


| JANUARY MENU | | GLADSTONE SENIOR CENTER | | |
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| Mon | Tue | Wed | Thu | Fri |
| 1 CLOSED FOR NEW YEAR'S DAY | 2 Meatloaf Baked Potato Peas & Carrots Fruit Cup | 3 Beef Stew Coleslaw Biscuit Peach Quick Cake | 4 Turkey/Stuffing Mashed Potatoes and Gravy Prince William Veggies Pumpkin Bar | 5 Ravioli Vegetable Blend Breadstick Diced Pears |
| 8 Brat on Bun Calico Beans Oven Potatoes Diced Pears | 9 Sweet & Sour Pork Over Rice Green Beans Chinese Coleslaw Pineapple Upside Down Cake | 10 Cheesy Chicken Penne Casserole Salad Baby Carrots Apricots | 11 Beef Tips over Noodles Diced Beets Broccoli Fruit Cup | 12 Porcupine Meatballs Mashed Potatoes Country Trio Veggies Apple Crisp |
| 15 Salisbury Steak Mashed Potatoes and Gravy Rutabagas Tropical Fruit | 16 Boiled Dinner (Ham and Cabbage, Carrots and Potatoes) Biscuit Pistachio Bar | 17 Taco Lasagna Garden Salad Mandarin Oranges Breadstick | 18 Tasty Hamburger Casserole Carrots Jello with Bananas | 19 Baked Chicken Whipped Potatoes Key Largo Veggies Diced Peaches |
| 22 Fish Sandwich Au Gratin Potatoes Baked Beans Applesauce | 23 Turkey Broccoli Casserole Vegetable Blend Pineapple Tidbits | 24 Pineapple BBQ Chicken Breast Twice-Baked Potatoes Brussel Sprouts Carrot Cake | 25 Enchiladas with Lettuce, Tomato, Black Olives Spanish Rice Diced Peaches | 26 Vegetable Beef Barley Soup Ground Meat Sandwich Broccoli /Cauliflower Salad Fruit Bar |
| 29 Chicken Alfredo Broccoli Coleslaw Fruit Cup | 30 Spaghetti/Meat Sauce Italian Blend Vegetables Caesar Salad Garlic Bread Pineapple | 31 Tahitian Meatballs Over Rice Key Largo Vegetables Salad Sunshine Cake |  JANUARY MENU 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. 19, following lunch. Birthday Lunch, Jan. 30, 11:30 a.m. (call 428-2201 at least one day prior to reserve a seat).