


JANUARY MENU		GLADSTONE SENIOR CENTER		
Mon	Tue	Wed	Thu	Fri
<b>1</b> <b>CLOSED FOR NEW YEAR'S DAY</b>	<b>2</b> Meatloaf Baked Potato Peas & Carrots Fruit Cup	<b>3</b> Beef Stew Coleslaw Biscuit Peach Quick Cake	<b>4</b> Turkey/Stuffing Mashed Potatoes and Gravy Prince William Veggies Pumpkin Bar	<b>5</b> Ravioli Vegetable Blend Breadstick Diced Pears
<b>8</b> Brat on Bun Calico Beans Oven Potatoes Diced Pears	<b>9</b> Sweet & Sour Pork Over Rice Green Beans Chinese Coleslaw Pineapple Upside Down Cake	<b>10</b> Cheesy Chicken Penne Casserole Salad Baby Carrots Apricots	<b>11</b> Beef Tips over Noodles Diced Beets Broccoli Fruit Cup	<b>12</b> Porcupine Meatballs Mashed Potatoes Country Trio Veggies Apple Crisp
<b>15</b> Salisbury Steak Mashed Potatoes and Gravy Rutabagas Tropical Fruit	<b>16</b> Boiled Dinner (Ham and Cabbage, Carrots and Potatoes) Biscuit Pistachio Bar	<b>17</b> Taco Lasagna Garden Salad Mandarin Oranges Breadstick	<b>18</b> Tasty Hamburger Casserole Carrots Jello with Bananas	<b>19</b> Baked Chicken Whipped Potatoes Key Largo Veggies Diced Peaches
<b>22</b> Fish Sandwich Au Gratin Potatoes Baked Beans Applesauce	<b>23</b> Turkey Broccoli Casserole Vegetable Blend Pineapple Tidbits	<b>24</b> Pineapple BBQ Chicken Breast Twice-Baked Potatoes Brussel Sprouts Carrot Cake	<b>25</b> Enchiladas with Lettuce, Tomato, Black Olives Spanish Rice Diced Peaches	<b>26</b> Vegetable Beef Barley Soup Ground Meat Sandwich Broccoli /Cauliflower Salad Fruit Bar
<b>29</b> Chicken Alfredo Broccoli Coleslaw Fruit Cup	<b>30</b> Spaghetti/Meat Sauce Italian Blend Vegetables Caesar Salad Garlic Bread Pineapple	<b>31</b> Tahitian Meatballs Over Rice Key Largo Vegetables Salad Sunshine Cake	 <b>JANUARY MENU</b> Menu is for <u>ALL</u> our senior centers. Call your senior center with questions/comments.	

[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:**

Closed Jan. 1. Monthly Food Distribution, Jan. 3, 8:30-9:30 a.m. Blood Pressure Screening, Jan. 9, 11-11:30 a.m. Foot Clinic, Jan. 17, (by appointment only, call 428-2201). Movie Day ("Silverado"), Jan. 20, following lunch. Birthday Lunch, Jan. 30, 11:30 a.m. (call 428-2201 at least one day prior to reserve a seat).