

Tsiothorko:wa/January

Sunday

Monday





Tuesday

Wednesday

Thursday

Friday

Saturday

<p>Dec- 31</p> <p><i>Remember to call the center by 9:30 am for lunch. And call the center if you will not be home for your home delivered meal.</i></p> <p><i>Menu is subject to</i></p>	<p>1</p> <p>Closed</p> <p>New Years Day</p> 	<p>2</p> <p>Hamburger with the Works Sweet Potatoes Parsley Carrots Vanilla Pudding</p> <p>Activity: 10:00 Tai Chi for Arthritis 1:00 Shopping 1:00 Aquatic Program @ Diabetes Center 3:00-5:30 Healthier Living #1 @ AHA</p>	<p>3</p> <p>Cream of Broccoli Soup Ham Sandwich Mix Berries</p> <p>Activity: 8:00 Lori Oakes DSS 10:00 Arthritis Exercise Program: CANCELLED</p>	<p>4</p> <p>Shake & Bake Pork Chops Rice Pilaf Roll Peaches</p> <p>Activity: 10:00 Tai Chi for Arthritis 1:00 Shopping 1:00 Aquatic Program @ Diabetes Center</p>	<p>5</p> <p>Tuna Noodle Casserole Roll Banana Pudding</p> <p>Activities Cancelled due to Weather</p> <p>As of today, this January Calendar is REVISED</p> <p>2:00 Green Food Bag Order Deadline</p>	<p>6</p> <p>Activity: 6:00pm Ace to King</p>
<p>7</p> <p>Activity: 6:00pm Ace to King</p>	<p>8</p> <p>Chicken Parmesan Garlic Bread Fruit Cocktail</p> <p>Activity: 10:30 Virtual Bowling 1:00 Bingo</p>	<p>9</p> <p>Fish on a Bun Coleslaw Sweet Potato Fries Cookie</p> <p>Activity: 8:20 Massage 10:00 Senior Club Meeting 10:00 Tai Chi 11:30 Box Lunch Bingo at Iakhihsotha 1:00 Shopping 1:00 Aquatic Program @ Diabetes Center 3:00-5:30 Healthier Living #1 @ AHA</p>	<p>10</p> <p>Sweet & Sour Cabbage Casserole Roll Chocolate Pudding</p> <p>Activity: 10:30 Nutrition Bingo</p>	<p>11</p> <p>BBQ Ribs Potato Salad Pears</p> <p>Activity: 10:00 Tai Chi for Arthritis: LAST CLASS 10:00 Haircuts 1:00 Shopping 1:00 Aquatic Program @ Diabetes Center 1:30 Legal Aid</p>	<p>12</p> <p>Chef Salad Cheese Filled Bread Sticks Fresh Fruit</p> <p>Activity: 10:00 Virtual Bowling</p>	<p>13</p> <p>Activity: 6:00pm Ace to King</p>
<p>14</p> <p>Activity: 6:00pm Ace to King</p>	<p>15</p> <p>Closed</p> <p>Martin Luther King Jr Day</p> 	<p>16</p> <p>Chicken Broccoli Brown Rice, Roll Mandarin Oranges</p> <p>Activity: 11:00 Pharmacist Presents: Brian Bond 12:30 Craft Class: Painting with Tammy King 1:00 Shopping 1:00 Aquatic Program @ Diabetes Center 3:00- 5:30 Healthier Living #2 @ AHA</p>	<p>17</p> <p>Cream of Potato Soup French Bread Pineapple Chunks</p> <p>Activity: 8:00 Lori Oakes DSS</p>	<p>18</p> <p>Chili Corn Muffin Applesauce</p> <p>Activity: 1:00 Shopping 11:00 Alzheimer's Support Group 12:30 5 Pin Bowling Cornwall 1:00 Aquatic Program @ Diabetes Center 1:00 'The Basics' an Education Program by the Alzheimer's Assoc.</p>	<p>19</p> <p>Breakfast Burritos Cantaloupe Orange Juice</p> <p>Activity: 10:30 Virtual Bowling 1:00 Tina's Painting 12:30 Billiards at Tsiionkwanonhsote</p>	<p>20</p> <p>Activity: 6:00pm Ace to King</p>
<p>21</p> <p>Activity: 6:00 Ace to King</p>	<p>22</p> <p>Chicken Cordon Bleu Mix Veggies Roll Peanut Butter Cookie</p> <p>Activity: 10:30 Virtual Bowling 1:00 Bingo</p> <p>Krista Oakes starts her internship with Health Promotion Services, come in and say Hello!</p>	<p>23</p> <p>Shepherd's Pie California Blend Roll Peaches</p> <p>Activity: 8:20 Massage 1:00 Shopping 1:00 Aquatic Program @ Diabetes Center 3:00-5:30 Healthier Living #3 @ AHA</p>	<p>24</p> <p>Corn Soup Biscuit Vanilla Pudding</p> <p>Activity:</p>	<p>25</p> <p>Creamy Ranch Chicken Peas, Roll Jell-O</p> <p>Activity: 10:00 Haircuts 1:00 Shopping 1:00 Aquatic Program @ Diabetes Center 1:30 Legal Aid</p>	<p>26</p> <p>Closed</p> <p>Planning Day</p> 	<p>27</p> <p>Activity: 6:00pm Ace to King</p>
<p>28</p> <p>Activity: 6:00 Ace to King</p>	<p>29</p> <p>Goulash Italian Bread Asparagus Butterscotch Pudding</p> <p>Activity: 10:00-11:00 Go4Life Program 10:30 Virtual Bowling 1:00 Bingo</p>	<p>30</p> <p>Chicken Tenders Bake Fries Fig Newton Cookies</p> <p>Activity: 10:00-11:00 Go4Life Program 1:00 Shopping 1:00 Aquatic Program @ Diabetes Center 3:00- 5:30 Healthier Living #4 @ AHA Training Center</p>	<p>31</p> <p>Birthday Meal</p> <p>Bacon Wrap Pork Loin Broccoli & Cauliflower German Apple Cake</p> <p>Activity: 10:30-11:30 Eat Healthy, Be Active 10:30 Vitals</p> 	<p>February 1, 2018</p> <p>10:00-11:00 Go4Life Program</p> <p>1:00-2:00 Aquatic Program @ Diabetes Center</p>	<p>February 2, 2018</p>	