

Monday

Tuesday

Wednesday

Thursday

Friday



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| <p>4 *George Washington Carver Music with Ron Exercise Bocce *GWC Secret Quote</p> | <p>5 Chinese New Year Cooking Club Dumpling Sauces/ Nix the Six Exercise Washer Toss Chinese New Year Group Crossword</p> | <p>6 Foot Care Nurse Black History Month Hands of Peace Poster/ High Low Card Game Exercise Bowling Word Games</p> | <p>7 February Celebrations Trivia Bingo Pet Therapy Exercise Music with Karen</p> | <p>8 Ground Hog Day Ground Hog Cupcakes/ Horse Racing Exercise Birdie Toss Mixed up Ground Hog Day</p> |
| <p>11 The Life and Music of Gene Pitney Music with Ron Exercise Bucket Brigade Rockville Rocket Word Mining</p> | <p>12 Abraham Lincoln Presidential Cookies/ Auto Racing Exercise Roll out the Barrels Sing A Long</p> | <p>13 Bowling Trip 9:30 Exploring the Hawaiian Island Sand Craft/Penny Game Exercise Golf Terms of Endearment</p> | <p>14 Valentine's Day History and Customs Krispie Heart Treats/ Baseball Exercise Love is in the Air Music with Karen</p> | <p>15 National Bird Feeding Month DIY Bird Treats/ Sayings and Proverbs Exercise Bullseye Mat Bingo</p> |
| <p>18 President's Day Music with Ron Exercise Ring Toss Jeopardy</p> | <p>19 Musical Notes Smokey Robinson Bingo Exercise Baseball Word Games</p> | <p>20 National Cherry Pie Day Cherry Pie/ Dice and Strikes Exercise Bowling Pictionary</p> | <p>21 Invention of Alka Seltzer DIY Greeting Cards/ Matching Game Exercise Bean Bag Toss Music with Karen</p> | <p>22 Potato Lovers Month Cooking Club Oven Fries/ Name that Jingle Exercise Horse Shoes Categories</p> |
| <p>25 Brain Boosters Music with Ron Exercise Basketball Group Crossword</p> | <p>26 Musical Notes Fats Domino Bingo Exercise Bulls Eye Velcro Hangman</p> | <p>27 Bowling Trip 9:30 Now that's Funny! Socks Snowmen/ Legos/Lincoln Logs Exercise Shuffle Board White Board</p> | <p>28 Floral Design Day Bright Bouquets/Yahtzee Exercise Bucket Toss Music with Karen</p> | |

February Birthdays: 02/02 Ruth, 02/02 Howard, 02/12 Ken and 02/17 Danny

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February 2019

Senior Moments Lunch & Snack Menu

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| <p>4</p> <p>Franks & Beans w/Corn</p> <p>Cottage Cheese w/ Banana</p> | <p>Chinese New Year!</p> <p>5</p> <p>Chicken Fingers & Fried Rice</p> <p>*Wontons w/House Made Dipping Sauce</p> | <p>6</p> <p>Minestrone Soup & Tuna Sandwich</p> <p>Cucumber w/Hummus</p> | <p>7</p> <p>October Kitchen</p> <p>Fruit Cups</p> | <p>8</p> <p>Fish Sticks w/Shady Glen Cole Slaw</p> <p>Ground Hog Cupcakes</p> |
| <p>11</p> <p>Kielbasa w/Sauerkraut & Corn</p> <p>Graham Crackers w/PB</p> | <p>12</p> <p>October Kitchen</p> <p>*Presidential Cookies</p> | <p>13</p> <p>Spinach Quiche</p> <p>Cottage Cheese w/banana</p> | <p>14</p> <p>October Kitchen</p> <p>Crackers w/Cheese & Pepperoni</p> | <p>15</p> <p>Green Salad w/Scoop of Tuna</p> <p>Pretzels w/Honey Mustard Sauce</p> |
| <p>18</p> <p>Chicken & Rice Soup & Tuna Sandwich</p> <p>Animal Crackers w/Banana</p> | <p>19</p> <p>October Kitchen</p> <p>Pudding</p> | <p>20</p> <p>Mac & Cheese w/ Broccoli</p> <p>*Homemade Cherry Pie</p> | <p>21</p> <p>October Kitchen</p> <p>Graham Crackers w/Nutella</p> | <p>22</p> <p>Grilled Turkey Cheese Sandwich</p> <p>*Oven Fries</p> |
| <p>25</p> <p>Chicken Nuggets w/Corn Mashed Potatoes</p> <p>Cucumber w/Hummus</p> | <p>26</p> <p>October Kitchen</p> <p>Pretzel w/Honey Mustard Sauce</p> | <p>27</p> <p>Minestrone Soup & Tuna Sandwich</p> <p>Cheese & Crackers</p> | <p>28</p> <p>Subway</p> <p>Applesauce w/Animal Crackers</p> | |

Menu Subject to change without notice

Made by our Baking Club Clients