

Monday	Tuesday	Wednesday	Thursday	Friday
<p>CLOSED Happy New Year</p> 	<p>2 New Year Traditions Bingo Exercise/Chair Yoga Music with Ron Rhymes with Year</p>	<p>3 The Strange History of Snowmen Nix the Six/Craft Club: Wood Slice Snowmen Exercise/Roll the Dice Shooters Snow Categories</p>	<p>4 Monthly Gazette Music with Ron Exercise/Seated Stations Bowling Word Jumbles</p>	<p>5 The Science of Ice and Snow Elevenses/Craft Club: Snowflakes Exercise/Chair Boxing Birdie Toss Crooning with Karen</p>
<p>Hairdresser (By Appointment) 9 Little Green Men Music with Ron Exercise/Rain Forest Hike Horse Shoes Spelling Bee</p>	<p>10 Remembering Elvis Dice & Strikes/Bakers Rack: Monkey Bread Exercise/Qigong Music with Ron Word Match</p>	<p>11 Get Your ZZZ's Please Bingo Exercise/Hokey Pokey Corn Hole Syllables</p>	<p>12 ...---...Morse Code Fun Music with Ron Exercise/2 Min Tune-Up Washer Toss Word Generation</p>	<p>13 Cereals of the 60s Left Right Center/ Bakers Rack: Psychedelic Cereal Bars Exercise/Fishing Trip Bowling Crooning with Karen</p>
<p>Hairdresser (By Appointment) 16 Martin Luther King Day Music with Ron Exercise/Swim in the Bay Bowling King Categories</p>	<p>17 Runaway with the Circus Five Alive/Bakers Rack: Circus Cupcakes Exercise/Chair Yoga Music with Ron Clown Toss</p>	<p>18 The Swinging 60s I Got It!/Craft Club: Tie Dye Exercise/Roll the Dice Bucket Brigade 1960's The Price is Right</p>	<p>19 What am I? Music with Ron Exercise/Seated Stations Ladder Bolo Is it Groovy in the 60s?</p>	<p>20 Mad Science Bingo Exercise/Chair Boxing Ping Pong Pyramid Crooning with Karen</p>
<p>Hairdresser (By Appointment) 23 Feeling Squirrely Music with Ron Exercise/Rain Forest Hike Bull's Eye Word Match</p>	<p>24 1960s Hilarious Headlines Bingo Exercise/Qigong Music with Ron Tie Dye Shirts Word Mining</p>	<p>25 Bowling Club 9:30 am Chinese New Year E Z Yahtzee/Craft Club: Paper Dragons Exercise/Hokey Pokey Bowling "Bowl" Me Over</p>	<p>26 Brain Busters Music with Ron Exercise/2 Min Tune-Up Basketball Five Clue What Is It?</p>	<p>27 I Left My Heart in San Francisco Chips On Chips Off/Art Club: Golden Gate Bridge Exercise/Fishing Trip Toss Across Crooning with Karen</p>
<p>Hairdresser (By Appointment) 30 Who Am I? Music with Ron Exercise/Swim in the Bay Slotz Ball Something Old/ Something New</p>	<p>31 Fantastic Fritos Dice Bingo/Cooking Club: Hot Corn Dip Exercise/Chair Yoga Music with Ron Begin at the End</p>	 <p><i>January 2023</i> Senior Moments Activity Calendar</p>		

January Birthdays: Linda C. 1/24 and Jackie M 1/28

Next Foot Care Nurse Visit is February 1, 2023

Monday	Tuesday	Wednesday	Thursday	Friday
CLOSED Happy New Year 	2 Egg Salad w/Veggie Sticks Peanut Butter Cookies	3 Turkey Burgers w/Tater Tots Sugar Free Jello	4 Chicken Nuggets w/Mixed Veggies & Biscuit Coffee Cake	5 Ham & Cheese Sandwich w/Pickles Crackers w/Hummus
9 Hot Dogs w/Baked Beans Sugar Free Wafers	10 Hawaiian Meatballs w/Rice **Monkey Bread**	11 Fish & Chips w/Coleslaw Sugar Free Vanilla Pudding	12 Kielbasa w/Sauerkraut Pineapple Cottage Cheese w/Banana	13 Peanut Butter & Jelly Sandwich ** Psych edelic Cereal Bars**
16 Mac & Cheese w/Broccoli Butter Cookies	17 ½ Tuna Fish Sandwich w/Chicken Noodle Soup **Circus Cupcakes**	18 Chicken Parmesan w/Egg Noodles Cheese & Crackers	19 Veggie Quiche w/Turkey Sausage Cheese Puffs	20 Pizza w/Mixed Green Salad Corn Bread
23 Salisbury Steak w/ Carrots, Gravy & Mashed Potatoes Sugar Free Jello w/Cool Whip	24 Chicken Nuggets w/Alfredo Noodles & Mixed Veggies Tostito Chips w/Salsa	25 Sloppy Joe Sandwich w/3 Bean Salad Pound Cake	26 Turkey & Cheese Sandwich w/Potato Salad Pita Chips w/Hummus	27 Tuna Fish Sandwich w/Cheez-It Crackers Sugar Free Chocolate Pudding
30 Cranberry Walnut Chicken Sandwich w/Chips Oatmeal Cookies	31 Taco in a Bowl w/Cheese & Tostitos **Fritos & Hot Corn Dip**	 <p><i>January 2023</i> Senior Moments Lunch & Snack Menu</p>		

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