

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



DECEMBER 2016

				<p>9:00am...Senior Strength I 10:00am...Senior Strength II 10:30am...Blood Pressure 1:00pm...Bingo</p> <p style="text-align: right;">1</p>	<p>9:00am...Zumba Gold 10:00am...Scrabble Club 11:30am...Wharf Tavern 1:00pm...Yoga 1:00pm...Flowers for Everyone</p> <p style="text-align: right;">2</p>
<p>8:00am...Trip to Foxwoods 9:00am...Chair Yoga 12:30pm...Bridge 12:30pm...Mah Jongg 1:00pm...Alzheimer's Support 6:45pm...Duplicate Bridge</p> <p style="text-align: right;">5</p>	<p>9:00am...Benefit Rep 9:00am...Senior Strength I 10:00am...Senior Strength II 10:00am...Hot Topics 1:00pm...Chorus</p> <p style="text-align: right;">6</p>	<p>9:00am... Chair Yoga 10:00am...Knitting 10:00am...Line Dancing 11:30am...Shopping at Shaw's 12:30pm...Bridge</p> <p style="text-align: right;">7</p>	<p>9:00am...Senior Strength I 10:00am...Senior Strength II 10:00am...Computer Basics 10:30am...Blood Pressure 1:00pm...Bingo</p> <p style="text-align: right;">8</p>	<p>9:00am...Zumba Gold 10:00am...Scrabble Club 1:00pm...Yoga</p> <p style="text-align: right;">9</p>	
<p>9:00am...Chair Yoga 12:30pm...Bridge 12:30pm...Mah Jongg 6:45pm...Duplicate Bridge</p> <p style="text-align: right;">12</p>	<p>9:00am...Benefit Rep 9:00am...Senior Strength I 10:00am...Senior Strength II 10:00am...Hot Topics 1:00pm...Bridge 1:00pm...Chorus</p> <p style="text-align: right;">13</p>	<p>9:00am... Chair Yoga 10:00am...Knitting 10:00am...Line Dancing 11:30am...Shopping at Shaw's 12:30pm...Bridge</p> <p style="text-align: right;">14</p>	<p>9:00am...Senior Strength I 10:00am...Senior Strength II 10:00am...Computer Basics 10:30am...Blood Pressure 1:00pm...Bingo</p> <p style="text-align: right;">15</p>	<p>9:00am...Zumba Gold 10:00am...Scrabble Club 1:00pm...Yoga 1:00pm...Holiday Party</p> <p style="text-align: right;">16</p>	
<p>9:00am...Chair Yoga 12:30pm...Bridge 12:30pm...Mah Jongg 6:45pm...Duplicate Bridge</p> <p style="text-align: right;">19</p>	<p>9:00am...Benefit Rep 9:00am...Senior Strength I 10:00am...Senior Strength II 10:00am...Hot Topics 1:00pm...Chorus</p> <p style="text-align: right;">20</p>	<p>9:00am... Chair Yoga 10:00am...Knitting 10:00am...Line Dancing 11:30am...Shopping at Shaw's 12:30pm...Bridge 1:00pm...Old Time Radio Play</p> <p style="text-align: right;">21</p>	<p>9:00am...Senior Strength I 10:00am...Senior Strength II 10:30am...Blood Pressure 1:00pm...Bingo</p> <p style="text-align: right;">22</p>	<p style="text-align: center;">CLOSED FOR CHRISTMAS</p> <p style="text-align: right;">23</p>	
<p style="text-align: center;">CLOSED FOR CHRISTMAS</p> <p style="text-align: right;">26</p>	<p>9:00am... Benefit Rep 9:00am...Senior Strength I 10:00am...Senior Strength II 10:00am...Hot Topics 1:00pm...Bridge 1:00pm...Chorus</p> <p style="text-align: right;">27</p>	<p>9:00am... Chair Yoga 10:00am...Knitting 10:00am...Line Dancing 11:30am...Shopping at Shaw's 12:30pm...Bridge</p> <p style="text-align: right;">28</p>	<p>9:00am...Senior Strength I 10:00am...Senior Strength II 10:30am...Blood Pressure 1:00pm...Bingo</p> <p style="text-align: right;">29</p>	<p>9:00am...Zumba Gold 10:00am...Scrabble Club 1:00pm...Yoga</p> <p style="text-align: right;">30</p>	

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: center;">DECEMBER 2016</p> 		<p style="text-align: center;"><u>SALAD OF THE MONTH</u> <u>Available every Day</u> Grilled Chicken Black Bean/Corn Mix Tomato, Tortilla Strips Iceberg Lettuce Honey Lime Dressing</p>	<p>1 Kale and Bean Soup Veal Cacciatore Seasoned Shells Italian Blend Vegetables Pumpernickel Bread Italian Ice <i>(Italian Grinder)</i></p>	<p>2 Chicken Gumbo Soup Pot Roast with Gravy Red Bliss Mashed Potatoes Baby Whole Carrots 9-Grain Bread Shortbread Cookie <i>(Turkey and Cheese on 9-Grain)</i></p>
<p>5 Tomato and Brown Rice Soup Sweet and Sour Pork Loin Sweet Potato Apple Cider Cole Slaw Tapioca Pudding <i>(Tuna on Oatmeal Bread)</i></p>	<p>6 Venus Di Milo Soup Grilled Chicken Cucumbers/Mandarin Oranges Crispy Noodles Granola Bar <i>(Pastrami and Cheese on Rye)</i></p>	<p>7 Cream of Broccoli Soup Liver and Onions with Gravy Oven Roasted Potato Asparagus Tip Apple Pie <i>(Seafood Salad on Pumpernickel)</i></p>	<p>8 Lentil Soup Roasted Chicken Quarter Whipped Potato Butternut Squash Fresh Fruit <i>(Meatball Sub)</i></p>	<p>9 Red Chowder Florentine Fish Baked Potato Mixed Vegetable Hoodsie Cup <i>(Ham and Cheese on Marble)</i></p>
<p>12 Juice Chicken à la King Biscuit Tossed Salad Apricot Half <i>(Corned Beef on Wheat)</i></p>	<p>13 Chicken Vegetable Soup American Chop Suey Whole Grain Elbow Pasta California Blend Vegetable Mixed Fruit <i>(Tuna on Rye)</i></p>	<p>14 Split Pea Soup Baked Ham with Pineapple Sweet Potato Winter Blend Vegetable Fresh Fruit <i>(Turkey and Cheese on a Roll)</i></p>	<p>15 Minestrone Soup French Meat Pie Seasoned Spinach Frosted Cupcake <i>(Egg Salad on Oatmeal)</i></p>	<p>16 Pasta Faggioli Soup Stuffed Chicken with Gravy Red Bliss Mashed Potato Green Beans Almandine Sour Cream Coffee Cake <i>(Seafood Salad on a Roll)</i></p>
<p>19 Tomato Vegetable Soup Shepard's Pie Tossed Salad Garlic Roll Sliced Peaches <i>(Chicken Salad on Bulky Roll)</i></p>	<p>20 Chicken Escarole Soup Low Sodium Hot Dog Baked Beans 3 Bean Salad Pudding <i>(Chicken on Pumpernickel)</i></p>	<p>21 Chili Soup Airline Chicken Seasoned Cut Potato Sliced Carrots Angel Food Cake <i>(Meatloaf on Marble)</i></p>	<p>22 Chicken Soup BBQ Beef Seasoned Rice Mixed Vegetable Fruit Cocktail <i>(Tuna on Rye)</i></p>	<p>23 Brunch Orange Juice Broccoli and Cheese Quiche Tomato Half 3 Sausage Links Fruited Yogurt</p>
<p>26 <p style="text-align: center;">CLOSED for CHRISTMAS</p></p>	<p>27 Bavarian Lentil Soup Roast Turkey with Gravy Mashed Potato Butternut Squash Cookie <i>(Salami and Cheese on Italian)</i></p>	<p>28 White Bean and Pasta Soup Meatballs with Sauce Penne with Sauce Tossed Salad Sports Bar <i>(Italian Tuna on Roll)</i></p>	<p>29 Butternut Squash Soup Pork Loin with Gravy Rice Pilaf Scandinavian Blend Vegetable Spumoni <i>(Hot Grilled Chicken on a Roll)</i></p>	<p>30 Corn Chowder Seafood Casserole Seasoned Whole Grain Pasta Sliced Carrots Fresh Fruit <i>(Ham Salad on Rye)</i></p>