

| Monday | Tuesday | Wednesday | Thursday | Friday |
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| What's New In 2022? Music With Ron Exercise/Chair Yoga Birdie Toss Happy New Year | 3 Monthly Gazette/ January IQ Exercise/Roll The Dice Folk Music With Cameron Bingo Invention or Imagination | 4 The Magic of Morse Code Music With Ron Exercise/Seated Stations Shooters Word Scramble | 5 Happy Birthday Elvis! Music With Ron Exercise/Chair Boxing Bowling Elvis Word Mining | 6 Why Zebras Have Stripes EZ Yahtzee/Craft Club: Shoe Print Zebras Exercise/Rainforest Hike Ladder Bolo Crooning With Karen |
| The 1980's: Mulletts to MTV Music With Ron Exercise/Qigong Corn Hole 5 Clue What Is It? | 10 ET Phone Home A Trip to the Hardware Store/Craft Club: Little Green Men Exercise/Hokey Pokey Music With Ron Spelling Bee | 11 Star Of The Month: Ray Bolger Bingo Exercise/Fishing Trip Washer Toss Anagrams | 12 What Am I? Music With Ron Exercise/Swimming in the Bay Bucket Brigade Beginning at the End | 13 Snow and Ice Nix The Six/Craft Club: Tie Dye Snowflakes Exercise/Chair Yoga Bowling Crooning With Karen |
| Martin Luther King Day Music With Ron Exercise/Roll the Dice Bowling King Categories | 17 World Snowman Day Chips On Chips Off/ Craft Club: Wood Slice Snowmen Exercise/Seated Stations Music With Ron Let It Snow | 18 Runaway With the Circus Dice and Strikes/ Craft Club: Paint Stick Clowns Exercise/Chair Boxing Clown Toss Old And New | 19 More ZZZ's Please Music With Ron Exercise/Rainforest Hike Ping Pong Pyramid Which Happened Last? | 20 Jeopardy Trivia Bingo Exercise/Qigong Horse Shoes Crooning With Karen |
| Global Belly Laugh Day Music With Ron Exercise/Hokey Pokey Hula Hoop Challenge Word Mining | 24 Who Am I? Bingo Exercise/Fishing Trip Music With Ron A-Z Words | 25 Are Squirrels Nuts? Elevesnes/Craft Club: Pine Cone Squirrel Exercise/Swimming in the Bay Bowling Word Match | 26 Brain Busters Music With Ron Exercise/Chair Yoga Bullseye Mat Rhymes With "Bowl" | 27 Sowing Seeds of Victory I Got It!/Garden Club: Planting Seed Trays Exercise/Roll the Dice Noodle Javelin Crooning With Karen |
| Fifty Fabulous Flora Facts Music With Ron Exercise/Seated Positions Slotz Ball Would You Rather? | 31  | | | |

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| <p>3</p> <p>Turkey & Cheese Sandwich w/Dill Pickles & Potato Chips</p> <p>Peanut Butter Crackers</p> | <p>4</p> <p>Chili w/Corn Bread</p> <p>Chocolate Chip Cookies</p> | <p>5</p> <p>Pizza w/Side Salad</p> <p>Ice Cream Sandwich</p> | <p>6</p> <p>Soup & Salad w/Fresh Baked Roll</p> <p>Nilla Wafers w/Chocolate Hummus</p> | <p>7</p> <p>Sloppy Joes w/Coleslaw</p> <p>Fruit Yogurt</p> |
| <p>10</p> <p>Fish Sticks w/Tater Tots & Green Beans</p> <p>Brownies</p> | <p>11</p> <p>Ham & Cheese Sandwich w/Sweet Pickles & Veggie Straws</p> <p>Peaches</p> | <p>12</p> <p>Veggie Lasagna w/Apple Sauce</p> <p>Sugar Free Wafers</p> | <p>13</p> <p>Peanut Butter & Jelly Sandwich w/Raisins</p> <p>Cheese & Crackers</p> | <p>14</p> <p>Pizza w/Side Salad</p> <p>Graham Crackers w/Nutella</p> |
| <p>17</p> <p>Pizza w/Side Salad</p> <p>Pudding w/Cool Whip</p> | <p>18</p> <p>Turkey Burgers w/Pasta Salad</p> <p>Oreos</p> | <p>19</p> <p>Egg Salad Sandwich w/Sweet Pickles & Fritos</p> <p>Peanut Butter Crackers</p> | <p>20</p> <p>Hot Dog w/Beans & French Fries</p> <p>Chocolate Chip Cookies</p> | <p>21</p> <p>Cranberry Walnut Chicken Salad Sandwich w/Pretzels</p> <p>Ice Cream Sandwich</p> |
| <p>24</p> <p>Grilled Cheese Sandwich w/Tomato Soup</p> <p>Nilla Wafers w/Chocolate Hummus</p> | <p>25</p> <p>Pizza w/Side Salad</p> <p>Fruit Yogurt</p> | <p>26</p> <p>Kielbasa w/Sauerkraut & Pierogis</p> <p>Brownies</p> | <p>27</p> <p>Tuna Fish Sandwich w/Dill Pickles & Cheese Puffs</p> <p>Peaches</p> | <p>28</p> <p>Mini Vegetable Quiche w/Tossed Salad</p> <p>Sugar Free Wafers</p> |
| <p>31</p> <p>Turkey Meatballs w/Mashed Potatoes & Gravy</p> <p>Jell-O @/Cool Whip</p> |  <p><i>January 2022</i></p> <p>Senior Moments Lunch Menu</p> | | | |

Rotating Menu/Substitutes available/Menu includes 5 nutritional food components/Dairy Product offered with each meal/Fruit offered with Breakfast