


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
PECK CENTER CALENDAR OF EVENTS			9:00am...Senior Strength I 1 10:00am...Senior Strength II 10:00am-3:00pm..AARP Tax Assist 10:30am...Blood Pressure 1:00pm...Bingo 1:00pm...Shopping at Shaw's	9:30am...Benefit Rep 2 10:00am...Belly Dancing 10:00am...Scrabble Club 1:00pm...Yoga
9:30am...Chair Yoga 5 12:30pm...Bridge 1:00pm...Mah Jongg - Main Room 1:00pm..Alzheimer's support 2:00pm...Pharmacy Seminar 6:45pm...Duplicate Bridge	9:00am...Senior Strength I 6 10:00am...Senior Strength II 10:00am...Hot Topics 11:00am...Health Benefits of Dark Chocolate Presentation 1:00pm...Bridge 1:00pm...Chorus	9:30am...Chair Yoga 7 10:00am...Knitting 10:00am...Line Dancing 11:00am...Grief Support Group 11:30am...Shopping at Shaw's 12:30pm...Bridge 1:00pm...Mah Jongg 3-4pm...Age Friendly Barr. Group	9:00am...Senior Strength I 8 10:00am...Senior Strength II 10:00am-3:00pm..AARP Tax Assist 10:30am...Blood Pressure 1:00pm...Bingo 1:00pm...Shopping at Shaw's	9:30am...Benefit Rep 9 10:00am...Belly Dancing 10:00am...Scrabble Club 1:00pm...Yoga
9:30am...Chair Yoga 12 12:30pm...Bridge 1:00pm...Mah Jongg 6:45pm...Duplicate Bridge	9:00am...Senior Strength I 13 10:00am...Senior Strength II 10:00am...Hot Topics 1:00pm...Bridge 1:00pm...Chorus	9:30am...Chair Yoga 14 10:00am...Knitting 10:00am...Line Dancing 11:00am...Grief Support Group 11:30am...Shopping at Shaw's 12:30pm...Bridge 1:00pm...Mah Jongg 1:00pm...Armchair Travel 3-4pm...Age Friendly Barr. Group	9:00am...Senior Strength I 15 10:00am...Senior Strength II 10:00am-3:00pm..AARP Tax Assist 10:30am...Blood Pressure 1:00pm...Bingo 1:00pm...Shopping at Shaw's	9:30am...Benefit Rep 16 10:00am...Belly Dancing 10:00am...Scrabble Club 1:00pm...Yoga 1:00pm.. FLOWERS FOR EVERYONE
CENTER CLOSED FOR PRESIDENTS' DAY 19	9:00am...Senior Strength I 20 10:00am...Senior Strength II 10:00am...Hot Topics 1:00pm...Bridge 1:00pm...Chorus	9:30am...Chair Yoga 21 10:00am...Knitting 10:00am...Line Dancing 11:00am...Grief Support Group 11:30am...Shopping at Shaw's 12:30pm...Bridge 1:00pm...Mah Jongg 3-4pm...Age Friendly Barr. Group	9:00am...Senior Strength I 22 10:00am...Senior Strength II 10:00am-3:00pm..AARP Tax Assist 10:30am...Blood Pressure 1:00pm...Bingo 1:00pm...Shopping at Shaw's	9:30am...Benefit Rep 23 10:00am...Belly Dancing 10:00am...Scrabble Club 1:00pm...Yoga
9:30am...Chair Yoga 26 12:30pm...Bridge 1:00pm...Mah Jongg 6:45pm...Duplicate Bridge	9:00am...Benefit Rep 27 9:00am...Senior Strength I 10:00am...Senior Strength II 10:00am...Hot Topics 1:00pm...Bridge 1:00pm...Chorus	9:30am...Chair Yoga 28 10:00am...Knitting 10:00am...Line Dancing 11:00am...Grief Support Group 12:30pm...Bridge 1:00pm...Mah Jongg 1:30pm...Egret's Landing Café 3-4pm...Age Friendly Barr. Group	FEBRUARY 2018	

LUNCH MENU February 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>\$3.00 Suggested Donation Thank you for your donations. Your donations help keep the Program going.</p>				
<p>5 Chili Soup Italian Sausage Seasoned Shells Roasted Peppers and Onions Sport Bar Multi Grain Bread</p> <p><i>(Tuna on Multi Grain)</i></p>	<p>6 Vegetable Soup Chicken Marsala O'Brien Potatoes Winter Blend Vegetables Fresh Fruit Wheat Bread</p> <p><i>(Turkey and Cheese on Wheat)</i></p>	<p>7 Low Sodium V8 Beef Stroganoff Mashed Potatoes Mixed Vegetables Lemon Pudding Garlic Bread</p> <p><i>(Pulled Pork on a Roll)</i></p>	<p>8 Chicken Escarole Soup Tuna Noodle Casserole Broccoli Chocolate Chip Cookies Rye Bread</p> <p><i>(Buffalo Chicken Salad on Rye)</i></p>	<p>9 Tomato & Brown Rice Soup French Meat Pie w/Ketchup Brussels Sprouts Diced Peaches Wheat Bread</p> <p><i>(Egg Salad on Wheat)</i></p>
<p>12 Split Pea Soup Baked Ham w/Pineapple Ring/ mustard Sweet Potatoes Mixed Vegetables Butterscotch Pudding Rye Bread</p> <p><i>(Italian Tuna on Rye)</i></p>	<p>13 Chicken and Brown Rice Soup Shepard Pie Spinach Garlic Roll Fresh Fruit</p> <p><i>(Seafood Salad on Rye)</i></p>	<p>14 Pasta and Bean Soup Baked Fish w/ crumb topping/ lemon wedge Rice Pilaf Green Beans Coffee Cake Marble Bread (Chicken Salad w/ Cranberry and Walnuts on Marble)</p>	<p>15 <u>Birthday Celebration</u> Barley Vegetable Soup Roasted Chicken Quarter Seasoned Whole Wheat Pasta Capri Blend Vegetables Frosted Cupcake Pumpernickel Bread</p> <p><i>(Honey Ham & Cheese on Pum- pernickel)</i></p>	<p>16 Minestrone Soup Yankee Pot Roast w/Gravy Parslied Potatoes Seasoned Zucchini Fruit Cocktail Oatmeal Bread</p> <p><i>(Shrimp Salad on Oatmeal)</i></p>
<p>19</p> <p style="text-align: center;"><u>CLOSED</u> President's Day</p> 	<p>20 Cream of Spinach Soup Chicken Cacciatore Roasted Potato Mixed Vegetables Sliced Peaches Dinner Roll</p> <p><i>(Meatball Sub)</i></p>	<p>21 Moroccan Lentil Soup Low Sodium Hot Dog Baked Beans Cole Slaw Chocolate Pudding Wheat Bread <i>(Turkey and Swiss on Wheat)</i></p>	<p>22 Venus de Milo Soup Swedish Meatballs Buttered Noodles Sliced Carrots Spumoni Multi Grain Bread</p> <p><i>(Tuna Salad on Multi Grain)</i></p>	<p>23 Red Chowder Seafood Casserole Oven roasted sweet potatoes Broccoli Cuts Fresh Fruit Rye Bread</p> <p><i>(Salami/ Provolone on Rye)</i></p>
<p>26 Egg Drop Soup Chicken Chow Mein Crunchy Noodles Asian Blend Vegetables Shortbread Cookies Marble Bread</p> <p><i>(Egg Salad on Marble)</i></p>	<p>27 Potato & Leek Soup Oven Roasted Turkey w/Gravy Stuffing Normandy Blend Vegetables Sherbet Pumpernickel Bread</p> <p><i>(Corned Beef on Pumpernickel)</i></p>	<p>28 Beef Barley Soup Fried Steak w/ Country Gravy Mashed Potato Tomato Half Fresh Fruit Rye Bread</p> <p><i>(Ham Salad on Rye)</i></p>	<p style="text-align: center;"><u>February Salad Option</u></p> <p style="text-align: center;"><u>Low Sodium Ham Tomatoes Hard Boiled Egg– Cuke Spinach/Iceberg Blend Light Ranch Dressing</u></p>	<p>All menu items may contain nuts, seeds, beans, wheat bran + other allergens</p>