






MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<h1>Once upon a January</h1>		<b>1</b> <b>CENTER CLOSED FOR NEW YEAR'S DAY!</b>	<b>2</b> 9:00 Brain & Board Games 9:30 Coffee, Tea & Company 9:45-10:15 Stix & Tones 10:30 Finish The Lyrics! Game 10:30-11:30 Basic Step Line Dancing <b>11:30-12:00 Lunch Break</b> 12:00 Wii Games 12:00-1:00 Line Dancing 12:00 Headband Hoops!	<b>3</b> 9:00 Brain & Board Games 9:15-10:00 Gentle Seated Yoga 10:00 Arts & Crafts ~ Framed Winter Art 10:15 Family Feud <b>11:30-12:00 Lunch Break</b> 12:00-1:30 Penny BINGO
<b>6</b> 9:00 Brain & Board Games 9:00-9:45 Walk 15 10:00 Blood Pressure Checks 10:30 Health & Wellness ~You Are What You Eat 10:45 Blank Slate <b>11:30-12:00 Lunch Break</b> 12-1:30 Penny BINGO	<b>7</b> 9:00 Brain & Board Games 9:30 Coffee, Tea, & Company 9:45-10:15 Stix & Tones 10:30 Hearing Life Visit! 10:30-11:30 Basic Step Line Dancing <b>11:30-12:00 Lunch Break</b> 12:00-1:00 Line Dancing 12:00 Dance Charades 12:00 Winter Walk Challenge!	<b>8 ELVIS PRESLEY'S BIRTHDAY!</b> 9:00 Brain & Board Games 9:15-10:00 Strength Training 9:30 Independent Art 10:15 WITS WORKOUT! 10:15 Bible Study <b>11:30-12:00 Lunch Break</b> 12:00 Elvis Presley Trivia! 12:00 Qigong 12:00 Golden Angels	<b>9</b> 9:00 Brain & Board Games 9:30 Coffee, Tea & Company 9:45-10:15 Stix & Tones 10:30 Guess The 60's Song! 10:30-11:30 Basic Step Line Dancing <b>11:30-12:00 Lunch Break</b> 12:00 Wii Games 12:00-1:00 Line Dancing 12:00 Armchair Travelers ~Chinese New Year	<b>10</b> 9:00 Brain & Board Games 9:15-10:00 Gentle Seated Yoga 10:00-11:15 Arts & Crafts ~Diamond Dot Creations 10:15 Corn Hole <b>11:30-12:00 Lunch Break</b> 12:00-1:30 Penny BINGO
<b>13 WEAR YOUR FLANNELS!</b> 9:00 Brain & Board Games 8:45-10:00 Flapjacks & Flannels Social 9:00-9:45 Walk 15 10:00 Blood Pressure Checks 10:30 Health & Beauty ~DIY Organic Winter Lip Balm 10:45 Giant Jenga <b>11:30-12:00 Lunch Break</b> 12-1:30 Penny BINGO	<b>14</b> 9:00 Brain & Board Games 9:30 Coffee, Tea, & Company 9:45-10:15 Stix & Tones 10:30 Penny LCR 10:30-11:30 Basic Step Line Dancing <b>11:30-12:00 Lunch Break</b> 12:00-1:00 Line Dancing 12:00-1:00 Nail Art 12:00 Winter Walk Challenge!	<b>15 NATIONAL HAT DAY!</b> 9:00 Brain & Board Games 9:30 Kitchen Academy ~Shrimp Dumplings 9:30 Independent Art 9:30 Socrates Café 10:30 Now You Have It Game <b>11:30-12:00 Lunch Break</b> 12:00 Best Hat Competition! 12:00 Qigong	<b>16</b> 9:00 Brain & Board Games 9:30 Coffee, Tea & Company 9:45-10:15 Stix & Tones 10:30 Jill Kaylor: ~Being Your Own Advocate 10:30-11:30 Basic Step Line Dancing <b>11:30-12:00 Lunch Break</b> 12:00 Wii Games 12:00-1:00 Line Dancing 12:00 Family Feud	<b>17</b> 9:00 Brain & Board Games 9:15-10:00 Gentle Seated Yoga 10:00-11:15 Arts & Crafts ~ Winter Scarf Wreathes  10:15 Go Fish! Card Game <b>11:30-12:00 Lunch Break</b> 12:00-1:30 Penny BINGO
<b>20</b> <b>CENTER CLOSED IN OBSERVANCE OF MARTIN LUTHER KING JR. DAY</b>	<b>21</b> 9:00 Brain & Board Games 9:30 Coffee, Tea, & Company 9:45-10:15 Stix & Tones 10:30 Jolynn Holtzman Visit! 10:30-11:30 Basic Step Line Dancing <b>11:30-12:00 Lunch Break</b> 12:00-1:00 Line Dancing 12:00 Ron's Birthday Bash!!! 12:30 Winter Walk Challenge!	<b>22</b> 9:00 Brain & Board Games 9:15-10:00 Strength Training 9:30 Independent Art 10:30 Price is Right Game! 10:15 Bible Study <b>11:30-12:00 Lunch Break</b> 12:00 Learn Tripology w/ Jean 12:00 Golden Angels	<b>23</b> 9:00 Brain & Board Games 9:30 Coffee, Tea & Company 9:45-10:15 Stix & Tones 10:30 Pyramid Stack! Game 10:30-11:30 Basic Step Line Dancing <b>11:30-12:00 Lunch Break</b> 12:00 Wii Games 12:00-1:00 Line Dancing 12:00 Hot Seat! Game	<b>24 NATIONAL COMPLIMENT DAY!</b> 9:00 Brain & Board Games 9:15-10:00 Gentle Seated Yoga 10:00-11:15 Arts & Crafts ~Diamond Dot Creations 10:15 Hot Potato Game! <b>11:30-12:00 Lunch Break</b> 12:00-1:30 Penny BINGO
<b>27</b> 9:00 Brain & Board Games 9:00-9:45 Walk 15 10:00 Blood Pressure Checks 10:30 Health & Beauty ~DIY All-Natural Body Butter 10:45 High Roller Game <b>11:30-12:00 Lunch Break</b> 12-1:30 Quarter BINGO	<b>28</b> 9:00 Brain & Board Games 9:30 Coffee, Tea, & Company 9:45-10:15 Stix & Tones 10:30 Penny LCR 10:30-11:30 Basic Step Line Dancing <b>11:30-12:00 Lunch Break</b> 12:00-1:00 Line Dancing 12:00 Chili Cook-Off!!! 12:30 Winter Walk Challenge	<b>29</b> 9:00 Brain & Board Games 9:15-10:00 Strength Training 9:30 Independent Art 10:30 Hot Potato! Game <b>11:30-12:00 Lunch Break</b> 12:00 Roll The Tissue! Game 12:00 Qigong	<b>30</b> 9:00 Brain & Board Games 9:30 Coffee, Tea & Company 9:45-10:15 Stix & Tones 10:30 Hearing Life Party! 10:30-11:30 Basic Step Line Dancing <b>11:30-12:00 Lunch Break</b> 12:00 Wii Games 12:00-1:00 Line Dancing 12:00 Chair Volleyball	<b>31 NATIONAL HOT CHOCOLATE DAY!</b> 9:00 Brain & Board Games 9:30 Coffee, Tea & Company 9:15-10:00 Gentle Seated Yoga 10:00-11:15 Arts & Crafts ~Spiced Mason Jar Candles 10:15 Thumb Ball! Game <b>11:30-12:00 Lunch Break</b> 12:00-1:30 Penny BINGO & Hot Chocolate Social

# January

York County

Monday	Tuesday	Wednesday	Thursday	Friday
		<p><b>Center Closed</b></p> 	<p>1 Baked Cod 1/2c Macaroni &amp; Cheese 1/2c Stewed Tomatoes 1 Wheat Bread Seasonal Fresh Fruit</p>	<p>Taco Salad (3oz Taco Meat, .5oz Cheddar, Lettuce, Tomato, Salsa) Tortilla Chips 1c Tortilla Soup 1/2c Pineapple</p>
<p>4oz Sloppy Joe 1/2c Roasted Sweet Potatoes 1/2c Green Beans 1 White Hamburger Bun Fresh Fruit</p>	<p>3oz Chicken Breast w/ 2oz Gravy 1/2c Whipped Potatoes 1/2c Corn 1 Biscuit 1/2c Peaches</p>	<p>Turkey Chef Salad (2oz Turkey, Egg, Cheddar, over 1c Mixed Greens w/ Tomato) 1c Vegetable Soup 1 Dinner Roll 1/2c Gelatin</p>	<p>1c Stuffed Pepper Casserole 1c Tossed Salad 1/2c Peas &amp; Carrots 1 White Bread 1/2c Pudding</p>	<p>3oz Chicken Alfredo (2oz Sauce) 1/2c Noodles 1c Tossed Salad 1 Garlic Breadstick 1/2c. Warm Apple Cranberry Crisp</p>
<p>3 Baked Meatloaf w/ 2oz Gravy Baked Potato w/ Margarine 1/2c Beets 1 White Bread Seasonal Fresh Fruit</p>	<p>Chicken Bacon Carbonara (3oz Chicken, 1/2oz Bacon) 1/2c Pasta 1/2c California Blend Vegetables 1 Breadstick 1/2c Mandarin Oranges</p> 	<p>3oz Pot Roast w/ 2oz Gravy 1/2c Mashed Potatoes 1/2c Mixed Vegetables Wheat Bread 1/2c Fruit Crisp</p>	<p>Baked Ravioli (6) w/ 2oz Tomato Cream Sauce 1c Tossed Salad 1/2c Mandarin Oranges 1 Italian Bread</p>	<p>3oz Sliced Ham 1/2c Orange Blossom Sweet Potatoes 1/2c Peas &amp; Carrots 1 Dinner Roll 1 Cookie</p>
<p>Center is Closed for Martin Luther King Jr. Day</p>	<p>Tuna Salad Sandwich (4oz) 1c Cream of Broccoli Soup 1/2c Coleslaw 2 Wheat Bread Fresh Fruit</p>	<p>1 BBQ Pork Ribette 1/2c Hashbrown Cubes 1/2c Green Beans 1 White Sandwich Bun 1/2c Pineapple Delight</p> 	<p>3oz Open Faced Turkey Sandwich w/ 2oz Gravy 1/2c Whipped Potatoes w/ Chives 1/2c Sweet Corn 1 White Bread 1 Cookie</p>	<p>Italian Burger (1T Peppers, Onions, White Cheese) 1c Creamy Potato Soup 1 Hamburger Roll Fruit Crisp</p>
<p>Burgundy Glazed Meatballs (4) 1/2c Rice 1/2c Carrots 1 Italian Breadstick 1/2c Mandarin Oranges</p>	<p>Vegetable Lasagna 1c Tossed Salad 1 Breadstick 1/2c Pineapple 1 Cookie</p>	<p>Grilled Chicken Salad (2oz Chicken, Cheddar, HB Egg over 1c Mixed Greens) 1c Cream of Broccoli Soup 1 Dinner Roll 1/2c Fruited Gelatin</p>	<p>3oz Swiss Steak w/ Gravy 1/2c Buttered Noodles 1/2c Spinach 1 Dinner Roll Fresh Fruit</p>	<p>3oz Open Faced Roast Beef w/ 2oz Gravy 1/2c Mashed Potatoes 1/2c Mixed Vegetables 1 White Bread 1/2c Pudding</p> <p><i>*menu subject to change</i></p>