

**LET
IT
SNOW!**



JANUARY 2012 MENU

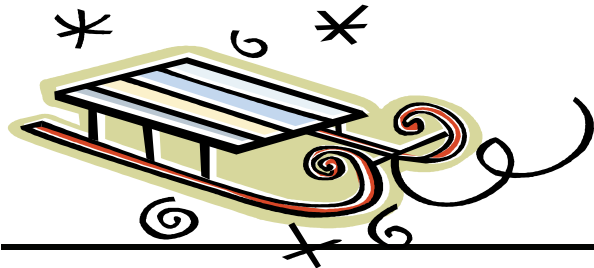
Mon	Tue	Wed	Thu	Fri
<p>2</p> <p>CLOSED NEW YEAR'S HOLIDAY</p>	<p>3</p> <p>Bran Cereal, Banana, Milk</p> <p>White Beans, Greens, Okra & Tomatoes, Cornbread, Milk</p> <p>PB Graham Crackers, Milk</p>	<p>4</p> <p>Scrambled Eggs, WW Toast, Blueberries, Milk</p> <p>Chili Beans, Tossed Salad, Stewed Apples, Crackers, M</p> <p>1/2 Pimento Cheese on WW Bread, Milk</p>	<p>5</p> <p>Sausage Biscuit, Peaches, Milk</p> <p>Pork Roast, Broccoli, Sweet Potato Casserole, WW Bread, Milk</p> <p>Bran Muffin, Milk</p>	<p>6</p> <p>Oatmeal, Pears, Milk</p> <p>Fish Nuggets, HM Slaw, Tater Tots, Hush Puppies, Milk</p> <p>Cheese & Saltines, Milk</p>
<p>9</p> <p>Gravy Biscuit, Stewed Apples, Milk</p> <p>Chicken Fillet, Creamed Corn, Carrots, WW Bread, Milk</p> <p>Animal Crackers, Milk</p>	<p>10</p> <p>Cream of Wheat, Peaches, M</p> <p>Chicken Noodles, Mixed Vegetables, Applesauce, WW Bread, Milk</p> <p>PB Vanilla Wafers, Milk</p>	<p>11</p> <p>Cheese Toast on WW Bread, Banana, Milk</p> <p>Meat Loaf, Creamed Potatoes, Green Beans, WW Roll, Milk</p> <p>1/2 Egg Salad WW Bread, Milk</p>	<p>12</p> <p>Scrambled Eggs, Hash Browns, WW Toast, Milk</p> <p>Salmon Patties, Stewed Potatoes, Cabbage, WW Roll, Milk</p> <p>Blueberries, Milk</p>	<p>13</p> <p>English Muffin, Strawberries, Milk</p> <p>Sliced Ham, Potato Salad, Beets, WW Roll, Milk</p> <p>1/2 PB & Jelly on WW Bread, Milk</p>
<p>16</p> <p>Oatmeal, Pineapple, Milk</p> <p>Mac & Cheese, Greens, Black Eyed Peas, Cornbread, Milk</p> <p>Sweet Potato Casserole, Milk</p>	<p>17</p> <p>Bran Cereal, Banana, Milk</p> <p>Sliced Turkey, Lettuce/Tomato, Sweet Potato Fries, Pears, Milk</p> <p>Cheese Its, Milk</p>	<p>18</p> <p>Grits, Applesauce, Milk</p> <p>Spaghetti with HM Meat Sauce, Tossed Salad, Garlic Toast, Tropical Fruit, Milk</p> <p>Cottage Cheese & Peaches, Milk</p>	<p>19</p> <p>Sausage Biscuit, Blueberries, Milk</p> <p>Roast Beef, Broccoli, Squash Casserole, WW Roll, Milk</p> <p>PB Graham Crackers, Milk</p>	<p>20</p> <p>Scrambled Eggs, Mandarin Oranges, WW Toast, Milk</p> <p>Hamburger on WW Bun, Lettuce/Tomato, Fries, Pickle, Strawberries, M</p> <p>Cheese & Saltines, Milk</p>
<p>23</p> <p>Gravy Biscuit, Sliced Apples, Milk</p> <p>HM Vegetable Soup, Grilled Cheese on WW Bread, Peaches, Milk</p> <p>PB Vanilla Wafers, Milk</p>	<p>24</p> <p>Bran Cereal, Banana, Milk</p> <p>Bar-b-Que Chicken, Creamed Potatoes, Green Beans, WW Roll, Milk</p> <p>Gold Fish, Milk</p>	<p>25</p> <p><u>CULTURE DAY:</u> <u>LONDON</u></p> <p>Waffles, Strawberries, Milk</p> <p>Fish Patty, HM Slaw, Fries, WW Roll, Milk</p> <p>Banana Bread, Milk</p>	<p>26</p> <p>Scrambled Eggs, Hash Brown Casserole, WW Toast, Milk</p> <p>Bar-b-Que on WW Bun, Tossed Salad, Tater Tots, Milk</p> <p>Pear Salad w/Cheese, Milk</p>	<p>27</p> <p>Cream of Wheat, Blueberries, Milk</p> <p>Tuna Salad, Potato Salad, Beets, WW Bread, Milk</p> <p>1/2 PB & Jelly Sandwich on WW Bread, Milk</p>
<p>30</p> <p>PB WW Toast, Mandarin Oranges, Milk</p> <p>Chicken Fillet, Cauliflower, Carrots, WW Bread, Milk</p> <p>Tomato Soup, Milk</p>	<p>31</p> <p>Grits, Applesauce, Milk</p> <p>Pinto Beans, Greens, Okra & Tomatoes, Cornbread, Milk</p> <p>Sweet Potato Casserole, Milk</p>			<p><u>Legend</u></p> <p>M = Milk</p> <p>PB = Peanut Butter</p> <p>HM = Homemade</p> <p>FF = French Fries</p> <p>WW = Whole Wheat</p> <p>W = Water</p>



Central Activities

JANUARY 2012

Mon	Tue	Wed	Thu	Fri
2 CLOSED NEW YEAR'S HOLIDAY	3 10:30 Welcome the New Year Craft or Word Game w/Sharon 2:00 Dealing w/Donna or Parachute Fun 4:00 New Year's Customs	4 10:30 Bingo 2:00 Crafty Snowflakes or Muscle Car Video w/Brandon 4:00 Movie	5 10:30 St. James Lutheran Singing Seniors and Sing-A-Long w/Bill Russell 2:00 Exercise w/Ellen or Walk in Hall 4:00 Outburst	6 10:30 Yoga w/Gail or Melted Snowman Craft 2:00 Music & Devotional w/Apostle Brown or Checkers 4:00 Blunt
9 10:30 Bingo or ♦Deliver Meals on Wheels 2:00 Trivia or Make Snowman 4:00 Movie	10 10:30 Devotionals w/Rev. Richard Rhoades or Outburst 2:00 Wheel Spinners w/Donna or Bible Study w/Sharon 4:00 Name Three	11 10:30 London w/Susan and Friends or Walk in Hall 2:00 Winter Wheel of Life or ♦Shopping 4:00 Afternoon Movie	12 10:30 Hymns w/Bill Russell or Make Cookies w/Jo Ann 2:00 Get In Shape w/Ellen or Walk in Hall 4:00 Guitar Music w/Brandon	13 10:30 Number 13 Superstitions or Are You Smarter Than A Fifth Grader 2:00 Game Day w/Brandon 4:00 Word Game
16 10:30 Remembering Martin Luther King or Scavenger Hunt 2:00 Let's Paint or Trivia 4:00 Movie	17 10:30 Tone Chimes w/Jason or Craft w/Jo Ann 2:00 Video w/Kym or Money Pyramid w/Donna 4:00 Gaither Video	18 10:30 Betsy Sings or Let's Color 2:00 Health Education w/Beth or Winter Collage 4:00 Be A Millionaire	19 10:30 Sing-A-Long w/Bill Russell or Bake for Monthly Birthday Party 2:00 On The Go w/Ellen 3:00 Birthday Party 4:00 Afternoon Movie	20 10:30 Exercise w/Gail or Play UNO 2:00 Bingo 4:00 ABC's of Winter
23 10:30 Hymns w/Ruth Stowe or Crossword Puzzle 2:00 Celebrate Chinese New Year (Craft) or Zodiac Signs 4:00 Movie	24 10:30 Bingo 2:00 Right Price w/Donna or Sweet Treat Trivia 4:00 Take A Guess	25 <u>CULTURE DAY:</u> <u>LONDON</u> 10:30 Devotional w/Rev. Miller or Outburst 2:00 Sing w/Sunshine Girls or Word Search 4:00 Let's Chat	26 10:30 Music w/Bill Russell or Let's Color 2:00 Sittersize w/Ellen or Walk in Hall 4:00 Reminisce	27 10:30 Tone Chimes w/Jason or Word Search 2:00 Parachute Fun w/Kristen or ♦Visit Friends 4:00 I Love Lucy
30 10:30 Bingo 2:00 Feed The Birds or Movie w/Kristen 4:00 Watch The Birds	31 10:30 Soul Surfer w/Kym or Ante Up 2:00 Friendly Feud w/Donna or Musical Hats 4:00 Andy Griffith		<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

JANUARY 2012

Mon	Tue	Wed	Thu	Fri
2 CLOSED FOR NEW YEAR'S HOLIDAY	3 10:30 Celebrating The New Year 2:00 Table Volley Ball	4 10:30 Parachute Fun 2:00 Sing-A-Long Songs	5 10:30 St. James Lutheran Singing Seniors and Sing-A-Long w/Bill Russell 2:00 Exercise	6 10:30 Baseball Game 2:00 Music & Devotional w/Apostle Brown
9 10:30 Celebrate Elvis Day 2:00 Finish the Sentence	10 10:30 Devotions with Rev. Richard Rhoades 2:00 Snowman Craft	11 10:30 London w/Susan and Friends 2:00 Balloon Hats	12 10:30 Hymns w/Bill Russell 2:00 Feather Ball	13 10:30 Superstitions 2:00 Craft: Dream Placement
16 10:30 "I have a dream..." 2:00 Spa Day	17 10:30 Rhythm Band 2:00 Tea For Two	18 10:30 Betsy Sings 2:00 Snowball Throw	19 10:30 Sing-A-Long w/Bill Russell 2:00 Animal Bingo <u>5:00 CARE MEETING</u>	20 10:30 Stress Busters 2:00 Movie Matinee
23 10:30 Hymns w/Ruth Stowe 2:00 Chinese New Year	24 10:30 Exercise 2:00 Parenthood	25 <u>CULTURE DAY: LONDON</u> 10:30 Devotional w/Rev. Miller 2:00 Sing w/Sunshine Girls	26 10:30 Music w/Bill Russell 2:00 Hot Or Cold?	27 10:30 Fun With Words 2:00 Short Winter
30 10:30 Table Volley Ball 2:00 Current Events	31 10:30 Forever Fit 2:00 Sing-A-Long Songs		<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