

IOSCO CO. COMMISSION ON AGING NUTRITION PROGRAM – HALE OPERATIONS

January, 2010

Reservations call 728-4251 before 10:30 a.m.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Closed For New Year Happy New Year
4 Swedish Meatballs Over Noodles Winter Blend Vegetables Pears Whole Wheat Bread	5 Breaded Chicken Sandwich Green Peas Beets Tropical Fruit Salad Center Board Meeting	6 Spaghetti with Sauce California Blend Vegetables Tossed Salad Plums Garlic Bread	7 Roast Chicken Sweet Potatoes Green Beans Orange Natural Grain Roll	8 Country Fried Steak Scalloped Potatoes Wax Beans Banana Whole Wheat Bread
11 Chicken Chop Suey Rice Oriental Blend Vegetables Pineapple Whole Wheat Bread	12 Scalloped Potatoes w/Ham Mixed Vegetables Tossed Salad Mixed Fruit Whole Wheat Bread	13 Pork Chop Supreme Mashed Potatoes w/Gravy Winter Blend Vegetables Applesauce Wheat Bread Monthly Birthday/ Anniversary Celebration	14 Lasagna Broccoli Corn Banana Garlic Bread	15 Tuna Noodle Casserole Green Beans Carrots Hot Peaches Delight Whole Wheat Bread
18 Sloppy Joe Scalloped Potatoes California Blend Veggies Fruit Cocktail	19 Salisbury Steak Squash Herbed Vegetables Strawberries Whole Wheat Bread	20 Chicken Pot Pie Beets Corn Orange	21 Hot Turkey Sandwich Mashed Potatoes w/Gravy Carrots Apple	22 Hot Dog/Chili Optional Roasted Potatoes Spinach Pears
25 Smothered Chicken Mixed Vegetables Spinach Mandarin Oranges Whole Wheat Bread	26 BBQ Meatballs Mashed Potatoes Beets Tropical Fruit Salad Whole Wheat Bread	27 Stuffed Cabbage Peas and Carrots Wax Beans Pineapple Natural Grain Roll	28 Meatloaf Scalloped Potatoes Winter Blend Vegetables Apple Crisp Natural Grain Roll	29 Ham/Bean Soup Carrot Raisin Salad Peaches Apple Whole Wheat Bread

SUGGESTED DONATION: \$2.50 for Seniors 60 + and spouses.

Participants 59 and under there will be a \$4.00 charge.

Menu is subject to change without notice.

All meals served with bread, butter and milk.

Kitchen Staff – Nellie Yoesting/Joan McClanahan/Marge Boyce

CENTER HOST – David Sabino

Bingo – Every Monday & Wednesday at 1:00pm

Karaoke – Every Tuesday at 11:00am and 7:00pm

Pegs And Jokers – Every Friday at 1:00pm

Healthy Beginnings – Every Thursday at 3:00pm

Exercise Class – Every Monday, Wednesday, & Friday at 9:00am

Ice Cream Social – Every Friday at 1:00pm

Line Dancing – Every Wednesday at 10:30

Stretch & Tone – Every Monday & Thursday at 10:45am

Movie & Popcorn – Every Thursday at 12:30pm

Date	Event
4	Exercise Class – 9am / Stretch & Tone – 10:45am / Bingo – 1pm
5	Karaoke – 11am and 7pm
6	Exercise Class – 9am / Line Dancing – 10:30am Bingo – 1pm
7	Stretch & Tone – 10:45am Movie – 1pm / Healthy Beginnings – 3pm
8	Exercise Class – 9am Ice Cream Social – 12:30pm / Pegs & Jokers – 1pm
11	Exercise Class – 9am / Stretch & Tone – 10:45am / Bingo – 1pm
12	Karaoke – 11am and 7pm
13	Exercise Class – 9am / Line Dancing – 10:30am Monthly Birthday/Anniversary Celebration
14	Stretch & Tone – 10:45am Movie – 1pm / Healthy Beginnings – 3pm
15	Exercise Class – 9am Ice Cream Social – 12:30pm / Pegs & Jokers – 1pm
18	Exercise Class – 9am / Stretch & Tone – 10:45am / Bingo – 1pm
19	Karaoke – 11am and 7pm
20	Exercise Class – 9am / Line Dancing – 10:30am Bingo – 1pm
21	Stretch & Tone – 10:45am Movie – 1pm / Healthy Beginnings – 3pm
22	Exercise Class – 9am Ice Cream Social – 12:30pm / Pegs & Jokers – 1pm
25	Exercise Class – 9am / Stretch & Tone – 10:45am / Bingo – 1pm
26	Karaoke – 11am and 7pm
27	Exercise Class – 9am / Line Dancing – 10:30am Bingo – 1pm
28	Stretch & Tone – 10:45am Movie – 1pm / Healthy Beginnings – 3pm
29	Exercise Class – 9am Ice Cream Social – 12:30pm / Pegs & Jokers – 1pm

<u>Birthdays</u>		
Jeanne Cotton	1	Ray Hendrickson
Ron Davison	2	Bob Sheppard
Marion Brown	5	Paul Hamblin
Judy McCummings	7	Brigid Rieger
Charles Wooton	10	Dorothy Bariger
Robert Gordynel	15	Donna Damon
Mary Lou Sheppard	17	Mary Schneider
John Stellute	18	Jim Slosser
Bunny Bissonnette	22	Dale Brown
Bob Hanson	26	Gertrude Bierlein
Jerry Wright	27	Richard Gabriel
Tena Dowding	29	Jane Green
Caroline Wooton	31	

<u>Anniversaries</u>	
Spence & Karen Chinavare	Carl & Sandy Zajac

COMMISSION ON AGING
ICCOA HOME SERVICES – (989) 728-2206

Daily WII Bowling and Euchre

HOME DELIVERED MEALS
RESPITE CARE

HOMEMAKING SERVICES
PERSONAL CARE