Corn Bread Seasoned Broccoli Spears Fruit Cocktail <i>(Hamburger on a Bun)</i></p>	<p>9 Tomato Vegetable Soup</p> <p><b>Chicken w/Artichokes/ Roasted Peppers in Lemon Sauce,</b> Potatoes, Green Beans <i>(Italian Tuna / Pumpernickel)</i></p>	<p>10 Chick. Soup w/Anci de Pe- pe <b>Knockwurst w/Mustard</b></p> <p>Potatoes, Carrot &amp; Cabbage <i>(Sliced Chicken w/Cheese on Wheat)</i></p>	<p>11 Red Chowder</p> <p><b>Country Crisp Fish w/Tartar</b></p> <p>Rice, Scandinavian Blend Veg Brownie Marble Bread <i>(Meatloaf on Marble)</i></p>	<p>12 100% Orange Juice</p> <p><b>Fruit Stuffed Pancakes w/ Syrup</b></p> <p>Baked Ham Tomato Half <i>(Fish Sand on Bun)</i></p>
<p>15</p> <p><b><u>CLOSED</u></b></p> <p><b><i>Martin Luther King, Jr. Day</i></b></p>	<p>16 Vegetable Soup</p> <p><b>Chicken Stuffed with Broc/ Cheese w/ Gravy</b></p> <p>Oven Roasted Potato Mixed Vegetables Ice Cream Marble Bread <i>(Egg Salad on Marble)</i></p>	<p>17 Italian Wedding Soup</p> <p><b>Pot Roast w/Gravy</b></p> <p>Garlic Mashed Potatoes Asparagus Fresh Fruit 9-Grain Bread <i>(Seafood Salad on 9 Grain)</i></p>	<p>18 <b><u>Happy Birthday</u></b></p> <p>Tomato Soup w/Brown Rice</p> <p><b>Airline Chicken</b></p> <p>Pasta w/ Pesto Sliced Carrots Frosted Cupcake Wheat Bread <i>(Tuna on Wheat)</i></p>	<p>19 Corn Chowder</p> <p><b>Stuffed Sole w/Scallops &amp; Clams</b></p> <p>Wild Rice Broccoli Cuts Sliced Pears Dinner Roll <i>(Meatball Sub)</i></p>
<p>22 Onion Soup w/Croutons</p> <p><b>Shepherds Pie w/Ketchup</b></p> <p>Prince Edward Blend Vegetable Italian Ice Garlic Roll <i>(Turkey &amp; Cheese on Wheat)</i></p>	<p>23 Vegetable Soup</p> <p><b>Turkey Meatloaf w/ Cranberry Chutney</b></p> <p>Sweet Potato Green Beans Shortbread Cookies <i>(Corned Beef &amp; Swiss, Marble)</i></p>	<p>24 Chicken Soup</p> <p><b>BBQ Pulled Pork</b></p> <p>Baked Beans Veg Medley Fresh Fruit Multi Grain <i>(Chicken Salad/w/ Cranberry/ Walnuts on Multi Grain)</i></p>	<p>25 Kale &amp; Bean Soup</p> <p><b>American Chop Suey</b></p> <p>Whole Wheat Elbow Pasta Winter Blend Vegetable Butterscotch Pudding <i>(Ham Salad on Rye)</i></p>	<p>26 Cream of Broccoli Soup</p> <p><b>Chicken Cutlet w/ Lite Gravy</b></p> <p>Buttered Corn Zucchini Sour Cream Coffee Cake <i>(Hot Dog on Bun)</i></p>
<p>29 Beef Noodle Soup</p> <p><b>Herb Roasted Grilled Chicken</b></p> <p>Rice Pilaf Brussel Sprouts Sliced Peaches Bread <i>(Tuna on Oatmeal)</i></p>	<p>30 Chicken Soup</p> <p><b>Liver &amp; Onions w/Gravy</b></p> <p>Oven Roasted Potatoes Mixed Vegetables Fruit Pumpernickel Bread <i>(Chicken Salad Pumpernickel)</i></p>	<p>Escarole and Bean Soup</p> <p>31 <b>Meatballs w/ Sauce</b></p> <p>Seasoned Wheat Ziti Tossed Salad w/ Dressing Ice Cream 9-Grain Bread <i>(Ham Salad on 9-Grain)</i></p>	<p><b>JANUARY 2018</b></p>	<p><b><u>Salad of the Month</u></b></p> <p>Grilled Chicken Tomato-Croutons- Parmesan Cheese Spinach/Lettuce Blend Caesar Dressing</p>