

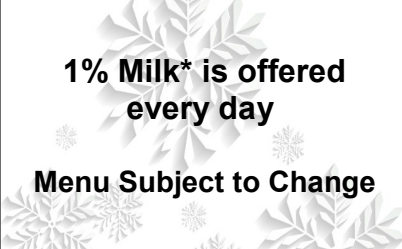


January 2019 Activities

	Tuesday, January 1	Wednesday, January 2	Thursday, January 3	Friday, January 4
	The Center is closed. MOW will NOT be delivered	9:00 Walkercise 10:00 Quilting 12:30 LUNCH 1:00 Pinochle	10:00 WOW 11:00 Tai Chi 12:30 BP/Health Checks 12:30 LUNCH 1:00 Canasta 1:00 American Mahjong	12:30 LUNCH 1:00 Mexican Train Dominos
Monday, January 7 9:00 Walkercise 9:30 Hatha Yoga 12:30 LUNCH 6pm 1st Monday Dinner at Pennsburg U.C.C. and The Center	Tuesday, January 8 10:00 WOW 11:00 Tai Chi 12:30 LUNCH 1:00 Woman's Club - Bridge 1:00 Chinese Mahjong	Wednesday, January 9 9:00 Walkercise 9:30 Yoga 10:00 Quilting 12:30 LUNCH 1:00 Pinochle	Thursday, January 10 10:00 WOW 11:00 Tai Chi 11:45 Diner's Club 12:30 BP/Health Checks 12:30 LUNCH	Friday, January 11 12:30 LUNCH 1:00 Mexican Train Dominos
Monday, January 14 9:00 Walkercise 9:00 Bible Study 12:30 LUNCH	Tuesday, January 15 10:00 WOW 11:00 Tai Chi 12:30 LUNCH 1:00 Woman's Club - Country Cards 1:00 Chinese Mahjong	Wednesday, January 16 9:00 Walkercise 9:30 Yoga 10:00 Quilting 12:30 LUNCH 1:00 Pinochle	Thursday, January 17 10:00 WOW 11:00 Tai Chi 12:30 BP/Health Checks 12:30 LUNCH 1:00 Canasta 1:00 American Mahjong 1:00 Book Club	Friday, January 18 12:30 LUNCH 1:00 Mexican Train Dominos 1:00 Nutrition Program with Terri Wassel
Monday, January 21 The Center is closed. MOW will NOT be delivered	Tuesday, January 22 10:00 WOW 11:00 Tai Chi 12:30 LUNCH 1:00 Chinese Mahjong	Wednesday, January 23 9:00 Walkercise 10:00 Quilting 12:30 LUNCH 1:00 Pinochle	Thursday, January 24 10:00 WOW 11:00 Tai Chi 12:00 BP/Health Checks 12:30 LUNCH 1:00 Canasta 1:00 American Mahjong	Friday, January 25 12:30 LUNCH 1:00 Mexican Train Dominos
Monday, January 28 9:00 Walkercise 9:00 Bible Study 12:30 LUNCH—Chocolate Cake Day 1:00 Country Cards	Tuesday, January 29 10:00 WOW 11:00 Tai Chi 12:30 LUNCH 1:00 Chinese Mahjong	Wednesday, January 30 9:00 Walkercise 10:00 Quilting 12:30 LUNCH 1:00 Pinochle	Thursday, January 31 10:00 WOW 11:00 Tai Chi 12:00 BP/Health Checks 12:30 LUNCH 1:00 Canasta 1:00 American Mahjong	

	Tuesday, January 1	Wednesday, January 2	New Year's Meal	Friday, January 4
	The Center is closed. No MOW delivery		PEPPER STEAK Oriental blend (broccoli, snow Peas, red peppers) Brown rice WW bread Pears	ROAST PORK LOIN Rosemary Red Bliss Potatoes French Green Beans Dinner Roll Chocolate Mousse Apple Juice
Monday, January 7	Tuesday, January 8	Wednesday, January 9	Thursday, January 10	Friday, January 11
CHICKEN MARSALA Red skinned potatoes Green beans almandine WW roll Berry applesauce Orange juice	SLOPPY JOES Carrots and broccoli Wax beans WW hamburger roll Chocolate chip cookie	VEGETABLE OMELET W/ AMERICAN CHEESE Cran-apple compote Hash browns Rye bread Fresh pear	ROTINI W/ MEATBALLS Cauliflower WW bread Peaches	BAKED FISH SANDWICH Lemon herb brown rice Hamburger roll Pineapples
Monday, January 14	Tuesday, January 15	Wednesday, January 16	Thursday, January 17	Friday, January 18
PIZZA BURGER Unseasoned potato wedges Carrots w/ spinach Hamburger roll Mandarin oranges	GARLIC CHICKEN Fried brown rice Sesame green beans WW roll Fresh orange	SLICED BEEF MERLOT Whipped sweet potatoes Roasted beets WW bread Cinnamon applesauce Grape juice	BAKED CHICKEN W/ LIGHT POULET SAUCE Traditional stuffing Carrots, snap peas, broccoli and craisins WW roll Fruit cocktail	BUTTER CRUMB FISH Butter parsley potatoes Ratatouille (eggplant, peppers, chopped tomatoes) WW roll Banana muffin
Monday, January 21	Tuesday, January 22	Wednesday, January 23	Thursday, January 24	Friday, January 25
The Center is closed. No MOW delivery	ROASTED CHICKEN W/ GARLIC THYME PAN SAUCE Carrots Kale spinach and white beans WW bread Lemon muffin	SLICED HOT ROAST BEEF Mix vegetables (corn, carrot, peas) Club roll Mandarin oranges	CREAMY CHICKEN W/ VEGETABLES Wide noodles Brussels sprouts Rye bread Fruit cocktail	BAKED FISH W/ TOMATO OLIVES & CAPERS Wax bean, green bean Orzo w/ peppers WW roll Applesauce
Monday, January 28	Tuesday, January 29	Wednesday, January 30	Thursday, January 31	NOTES
TORTELLINIS W/ MINI MEATBALLS Zucchini, carrots and yellow Squash Warm cinnamon apples Fresh orange	BBQ CHICKEN Green beans Seasoned potato cubes Whole wheat roll Applesauce	PEPPER STEAK Oriental blend (broccoli, snow Peas, red peppers) Brown rice WW bread Pears	ROSEMARY ROASTED TURKEY W/ LIGHT TURKEY GRAVY Brussel sprouts Corn bread stuffing WW roll Peaches	 <p>1% Milk* is offered every day</p> <p>Menu Subject to Change</p>