

# February 2019

# Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 10:00 Cardio drumming 1:00 Euchre	2 10:00 Chair Exercise 2:00 Corn Hole Toss 4:00 Coffee 7:00 Bingo 
3 4:00 Vespers Church Service <b>Super Bowl Party</b> Begins 5:30pm 	4 9:00 Meijers 3:30 Movie & popcorn	5 10:00 Chair Zumba 10:30 Wii Bowling 1:00 Errand Run Elouise Isaac's Birthday 	6 <b>Wear PURPLE today</b> 10:00 Cardio Drumming 10:30 Home Care Wellness 2:00 Bingo 3:30 Birthday Bash	7  9:30 Elastic Band Exercise 10:00 Wii Bowling 11:00 Church bulletins 2:30 Rosary/Communion Terry Fisher's Birthday	8 10:00 Exercise video 1:00 Euchre	9 10:00 Chair Exercise 2:00 Corn Hole Toss 4:00 Coffee 7:00 Bingo
10 4:00 Vespers Church Service	11 10:00 Chair Yoga 2:00 Trivia Game 3:30 Movie & popcorn	12 10:00 Chair Zumba 10:30 Wii Bowling 1:00 Errand Run	13 <b>Wear RED today</b> 10:00 Balance Ball exercise 2:00 Bingo 3:00 Coffee Hour	14 <b>Valentine's Day</b>  9:30 Elastic Band Exercise 10:00 Wii Bowling 11:00 Church bulletins Noon: Eleanor Russell 3:00 Bible Study	15 10:00 Cardio drumming 1:00 Euchre 3:30 Pizza in: \$ be sure & sign up 	16 10:00 Chair Exercise 2:00 Corn Hole Toss 4:00 Coffee 7:00 Bingo
17 4:00 Vespers Church Service	18 <b>Presidents' Day</b> No Mail Today  9:00 Girls day out 3:30 Movie & popcorn	19 9:30 Chair Zumba 10:00 Wii Bowling Tourney 1:00 Errand Run	20 <b>Wear GREEN today</b> 10:00 Balance Ball exercise 2:00 Bingo	21 9:30 Elastic Band Exercise 10:15 Catholic Mass 11:15 Church Bulletin 1:00 Wii Bowling	22 10:00 Cardio drumming 1:00 Euchre	23 10:00 Chair Exercise 2:00 Corn Hole Toss 4:00 Coffee 7:00 Bingo
24 4:00 Vespers Church Service	25 10:00 Chair Yoga 3:00 Bingo Buck Store	26 10:00 Chair Zumba 10:30 Wii Bowling 1:00 Errand Run	27 <b>Wear BLUE today</b> 10:00 Balance Ball exercise 2:00 Bingo	28 9:30 Elastic Band exercise 10:00 Wii Bowling 11:00 Church Bulletin 3:00 Bible Study		

If you are signed up to go on an outing, or are planning on attending an activity, please plan to arrive at least 30 minutes in advance. Occasionally, if everyone is present and ready, we will begin early.

Be sure to participate in **Wednesday Color Days** & win a Bingo Buck each time you do... Prizes awarded daily for those who participate

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# Lunch Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Salmon, rice pilaf, California blend, apple zucchini salad, caramel pear crisp	2 Chicken fried steak w/ country gravy, mashed potatoes, corn, spinach salad, sour cream cake
3 Pork roast, baked sweet potatoes, green beans, dinner roll, fresh vegetable salad, pie	4 Cobb salad, lemon poppyseed bread, peaches & cream jello, cookie	5 Chicken leg quarters, creamy zucchini & spinach pasta bake, carrots, broccoli salad, lemon cheesecake mousse	6 Chili, cornbread, spinach salad, peach cobbler	7 BBQ pork, cheesy potatoes, green beans, creamy pea salad, raspberry meltaway cookie	8 Cod, wild rice, broccoli, tossed salad, rice pudding	9 Fried chicken, mac & cheese, peas, tomato basil zoodle salad, frosty lemon strawberry dessert
10 Turkey roast, stuffing & gravy, corn, dinner roll, cranberry jello salad, pie	11 Seafood chowder, broccoli salad, chocolate chip cookie	12 Chicken alfredo, green beans, garlic bread, lemony zucchini salad, banana pudding parfaits	13 Taco salad w/meat, cheese, tomatoes, cornchips, 5 cup salad, lemon brownie	14 <b>Valentine's Day</b> Fried shrimp, garlic mashed potatoes, carrots, cherry bread, spinach salad, red velvet cake	15 Tilapia, sweet potatoes, cauliflower, bacon & avocado pasta salad, chocolate no bake cookie	16 Chicken pot pie, dinner roll, carrot cucumber salad, creamsicle jello
17 Roast beef, baked potato, peas, spinach salad, pie	18 Pan roasted chicken w/ mushroom sauce, mashed potatoes, green beans, pineapple & mandarin orange jello salad, cookie	19 White chicken chili, cornbread, tossed salad, frosted lemon strawberry dessert	20 Sweet & sour pork, white rice, broccoli, egg roll, marinated tomato salad, peaches & cream jello	21 Chicken caesar salad, garlic bread, waldorf salad, cookie	22 Salmon, redskin potatoes, corn, kohlrabi-carrot salad w/dill, rice pudding	23 Crispy chicken tenders, potato chips, tossed salad, apple crisp
24 Ham, sweet potatoes, peas, dinner roll, cranberry pecan slaw, apple crisp	25 Chicken leg quarters, au gratin potatoes, green beans, 7 layer salad, chocolate crinkles cookie	26 Lasagna, cauliflower, garlic bread, 3 bean salad, cake	27 Chicken cordon blu, mashed potatoes, peas, creamy orange fruit salad, strawberry shortbread bar	28 Ham & potato soup, cornbread, tossed salad, rocky road fluff		