









Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>1</b></p> <p><b><u>CENTER CLOSED</u></b>  <b><u>HAPPY NEW YEAR</u></b></p> 	<p><b>2 Meat Lover's Baked Ziti</b>  <b>8:30</b> Hot Breakfast &amp; Music- Classical  <b>9:30</b> Current Events  <b>11:00</b> Exercise  <b>11:30</b> Lecture- What's So Special About January  <b>1:00</b> Target Game</p>	<p><b>3 Teriyaki Chicken Quarter</b>  <b>8:30</b> Hot Breakfast &amp; Music- Disney  <b>9:30</b> Current Events  <b>11:00</b> Exercise  <b>11:30</b> Discussion- Betsy Ross  <b>12:00</b> Lunch  <b>1:00</b> BINGO</p>	<p><b>4 Beef Stew w/ Carrots &amp; Potatoes</b>  <b>8:30</b> Continental Breakfast &amp; Music- Broadway Hits  <b>9:30</b> Current Events</p> <p>-----</p> <p><b>Monthly Birthday Party</b></p> <p>-----</p> <p><b>1:00</b> Coloring Mandalas</p> 	<p><b>5 Broiled Salmon w/ Lemon, Butter &amp; Dill</b>  <b>8:30</b> Continental Breakfast &amp; Music- Frank Sinatra  <b>9:30</b> Current Events  <b>11:00</b> Exercise  <b>11:30</b> Lecture- Alaska  <b>12:00</b> Lunch  <b>1:00</b> Music</p> 
<p><b>8 Hungarian Goulash</b>  <b>Word of The Week "Snow"</b>  <b>8:30</b> Continental Breakfast &amp; Music- Broadway Hits  <b>9:30</b> Current Events  <b>11:30</b> Discussion- Peanuts Cartoon  <b>1:00</b> Penguin Craft</p>	<p><b>9 Chicken Marsala</b>  <b>8:30</b> Continental Breakfast &amp; Music- Country  <b>9:30</b> Current Events  <b>11:00</b> Exercise  <b>11:30</b> Discussion- Elvis Presley  <b>12:00</b> Lunch  <b>1:00</b> Scattagories</p>	<p><b>10 Apple Roasted Pork</b>  <b>8:30</b> Continental Breakfast &amp; Music- Michael Buble  <b>9:30</b> Current Events  <b>11:00</b> Exercise  <b>11:30</b> Lecture- Golden Gate Bridge  <b>12:00</b> Lunch  <b>1:00</b> Shuffleboard</p> 	<p><b>11 Macaroni, Tomato &amp; Beef Casserole</b>  <b>8:30</b> Hot Breakfast &amp; Music- Classical  <b>9:30</b> Current Events  <b>11:00</b> Exercise  <b>11:30</b> Lecture- Roy Rogers  <b>1:00</b> Snow Girls Day Craft</p>	<p><b>12 Beer Battered Cod w/ Tartar</b>  <b>8:30</b> Hot Breakfast &amp; Music- 1950's  <b>9:30</b> Current Events  <b>11:00</b> Exercise  <b>11:30</b> Discussion- Bald Eagle National Symbol  <b>12:00</b> Lunch  <b>1:00</b> Music</p> 
<p><b>15</b></p> <p><b>CENTER CLOSED</b></p>  <p><b>IN RECOGNITION OF MARTIN LUTHER KING DAY</b></p>	<p><b>16 Beer Battered Cod w/ Tartar</b>  <b>8:30</b> Hot Breakfast &amp; Music- Country  <b>9:30</b> Current Events  <b>11:00</b> Exercise  <b>11:30</b> Lecture- Martin Luther King Jr.  <b>1:00</b> Trivia</p>	<p><b>17 Scampi Style Chicken Breast</b>  <b>8:30</b> Continental Breakfast &amp; Music- The Andrews Sisters  <b>9:30</b> Current Events  <b>11:00</b> Exercise  <b>11:30</b> Lecture- The Alamo is Built  <b>12:00</b> Lunch  <b>1:00</b> Horse Race</p> <p><b>6:00</b> Adult Children Support Group (light dinner served)</p>	<p><b>18 Braised Pork Ragu</b>  <b>8:30</b> Hot Breakfast &amp; Music- Beach Boys  <b>9:30</b> Current Events  <b>11:00</b> Exercise  <b>11:30</b> Lecture- Sully Sullenburger  <b>12:00</b> Lunch  <b>1:00</b> Ice Skate Craft</p>	<p><b>19 Dijon Crusted Flounder w/ Almonds</b>  <b>8:30</b> Continental Breakfast &amp; Music- Classical Music  <b>9:30</b> Lecture- Penguin Day  <b>1:00</b> Music</p> 
<p><b>22 Jambalaya</b>  <b>Word of The Week "Snowman"</b>  <b>8:30</b> Continental Breakfast &amp; Music- Beach Boys  <b>9:30</b> Current Events  <b>11:00</b> Exercise  <b>11:30</b> Discussion- Boston Molasses Disaster  <b>12:00</b> Lunch  <b>1:00</b> Snowman Craft</p>	<p><b>23 Maple Spiced Ham</b>  <b>8:30</b> Hot Breakfast &amp; Music- Nat King Cole  <b>9:30</b> Current Events  <b>11:00</b> Exercise  <b>11:30</b> Lecture- Dolly Parton born  <b>12:00</b> Lunch  <b>1:00</b> Ladderball</p>	<p><b>24 Salisbury Steak w/ Mushroom Gravy</b>  <b>8:30</b> Continental Breakfast &amp; Music- Tony Bennett  <b>9:30</b> Current Events  <b>11:00</b> Exercise  <b>11:30</b> Discussion- Sutter's Mill  <b>12:00</b> Lunch  <b>1:00</b> Hangman</p>	<p><b>25 Chicken A La King</b>  <b>8:30</b> Continental Breakfast &amp; Music- Broadway Hits  <b>9:30</b> Current Events  <b>11:30</b> Discussion- Opposite Day  <b>1:00</b> Ice Skating Color By Number</p>	<p><b>26 Salmon Cakes w/ Remoulade</b>  <b>8:30</b> Continental Breakfast &amp; Music- Frank Sinatra  <b>9:30</b> Lecture- John F. Kennedy</p>
<p><b>29 Stuffed Cabbage w/ Tomato</b>  <b>Word of The Week "Winter"</b>  <b>8:30</b> Continental Breakfast &amp; Music- 1960's  <b>9:30</b> Current Events  <b>11:00</b> Exercise  <b>11:30</b> Lecture- Bubble Wrap Appreciation Day  <b>12:00</b> Lunch  <b>1:00</b> Birdhouse Craft</p>	<p><b>30 Meat Lover's Baked Ziti</b>  <b>8:30</b> Hot Breakfast &amp; Music- Classical  <b>9:30</b> Current Events  <b>11:00</b> Exercise  <b>11:30</b> Lecture- Lone ranger  <b>1:00</b> Bowling</p>	<p><b>31 Teriyaki Chicken Quarters</b>  <b>8:30</b> Hot Breakfast &amp; Music- Disney  <b>9:30</b> Current Events  <b>11:00</b> Exercise  <b>11:30</b> Discussion- History of Superman  <b>12:00</b> Lunch  <b>1:00</b> Boggle</p> <p><b>12:00</b> Caregiver's Support Group (lunch served)</p>		<p><b>Everyday Activities</b>  <b>9:30</b> Current Events  <b>11:00-</b> Exercises  <b>11:30</b> Lecture  <b>12:00</b> Lunch  <b>1:00</b> Game, Craft or Music</p> 