


January 2023

Happy New Year

Monday	Tuesday	Wednesday	Thursday	Friday
2 CLOSED	3 10-11 Art 4 Me 10:30-11:30 Dancing w/ Nancy 12:30-1:15 George Dillman Fraud Bingo	4 10-12 BINGO 11-12 Silver Sneakers 1-3:30 Quilting 12:30-1:15 New Year Resolutions	5 10-11 Tai Chi Movie and Snack	6 10-12 BINGO 10:30-11:30 Chair Aerobics 12:30-1:15 Talent Show
9 10-12 BINGO 10-11 Full Body Pump 10-11 Art 4 Me 11-12 Tai Chi	10 10-11 Art 4 Me 10:30-11:30 Dancing w/ Nancy	11 10-12 BINGO 11-12 Silver Sneakers 12:30-1:15 Olivia from Sunrise 1-3:30 Quilting	12 10-11 Tai Chi Movie and Snack 11-12 Garden & Habitat	13 10-12 BINGO 10:30-11:30 Chair Aerobics
16 10-12 BINGO 10-11 Full Body Pump 10-11 Art 4 Me 11-12 Tai Chi 12:30-1:15 Germantown Academy	17 10-11 Art 4 Me 10:30-11:30 Dancing w/ Nancy	18 10-12 BINGO 11-12 Silver Sneakers 12:30-1:15 Accordion with Henry 1-3:30 Quilting	19 10-11 Tai Chi Movie and Snack	20 10-12 BINGO 10:30-11:30 Chair Aerobics 11-12 Gardens & Habitat
23 10-12 BINGO 10-12 Blood Pressure 10-11 Full Body Pump 10-11 Art 4 Me 11-12 Tai Chi	24 10-11 Art 4 Me 10:30-11:30 Dancing w/ Nancy 12:30-1:15 Growth Forum	25 10-12 BINGO 11-12 Silver Sneakers 1-3:30 Quilting	26 10-11 Tai Chi Movie and Snack 11-12 Gardens & Habitat	27 10-12 Law Clinic 10-12 BINGO 10:30-11:30 Chair Aerobics
30 10-12 BINGO 10-11 Full Body Pump 10-11 Art 4 Me 11-12 Tai Chi	31 10-11 Art 4 Me 10:30-11:30 Dancing w/ Nancy 12:30-1:15 Growth Forum			

January 2023 Congregate Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
2 CHICKEN W/ ROASTED RED PEPPER SAUCE ORZO PASTA ITALIAN VEGETABLES	3 PULLED BBQ PORK BROWN RICE MIXED VEGETABLES FRUIT COBBLER	4 CHICKEN PARMESAN PENNE PASTA GREEN BEANS	5 MANICOTTI W/ TOMATOES & BASIL STEAMED CARROTS BROCCOLI	6 POLLOCK FLORENTINE COUS COUS BRUSSEL SPROUTS & WAX BEANS
9 EGGPLANT PARMESAN CANNOLI BEANS W/PESTO GREEN BEANS	10 TURKEY THYME RISOTTO BRUSSEL SPROUTS STEAMED CARROTS	11 BEEF STROGANOFF EGG NOODLES MIXED VEGETABLES APPLESAUCE	12 CHICKEN ALFREDO CARROTS POACHED PEARS	13 CHICKEN PAN PIE GREEN BEANS APPLESAUCE
16 GENERAL TSO CHICKEN EGGROLL FRIED RICE & BROCCOLI	17 BAKED MACARONI & CHEESE STEWED TOMATOES GREEN BEANS	18 SALMON PATTY PARSLEY POTATOES VEGETABLE BLEND	19 VEGETABLE LASAGNA ROASTED POTATOES ITALIAN VEGETABLES	20 THAI BEEF W/RICE VEGGIE DUMPLING PACIFIC VEGGIE BLEND
23 ROAST PORK SAURKRAUT & APPLES SWEET POTATOES MIXED VEGETABLES	24 BEEF NACHOS REFRIED BEANS ROASTED VEGGIES CHIPS & SALSA	25 CHICKEN TENDERS BAKED BEANS GREEN BEANS	26 SALISBURY STEAK MASHED POTATOES STEAMED PEAS	27 TURKEY CHILI CORN BREAD ROASTED VEGETABLES
30 SWEET & SOUR TURKEY MEATBALLS RICE PILAF BROCCOLI	31 CHICKEN FRIED STEAK MASHED POTATOES MIXED VEGETABLES			