



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Wednesday Menu Jan. 2: Swedish Meatballs Jan. 9: Turkey Dinner Jan. 16: Meatloaf Jan. 23: Chicken Pot Pie Jan. 30: Ham Dinner</p>	<p>1 Center Closed</p>	<p>2 10:00 Aerobics 10:00 Blood Pressure 10:00 Class of '52 11:30 Center Luncheon 12:00 Wellness Scan Presentation 1:00 Great Pretenders</p>	<p>3 9:00 Center Breakfast 10:00 Tai Chi for Arthritis 1:00 Cribbage 1:00 NCOA Meeting</p>	<p>4 10:00 Aerobics 11:00 Sandwich Social 1:00 Social Bingo</p> <p><i>Sandwich of the Day: Italian Meatball</i></p>
<p>7 10:00 Aerobics 11:30 CAAM Luncheon 1:00 Pinochle</p>	<p>8 10:00 Wii Bowling 10:00 Tai Chi for Arthritis 10:00 Class of '51 1:00 Cribbage</p> <p>FootCare— By Appointment</p>	<p>9 10:00 Aerobics 11:30 Center Luncheon 12:00 San Antonio Meeting</p>	<p>10 9:00 Center Breakfast 10:00 Tai Chi for Arthritis 10:30 Commodities 1:00 Cribbage 7:00 City Council</p>	<p>11 10:00 Aerobics 11:00 Soup Luncheon 1:00 Social Bingo</p> <p><i>Soups: Tortilla Meatball, Turkey Noodle Sandwich: Egg Salad</i></p>
<p>14 10:00 Aerobics 11:30 CAAM Luncheon 1:00 Pinochle</p>	<p>15 10:00 Wii Bowling 10:00 Tai Chi for Arthritis 1:00 Cribbage 5:30 Planning Commission</p>	<p>16 10:00 Aerobics 10:00 Blood Pressure 11:30 Center Luncheon 12:00 Understanding Alzheimer's and Dementia</p>	<p>17 9:00 Center Breakfast 10:00 Tai Chi for Arthritis 1:00 Cribbage</p>	<p>18 10:00 Aerobics 11:00 Soup Luncheon 1:00 Social Bingo</p> <p><i>Soups: Cheesy Broccoli, Hamburger Vegetable Sandwich: Bologna & Pickle</i></p>
<p>21 10:00 Aerobics 11:30 CAAM Luncheon 1:00 Pinochle</p>	<p>22 10:00 Wii Bowling 10:00 Tai Chi for Arthritis 1:00 Cribbage</p> <p>FootCare— By Appointment</p>	<p>23 10:00 Aerobics 11:30 Center Luncheon 12:00 Real Estate 101 Presentation</p>	<p>24 9:00 Center Breakfast 10:00 Tai Chi for Arthritis 1:00 Cribbage</p>	<p>25 10:00 Aerobics 11:00 Soup Luncheon 1:00 Social Bingo</p> <p><i>Soups: Creamy Chicken Vegetable, Beef Stew Sandwich: Grilled Cheese</i></p>
<p>28 10:00 Aerobics 11:30 CAAM Luncheon 1:00 Pinochle 1:00 Parkinsons Support Group</p>	<p>29 10:00 Wii Bowling 10:00 Tai Chi for Arthritis 12:30 Cribbage Tournament</p>	<p>30 10:00 Aerobics 11:30 Center Luncheon 12:00 Foster Support Presentation</p>	<p>31 9:00 Center Breakfast 10:00 Tai Chi for Arthritis 1:00 Cribbage</p>	<p>Heikki Lunta</p> <p>Saturday, January 19 11 a.m. to 6 p.m.</p>