

# January 2012

Mon	Tue	Wed	Thu	Fri
<p><b>2</b></p> <p>9 Family and Child Health Plus 10 Senior swim 10 Line dancing 12 <b>American Goulash</b></p>	<p><b>3</b></p> <p>10 Osteobusters Exercise 12 <b>Oven Fried Chicken</b> 1 Silvertops rehearsal 5 <b>Pot Roast</b></p>	<p><b>4</b></p> <p>10 In between bridge 10 Senior swim 12 <b>Pot Roast</b> 2 Communion service 3 Veggie Mobile</p>	<p><b>5</b></p> <p>9-6 Christmas Fair 12 <b>Hot Turkey Sandwich</b> 12:30 Ceramics 5 <b>Spaghetti w/Meat Sauce</b></p>	<p><b>6</b></p> <p>9-2 Christmas Fair 10 Senior swim 12 <b>Oven Fried Fish</b> 1 Osteobusters Exercise</p>
<p><b>9</b></p> <p>9 Family and Child Health Plus 10 Senior swim 10 Line dancing 12 <b>Roast Pork</b></p>	<p><b>10</b></p> <p>10 Osteobusters Exercise 10:30 Hearing clinic by appt. 12 <b>Shepards Pie</b> 1 Silvertops rehearsal 5 <b>Meatloaf w/Gravy</b> 6:30 Spanish Language Learning Meet-up Group</p>	<p><b>11</b></p> <p>9 Medicare Assistance 10 In between bridge 10 Senior swim 12 <b>Meatloaf</b> 2 Communion service 3 Veggie Mobile</p>	<p><b>12</b></p> <p>9:30 Mah-Jongg 12 <b>Honey Crusted Chicken</b> 12:30 Ceramics 5 <b>Roast Fresh Ham</b> 5:30 Diner's only BINGO</p>	<p><b>13</b></p> <p>9:30 Food Stamps assistance 10 Senior swim 12 <b>Cheese and Spinach Quiche</b> 12:30 Advanced bridge 1 Osteobusters Exercise</p>
<p><b>16</b></p> <p><b>Martin Luther King Jr. Day Center Closed</b></p>	<p><b>17</b></p> <p>10 Osteobusters Exercise 10 Legal Aide by appt. 12 <b>Chicken and Biscuit</b> 1 Silvertops rehearsal 5 <b>Roast Turkey</b></p>	<p><b>18</b></p> <p>10 In between bridge 10 Senior swim 12 <b>Stuffed Pork Roast</b> 12-3 EPIC drug plan speaker 2 Communion service 3 Veggie Mobile</p>	<p><b>19</b></p> <p>9:30 Mah-Jongg 12 <b>Spanish Rice w/Beef</b> 12:30 Ceramics 5 <b>Vegetable Lasagna</b></p>	<p><b>20</b></p> <p>10 Senior swim 12 <b>Baked Tilapia</b> 12:30 Advanced bridge 1 Osteobusters Exercise</p>
<p><b>23</b></p> <p>9 Family and Child Health Plus 10 Senior swim 10 Line dancing 12 <b>Chili</b></p>	<p><b>24</b></p> <p>10 Osteobusters Exercise 12 <b>Chicken Patty</b> 1 Silvertops rehearsal 5 <b>Roast Chicken</b></p>	<p><b>25</b></p> <p>10 In between bridge 10 Senior swim 10:30 Membership meeting 12 <b>Beef stew</b> 2 Communion service 3 Veggie Mobile</p>	<p><b>26</b></p> <p>9:30 Mah-Jongg 12 <b>Lemon Pepper Chicken</b> 12:30 Ceramics 5 <b>Chicken and Biscuits</b> 5:30 Diner's only BINGO 6:30 Spanish Language Learning Meet-up Group</p>	<p><b>27</b></p> <p>10 Senior swim 12 <b>Macaroni and Cheese</b> 12:30 Advanced bridge 1 Osteobusters Exercise</p>
<p><b>30</b></p> <p>9 Family and Child Health Plus 10 Senior swim 10 Line dancing 12 <b>American Goulash</b></p>	<p><b>31</b></p> <p>10 Osteobusters Exercise 12 <b>Oven Fried Chicken</b> 1 Silvertops rehearsal 5 <b>Pot Roast</b></p>			