

**FEBRUARY MENU**

**GLADSTONE SENIOR CENTER**



**Mon**

**Tue**

**Wed**

**Thu**

**Fri**

 <p><b>FEBRUARY MENU</b> Menu is for all our senior centers. Call your senior center with questions/comments.</p>		<p><b>1</b> Chicken Vegetable Soup Egg Salad Sandwich Chilled Beet Salad Fruit</p>	<p><b>2</b> Pasty Coleslaw Fruited Jell-O</p>
<p><b>5</b> BBQ Pulled Pork on a Bun Au Gratin Potatoes Baked Beans Fruit</p>	<p><b>6</b> Chicken Marsala Over Garlic Mashed Potatoes Green Beans Mandarin Oranges</p>	<p><b>7</b> Lasagna Caesar salad Garlic Breadstick Fruit Crisp</p>	<p><b>8</b> Chili Sweet Roll Pea and Cheese Salad Fruit</p>
<p><b>12</b> Western Egg Bake Hash Browns Mini Bagel Orange</p>	<p><b>13</b> Polish Sausage/Kraut Diced Potatoes Cream Corn Fruit</p>	<p><b>14</b> Baked Salmon Boiled Potatoes Peas Pears</p>	<p><b>15</b> Beef Fritter Mashed Potatoes and Gravy Green Beans Plums</p>
<p><b>19</b> Swiss Chicken with Mushrooms over Rice Broccoli Salad Fruit</p>	<p><b>20</b> Ham Scalloped Potatoes Green Beans Pineapple</p>	<p><b>21</b> Bourbon Chicken Philly Mashed Potatoes Winter Vegetables Citrus Pie Square</p>	<p><b>22</b> BBQ Ribs Twice-Baked Potato Key West Vegetables Strawberry Fluff</p>
<p><b>26</b> Hamburger Gravy over Mashed Potatoes Cream Corn Apple Crisp</p>	<p><b>27</b> Parmesan Chicken over Basil Garlic Pasta Brussel Sprouts Zucchini-Tomato Salad Fruit</p>	<p><b>28</b> Cranberry-Glazed Pork Sweet Potato Vegetable Blend Fruit Dessert</p>	

[HOW DO I GET TO THE SENIOR CENTER?](#) [EMAIL THE CENTER](#)

**WEEKLY ACTIVITIES: GLADSTONE 428-2201**

**Every Monday,** Sit N Be Fit, 10-10:45 a.m. Cribbage, noon. Hand & Foot, noon. Painting, 12:30 p.m.

**Every Tuesday,** Card making 12:30 p.m. 500 cards, 12:30 p.m. Evening bingo, 6:45 p.m.

**Every Wednesday,** Sit N Be Fit, 10-10:45 a.m. Pinochle, 12:30 p.m.

**Every Thursday,** Tai Chi, 10-11 a.m. Hand & Foot, 12:30 p.m. Center Bingo, 1-4 p.m.

**Every Friday,** Line Dancing (beginners), 9:30-11 a.m. Line Dancing (regular).

**OTHER ACTIVITIES:**

Blood Pressure Screening, Feb. 13, 11-11:30 a.m. Valentine Lunch, Feb. 14, 11:30 a.m. (call 428-2201 at least one day prior to reserve a seat). Foot Clinic, Feb. 21, (by appointment only, call 428-2201). Movie Day ("Letters to Juliet"), Feb. 16, 12:30 p.m. Birthday Lunch, Feb. 27, 11:30 a.m. (call 428-2201 at least one day prior to reserve a seat).