

LET IT SNOW!



FEBRUARY 2012 MENU

Mon	Tue	Wed	Thu	Fri
<p><i>Legend</i> <i>M</i> =Milk <i>PB</i>=Peanut Butter <i>HM</i>=Homemade <i>FF</i>=French Fries <i>WW</i>=Whole Wheat <i>W</i> = Water</p>		<p>1 Scrambled Eggs, Banana, WW Toast, Milk</p> <p>Spaghetti w/HM Meat Sauce, Tossed Salad, Garlic Toast, Strawberries, Milk</p> <p>PB Vanilla Wafers, Milk</p>	<p>2 Gravy Biscuit, Pineapple, Milk</p> <p>Pork Roast, Creamed Corn, Broccoli, WW Roll, Milk</p> <p>1/2 Egg Salad Sandwich on WW Bread, Milk</p>	<p>3 Oatmeal, Blueberries, M</p> <p>Fish Nuggets, HM Slaw, Fries, Hushpuppies, M</p> <p>Cheese & Saltines, M</p>
<p>6 Cheese Toast on WW Bread, Pears, Milk</p> <p>Baby Lima Beans, Okra & Tomatoes, Greens or Green Beans, Corn- bread, Milk</p> <p>Animal Crackers, Milk</p>	<p>7 Bran Cereal, Banana, Milk</p> <p>Cubed Steak, Broccoli w/Cheese Sauce, Creamed Potatoes, WW Roll, Milk</p> <p>Tomato Soup, Milk</p>	<p>8 Sausage Biscuit, Stewed Apples, Milk</p> <p>Vegetable Soup, Grilled Cheese Sandwich on WW Bread, Strawberries, Milk</p> <p>Cottage Cheese & Peaches, Milk</p>	<p>9 Scrambled Eggs, Hash Browns, WW Toast, M</p> <p>Salmon Patties, Stewed Potatoes, Cabbage, WW Roll, Milk</p> <p>1/2 Pimento Cheese Sandwich on WW Bread, Milk</p>	<p>10 Grits, Blueberries, Milk</p> <p>Hamburger on WW Bun, Lettuce/Tomato, Fries, Tropical Fruit, Milk</p> <p>PB Graham Crackers, Milk</p>
<p>13 Oatmeal, Applesauce, Milk</p> <p>Chicken Fillet, Carrots, Cauliflower, WW Roll, Milk</p> <p>1/2 Egg Salad Sandwich on WW Bread, Milk</p>	<p>14 Waffles, Banana, Milk</p> <p>White Beans, Okra & Tomatoes, Greens or Green Beans, Cornbread, Milk</p> <p>PB Vanilla Wafers, Milk</p>	<p>15 Cream of Wheat, Banana, Milk</p> <p>Chicken Casserole, Mixed Vegetables, Stewed Apples, WW Bread, Milk</p> <p>Gold Fish, Milk</p>	<p>16 Gravy Biscuit, Peaches, Milk</p> <p>Roast Beef, Squash Casserole, Broccoli, WW Roll, Milk</p> <p>Bran Muffin, Milk</p>	<p>17 Scrambled Eggs, Pineapple, WW Toast, M</p> <p>Fish Nuggets, HM Slaw, Sweet Potato Fries, Hushpuppies, M</p> <p>Cheese, Saltines, Water</p>
<p>20 Bran Cereal, Banana, Milk</p> <p>Sliced Turkey Sandwich on WW Bread, Lettuce/ Tomato, Pears, Milk</p> <p>Sweet Potato Casserole, Milk</p>	<p>21 Grits, Stewed Apples, Milk</p> <p>Chicken Noodles, Mixed Vegetables, Tropical Fruit, Milk</p> <p>Blueberries, Milk</p>	<p>22 PB WW Toast, Mandarin Oranges, Milk</p> <p>Bar-B-Que Chicken, Creamed Corn, Green Beans, WW Roll, Milk</p> <p>PB Vanilla Wafers, Milk</p>	<p>23 Scrambled Eggs, Hash Browns, WW Toast, Milk</p> <p>Pork Roast, Stewed Potatoes, Broccoli Casserole, WW Roll, M</p> <p>1/2 Egg Salad Sandwich on WW Bread, Milk</p>	<p>24 Sausage Biscuit, Pineapple, Milk</p> <p>Sliced Ham, Potato Salad, Beets, WW Bread, Milk</p> <p>Pear Salad w/Grated Cheese on Lettuce, Milk</p>
<p>27 Cream of Wheat, Blueberries, Milk</p> <p>HM Vegetable Soup, Grilled Cheese on WW Bread, Applesauce, M</p> <p>PB Graham Crackers, M</p>	<p>28 Pancakes, Applesauce, Milk</p> <p>Macaroni & Cheese, Greens, or Green Beans, Black Eyed Peas, Cornbread, Milk</p> <p>Tomato Soup, Milk</p>	<p>29 Gravy Biscuit, Banana, Milk</p> <p>HM Chili Beans, Tossed Salad, Stewed Apples, Crackers, Milk</p> <p>Animal Crackers, Milk</p>		

Winter

Central Activities FEBRUARY 2012

Mon	Tue	Wed	Thu	Fri
		1 10:30 Tone Chimes w/Jason or Parachute Fun 2:00 Tree Decorations or Bible Study w/Sharon 4:00 Chat	2 10:30 Sing With Bill Russell or Blurt 2:00 On The Go w/Ellen or Walk in Hall 4:00 Sing-A-Long	3 <u>BUNCO</u> 10:30 Valentine Trivia or Play UNO 2:00 Devotional w/Apostle Brown or Cook For BUNCO 4:00 Let's Move
6 10:30 Valentine Word Games w/Gail or ◆ Deliver Meals on Wheels 2:00 Linda Rickenbacker at Piano or Games 4:00 Mind & Body	7 10:30 Decorate Valentine Bags 2:00 Wheel Spinning Game or Number Trivia 4:00 Words A-Z	8 10:30 BINGO 2:00 Valentine Craft or Afternoon Matinee 4:00 Finish Movie	9 10:30 Hymns w/Bill Russell or Let's Color 2:00 Exercise w/Ellen or Walk In Hall 4:00 Love Stories	10 10:30 Movie: "Courageous" w/Kym or Craft 2:00 Finish Movie or Parachute w/Kristen 4:00 Chit Chat
13 10:30 Exercise w/Gail or ◆ Deliver Meals on Wheels 2:00 Valentine's Mad Libs or Mix Cookies w/Jo Ann 4:00 Valentine Trivia	14 10:30 Devotional w/Rev. Richard Rhoades or Make Valentine's Cookies or ◆ Outing to Albemarle 2:00 Crown Valentine King & Queen or Money Pyramid Game 4:00 Movie: Lassie	15 10:30 Sing w/Betsy or Let's Cook 2:00 Health Education w/Beth or Word Search 4:00 Trivia	16 10:30 Music w/Bill Russell or Bake for Monthly Birthday Party 2:00 Getting In Shape w/Ellen or Walk In Hall 3:00 Birthday Party 4:00 Movie <u>5:00 CARE Meeting</u>	17 10:30 Franklin Heights Students Visit 2:00 BINGO 4:00 Trivia
20 10:30 Presidential Trivia or Make Mardi Gras Masks 2:00 Linda Rickenbacker at Piano or Parachute Fun 4:00 Presidential Trivia	21 10:30 BINGO 2:00 Right Price Game or Reminisce w/Kristen 4:00 Name Three	22 <u>CULTURE DAY:</u> <u>AFRICA</u> 10:30 Learn About Africa or Magazine Search 2:00 Sing w/Sunshine Girls or Blurt	23 10:30 Sing w/Bill Russell or Games 2:00 Moving w/Ellen or Walk In Hall 4:00 Exercise	24 10:30 Ante Up or Walk in Hall & Outside 2:00 Guitar Music w/Brandon or ◆ Shopping 4:00 Sing
27 10:30 Hymns w/Ruth or Walk Outside 2:00 BINGO 4:00 Movie Quotes	28 10:30 Tone Chimes w/Jason or Parachute w/Kristen 2:00 Deal Games or Circle Meeting w/Sharon 4:00 Out Burst	29 10:30 Devotional w/Rev. John Miller or Trivia 2:00 Men's Social w/Brandon or Charades w/Kym 4:00 Hangman	<u>WEEKDAY SCHEDULE</u> 7:15 Coffee Club 9:15 Breakfast 10:00 Morning Stretch & Devotional 10:30 Program 12:00 Lunch ◆ Indicates Field Trip	<u>Weekday Schedule Cont.</u> 1:00 Rest or Walking Club 2:00 Program 3:15 Snack 3:30 Vans Leave 4:00 Program 5:00-6:00 Small Group



Specialized Care Activities

FEBRUARY 2012

Mon	Tue	Wed	Thu	Fri
		1 10:30 Gospel Sing-A-Long 2:00 Match It	2 10:30 Sing-A-Long with Bill Russell or Games 2:00 Celebrate Ground Hog Day	3 10:30 Table Volleyball 2:00 Devotions with Apostle Brown
6 10:30 Parachuting 2:00 Music with Linda Rickenbacker or Games	7 10:30 Words of Inspiration 2:00 Spa Day	8 10:30 Guess That Tune 2:00 Magnify It	9 10:30 Sing-A-Long with Bill Russell or Cooking 2:00 Craft—Valentine Vase	10 10:30 Valentine Carols 2:00 Responsible Pet Owner's Day
13 10:30 Exercise 2:00 Valentine Trivia	14 <u>VALENTINE'S DAY</u> 10:30 Devotions with Rev. Richard Rhoades 2:00 Valentine Party	15 10:30 Music with Betsy 2:00 Love Poems	16 10:30 Sing-A-Long with Bill Russell 2:00 Giggleville 5:00 CARE Meeting	17 10:30 Feather Ball 2:00 Remembering Johnny Cash
20 10:30 Presidential Trivia 2:00 Music with Linda Rickenbacker or Parachute Fun	21 10:30 Let's March 2:00 Mardi Gras Celebration	22 <u>CULTURE DAY:</u> <u>AFRICA</u> 10:30 Learn About Africa 2:00 Sunshine Girls Visit or Blurt	23 10:30 Sing-A-Long with Bill Russell or Bird Watching 2:00 Laughter: The Best Medicine	24 10:30 Act It Out 2:00 Animal Bingo
27 10:30 Singing with Ruth Stowe or Bird Watching 2:00 Short Stories	28 10:30 Rhythm Band 2:00 Animal Safari	29 10:30 Devotions with Rev. Miller or Trivia 2:00 Understanding Lent	<u>WEEKDAY SCHEDULE</u> 7:15 Coffee Club 9:15 Breakfast 10:00 Morning Stretch & Devotional 10:30 Program 12:00 Lunch	<u>Weekday Schedule Cont.</u> 1:00 Rest or Walking Club 2:00 Program 3:15 Snack 3:30 Vans Leave 4:00 Program 5:00-6:00 Small Group Discussion