









# January 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> <b>Center Closed</b> <i>Happy New year</i>	<b>2</b> 9:00 Brain/Board Games 9:45 Stix & Tones 10:15 Dominoes 10:30 Basic Steps Line Dance <b>11:30 Lunch</b> 12:00 Line Dancing 12:30 Wii/Games	<b>3</b> 9:00 Brain/Board Games 9:15 Strength Training w/ Amanda 10:30 Family Feud <b>11:30 Lunch</b> 12:00 Golden Angels 12:00 Qigong	<b>4</b> 9:00 Brain/Board Games 9:45 Stix & Tones 10:15 Indoor Bowling 10:30 Basic Steps Line Dance <b>11:30 Lunch</b> 12:00 Line Dancing 12:15 Get N' Step	<b>5</b> 9:00 Brain/Board Games 9:15 Feel the Beat Class 9:30 Altered Books ~ Winter Wonderland 10:15 Yahtzee <b>11:30 Lunch</b> 12:00 Penny BINGO
<b>8</b> 9:00 Brain/Board Games 9:15 Strength Training 9:30 Blood Pressure Checks 10:30 Family Feud <b>11:30 Lunch</b> 12:00 Penny BINGO	<b>9</b> 9:00 Brain/Board Games 9:45 Stix & Tones 10:15 Reverse Mortgages w/ George Dillman 10:30 Basic Steps Line Dance <b>11:30 Lunch</b> 12:00 Line Dancing 12:30 Giant Bowling	<b>10</b> 9:00 Brain/Board Games 9:15 Agility Training w/ Jean 10:15 Bible Study 10:15 Arts & Crafts w/ Kam ~Soda Can Snowman <b>11:30 Lunch</b> 12:00 Hope Squad 12:00 Qigong	<b>11</b> 9:00 Brain/Board Games 9:30 Stix & Tones 10:15 "Laughter is the best medicine"~ Jill Kaylor 10:30 Basic Steps Line Dance <b>11:30 Lunch</b> 12:00 Line Dancing 12:15 Get N' Step	<b>12</b> 9:00 Brain/Board Games 9:30 Arts & Crafts w/ Amanda ~Snowboarding Smores 10:15 Gentle Seated Yoga 10:30 Price is Right <b>11:30 Lunch</b> 12:00 Penny BINGO
<b>15</b> <b>Center Closed</b> <i>Martin Luther King Jr. Day</i>	<b>16</b> 9:00 Brain/Board Games 9:45 Stix & Tones 10:00 Tech Tuesday 10:15 Mountaineer ~Damien Scott 11:00 Basic Steps Line Dance <b>11:30 Lunch</b> 12:00 Line Dancing 12:00 Wii/Games	<b>17</b> 9:00 Brain/Board Games 9:15 Strength Training w/ Amanda 9:30 Winter Coloring Contest 10:30 Cornhole <b>11:30 Lunch</b> 12:00 Golden Angels 12:00 Qigong	<b>18</b> 9:00 Brain/Board Games 9:45 Stix & Tones 10:15 Now You Have It 10:30 Basic Steps Line Dance <b>11:30 Lunch</b> 12:00 Line Dancing 12:15 Get N' Step	<b>19</b> 9:00 Brain/Board Games 9:15 Feel the Beat Class 9:30 Altered Books ~New Year New Me 10:30 Nails w/ Kam & Amanda <b>11:30 Lunch</b> 12:00 Penny BINGO
<b>22</b> 9:00 Brain/Board Games 9:15 Strength Training 9:30 Blood Pressure Checks 10:15 Grocery Game 10:30 Garden Club <b>11:30 Lunch</b> 12:00 Penny BINGO	<b>23</b> 9:00 Brain/Board Games 9:45 Stix & Tones 10:15 Seeing Eye Puppies Club 10:30 Basic Steps Line Dance <b>11:30 Lunch</b> 12:00 Line Dancing 12:00 Wii/Games	<b>24</b> 9:00 Brain/Board Games 9:15 Strength Training w/ Amanda 10:15 Bible Study 10:15 Hope Squad SNOW DAY! <b>11:30 Lunch</b> 12:00 Hope Squad 12:00 Qigong	<b>25</b> 9:00 Brain/Board Games 9:30 Stix & Tones 10:15 "Pursuit of Happiness" ~Bella Bergey 10:30 Basic Steps Line Dance <b>11:30 Lunch</b> 12:00 Line Dancing 12:15 Get N' Step	<b>26</b> 9:00 Brain/Board Games 9:30 Arts & Crafts w/ Amanda ~ Winter Picture Frames 10:15 Cards w/ Kam 10:15 Gentle Seated Yoga <b>11:30 Lunch</b> 12:00 Penny BINGO
<b>29</b> 9:00 Brain/Board Games 9:15 Strength Training 9:30 Cornhole 10:30 Blank Slate Game <b>11:30 Lunch</b> 12:00 Quarter BINGO	<b>30</b> 9:00 Brain/Board Games 9:45 Stix & Tones 10:15 Snowball Tennis 10:30 Basic Steps Line Dance <b>11:30 Lunch</b> 12:00 Line Dancing 12:00 Wii/Games	<b>31</b> 9:00 Brain /Board Games 9:15 Agility Training w/ Jean 9:30 Socrates Cafe 10:15 Price Is Right Game <b>11:30 Lunch</b> 12:00 Arts & Crafts w/ Kam ~Paintbrush Gnomes 12:00 Qigong		

# January

York County

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Happy New Years!</b> 	<b>Philly Cheeseburger</b> w/ Provolone, Peppers, & Onions 1/2c Potato Salad Sandwich Roll Fresh Seasonal Fruit 	<b>Balsamic Glazed Chicken w/</b> Tomatoes & Mozzarella Cheese 1/2c Penne Pasta 1/2c Green Beans 1 Dinner Roll 1/2c Fruited Gelatin 	<b>Cabbage Casserole</b> w/ 2oz Sauce 1c Tossed Salad 1/2c Carrots 1 White Bread Seasonal Fresh Fruit	<b>Baked Pollock</b> 1/2c Macaroni & Cheese 1/2c Spinach 1 Wheat Bread 1/2c Mandarin Oranges
<b>Swedish Meatballs (4)</b> 1/2c. Rice 1/2c Peas 1 Wheat Bread 1/2c Apple Crisp	<b>Cheese Omelet</b> w/ Ham, Peppers, Onions 1 Sausage Patty 1/2c Breakfast Potatoes 1 English Muffin w/ Jelly 4oz Apple Juice 	<b>Lemon Dijon Pork Loin</b> 1/2c Buttered Pasta 1/2c Mixed Vegetables 1 Wheat Bread 1/2c Pineapple Tidbits	<b>Baked Crab Cakes</b> 1/2c Cheesy Potatoes 1/2c Peas 1 Dinner Roll 1/2c Cottage Cheese & Peaches	<b>Mango BBQ Chicken Breast</b> 1/2c. Brown Rice 1/2c. Carrots Wheat Bread Fresh Orange
<b>Martin Luther King Day!</b> BBQ Pulled Pork 1/2c Creamy Coleslaw 1/2c Green Beans 1 Sandwich Roll Seasonal Fresh Fruit	<b>Pasta &amp; Meatballs (4)</b> 1/2c Pasta w/ Marinara 1c Tossed Salad w/ Tomato 1 Garlic Breadstick 1/2c Mixed Fruit Salad 	<b>1c Chili</b> 1oz Shredded Cheddar Cheese 1/2c Peas Cornbread Fresh Fruit	<b>Creamy Chicken Salad Sandwich</b> Lettuce & Tomato 1c Cream of Broccoli Soup 2 Whole Wheat Bread 1/2c Cinnamon Applesauce	<b>Pepper Steak</b> w/ Onions & Peppers 1/2c Whipped Potatoes 1/2c Diced Carrots 1 Wheat Bread 1/2c Blushed Pears
<b>Winter Beef Stew</b> 1/2c Mixed Vegetables Cornbread 1/2c Sliced Apples	<b>Chicken Cobb Salad</b> (Diced Chicken, Egg, Bacon Bits, Cheddar, over 1c. Mixed Greens 1/2c. Diced Beets 1 Dinner Roll 1/2c Mixed Fruit	<b>Sweet &amp; Sour Meatballs</b> 1/2c. Rice 1/2c Peas 1 Wheat Bread Seasonal Fresh Fruit	<b>Stuffed Pepper Casserole</b> 1c Tossed Salad 1/2c Coin Carrots 1 White Bread 1/2c Pudding 	<b>Honey Rosemary Chicken</b> 1/2c Buttered Noodles 1/2c Green Beans 1 Dinner Roll 1/2c Peaches
<b>Burgundy Glazed Meatballs (4)</b> 1/2c Rice 1/2c Mixed Vegetables 1 Wheat Bread 1/2c Pears	<b>Baked Meatloaf w/ Gravy</b> Baked Potato w/ Margarine 1/2c Peas 1 White Bread Seasonal Fresh Fruit	<b>Grilled Chicken Salad</b> (2oz Chicken, 1oz Cheddar, over 1c Mixed Greens w/ Tomato) 1c Vegetable Soup 1 Dinner Roll 1/2c Gelatin	 <i>*menu subject to change based on availability</i>	