










# February 2023 Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1</b> 9:00 Brain/Board Games 9:15 Strength Training for Seniors 10:00 Music Therapy Art Res. 11:00 Qigong 11:00 Bean Bag Toss <b>12:00 Lunch</b> 12:30 Get~n~Step	<b>2</b> 9:00 Brain/Board Games 9:30 Stix & Tones 10:15 Protect Your Heart Documentary Video 11:00 Basic Steps Line Dance <b>12:00 Lunch</b> 12:30 Line Dancing 12:30 Wii/Games 	<b>3 National Wear Red Day!</b> 9:00 Brain/Board Games 9:15 Feel The Beat 10:15 BSC Class 11:00 Creating Your Life Story <b>12:00 Lunch</b> 12:30 Penny BINGO
<b>6</b> 9:00 Brain/Board Games 9:15 Strength Training for Seniors 10:15 Blood Pressure Checks 10:45 Penny BINGO <b>12:00 Lunch</b> 12:30 “Indescribable” Video	<b>7</b> 9:00 Brain/Board Games 9:30 Independent Arts & Craft ~ Watercolors 10:00 Movie: Grease 11:00 Basic Steps Line Dance 11:15 Stix & Tones <b>12:00 Lunch</b> 12:30 Line Dancing 12:30 Wii/Games 	<b>8</b> 9:00 Brain/Board Games 9:15 Strength Training for Seniors 10:00 Bible Study 10:00 Music Therapy Art Res. 11:00 Qigong 11:00 Mocktails <b>12:00 Lunch</b> 12:30 100-mile Challenge Party	<b>9</b> 9:00 Brain/Board Games 9:30 Stix & Tones 10:15 Nail Art 11:00 “Working w/ the DOBS” 11:00 Basic Steps Line Dance <b>12:00 Lunch</b> 12:30 Line Dancing 12:30 Wii/Games	<b>10</b> 9:00 Brain/Board Games 9:15 Feel The Beat 9:45 Independent Arts & Craft ~ Misc. Art 10:30 Gentle/Seated Yoga 11:00 Super Bowl Games/Trivia <b>12:00 Lunch</b> 12:30 Penny BINGO
<b>13</b> 9:00 Brain/Board Games 9:15 Strength Training for Seniors 10:00 Chocolate Fondue with Fitz Farm 10:15 Name that Candy 10:45 Candy Bar BINGO <b>12:00 Lunch</b> 12:30 DIY Hamster Toys	<b>14</b> 9:00 Brain/Board Games 9:30 Arts & Craft ~ Bird Houses 10:00 Tech Tuesday w/ Garrett 10:30 Conversation Hearts Game 11:00 Basic Steps Line Dance 11:15 Stix & Tones <b>12:00 Lunch</b> 12:30 Line Dancing 12:30 Wii/Games 	<b>15</b> 9:00 Brain/Board Games 9:15 Strength Training for Seniors 10:00 Music Therapy Art Res. 11:00 Qigong 11:00 Bean Bag Toss <b>12:00 Lunch</b> 12:30 Get~n~Step	<b>16</b> 9:00 Brain/Board Games 9:30 Stix & Tones 10:15 Now You Have It... 11:00 “The Evolution of Senior Care in the United States” w/ Jill Kaylor 11:00 Basic Steps Line Dance <b>12:00 Lunch</b> 12:30 Line Dancing 12:30 Wii/Games 	<b>17</b> 9:00 Brain/Board Games 9:15 Feel The Beat 10:00 Creating your Life Story Continued... 10:15 BSC Class 10:45 Armchair Travelers <b>12:00 Lunch</b> 12:30 Penny BINGO
<b>Center Closed President's Day</b> 	<b>21</b> 9:00 Brain/Board Games 9:30 Independent Arts & Craft ~ Oil Pastels 9:30 Socrates Café 10:45 Brain Fitness Series 6 ~ Brain Frontier 11:00 Basic Steps Line Dance 11:15 Stix & Tones <b>12:00 Lunch</b> 12:30 Line Dancing 12:30 Wii/Games	<b>22</b> 9:00 Brain/Board Games 9:15 Strength Training for Seniors 10:00 Bible Study 10:00 Music Therapy Art Res. 11:00 Qigong 11:00 Scrabble <b>11:00 Lunch</b> 12:30 Get~n~Step	<b>23</b> 9:00 Brain/Board Games 9:30 Stix & Tones 10:15 Essential Oils 101 11:00 Basic Steps Line Dance <b>12:00 Lunch</b> 12:30 Line Dancing 12:30 Wii/Games 	<b>24</b> 9:00 Brain/Board Games 9:15 Feel The Beat 9:45 Independent Arts & Craft ~ Misc. Art 10:30 Gentle/Seated Yoga 11:00 Golden Angels - Cards <b>12:00 Lunch</b> 12:30 Penny BINGO
<b>27</b> 9:00 Brain/Board Games 9:15 Strength Training for Seniors 10:15 Blood Pressure Checks 10:45 Quarter BINGO <b>12:00 Lunch</b> 12:30 DIY Hamster Toys 	<b>28</b> 9:00 Brain/Board Games 9:30 Arts & Craft ~ Dream Catchers 10:30 Rummy (Cards) 11:00 Basic Steps Line Dance <b>12:00 Lunch</b> 12:30 Line Dancing 12:30 Wii/Games			

## February 2023 Congregate Meal Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		February 1 <b>Groundhog Day!!</b> Burgundy Glazed Meatballs (4) 1/2c Rice 1/2c Roasted Brussel Sprouts 1 Italian Breadstick 1/2c Mandarin Oranges	February 2 Hawaiian Pork Loin 1/2c Buttered Noodles 1/2c Island Blend Vegetables Fresh Seasonal Fruit Cookie	February 3 Roast Beef w/ Gravy 1/2c Mashed Potatoes 1/2c Mixed Vegetables 1 White Bread 1/2c Pudding
February 6 Western Omelet w/ Ham, Peppers, Onions, Cheese 1 Sausage Patty 1/2c Breakfast Potatoes 1 English Muffin w/ Jelly 4oz Apple Juice	February 7 BBQ Chicken Breast 1/2c. Brown Rice 1/2c. Coleslaw Wheat Bread <b>BIRTHDAY CAKE!</b>	February 8 Pot Roast w/ Gravy 1/2c Mashed Potatoes 1/2c Coin Carrots Italian Bread Cookie	February 9 Penne & Meatballs (4) 3/4c Pasta w/ Marinara 1c Tossed Salad w/ Tomato 1 Garlic Breadstick 1/2c Mixed Fruit Salad	February 10 Creamy Parmesan Pork Chop 1/2c Diced Redskin Potatoes 1/2c Green Beans 1 Dinner Roll 1/2c Pineapple Tidbits Cookie
February 13 Chicken Marsala w/ 2oz Sauce 1/2c Rice Pilaf 1/2c Corn Wheat Bread Fresh Fruit	February 14 <b>Happy Valentine's Day!!</b> Chicken Rosa Baked Potato w/ Sour Cream Sweet Peas & Onions Dinner Roll Strawberry Fluff	February 15 Stadium Hot Dog 1/2c Cheesy Potatoes 1 Hot Dog Roll 1/2c Pineapple & Mandarin Oranges	February 16 Salisbury Steak w/ Gravy Baked Potato w/ Margarine 1/2c Mixed Vegetables 1 Wheat Bread 1/2c Gelatin	February 17 Chicken Stew- 1c. 1/2c. Pepper Slaw Whole Grain Buttermilk Biscuit 1/2c. Warm Peaches
February 20 <b>President's Day!!</b> CENTERS CLOSED	February 21 Swedish Meatballs (4) w/ Gravy 1/2c Buttered Noodles 1/2c Peas 1 Dinner Roll Seasonal Fresh Fruit	February 22 Baked Pollock 1/2c Macaroni & Cheese 1/2c Stewed Tomatoes 1 Wheat Bread Seasonal Fresh Fruit	February 23 Roasted Pork w/ Apples 1/2c Whipped Potatoes w/ Chives 1/2c Mixed Vegetables 1 Mini Biscuit w/ Apple Butter Cookie	February 24 Tuna Salad Sandwich w/ Lettuce & Tomato 1/2c Potato Salad 1/2c Beets 2 Wheat Bread 1/2c Sliced Peaches
February 27 Sweet & Sour Pork 1/2c. Rice 1/2c Peas 1 Dinner Roll Fresh Fruit	February 28 Breaded Chicken Patty 1/2c Whipped Potatoes 1/2c Corn 1 Biscuit 1/2c Peaches			

\*\*\* All meals are subject to change \*\*\*

\*\*\* Served daily: Milk and Margarine