



February 2020 Activities



Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
8:00 AM Continental Breakfast 8:00 AM Pearl Valley Cheese Fundraiser Begins 9:00 AM Crafting Group 10:00 AM Bingo 10:00 AM Advanced Tai Chi 11:00 AM Beginners Tai Chi 11:00 AM Guest Speakers 11:30 AM Lunch 12:30 PM Coloring Group	8:00 AM Continental Breakfast 9:00 AM Pickleball in Byesville 9:00 AM Quilters 10:00 AM Bingo 11:00 AM Clothes Closet 11:30 AM National Soup Day Lunch 12:00 PM Pinochle 3:00 PM Line Dancing	9:00 AM Continental Breakfast 9:00 AM Sewing 9:30 AM Blood Pressure Checks 10:00 AM Geri-Fit Exercise 10:00 AM Bingo 11:30 AM Birthday Party & Luncheon 12:00 PM Bridge	8:00 AM Continental Breakfast 8:15 AM First Ladies National Historic Site Trip 9:00 AM Pickleball in Byesville 10:00 AM Bible Study 10:00 AM Bingo 11:30 AM Lunch 12:00 PM Open Cards 12:00 PM Book Club	8:00 AM Continental Breakfast 10:00 AM Bingo 10:00 AM Walking Group 11:00 AM Bubble Gum Bubble Blowing Activity 11:30 AM Lunch 12:00 PM Euchre <div style="text-align: center;">Surprise Friday</div>
10	11	12	13	14
8:00 AM Continental Breakfast 8:30 AM Crafting Group 10:00 AM Bingo 10:00 AM Advanced Tai Chi 11:00 AM Beginners Tai Chi 11:30 AM Lunch 12:30 PM Coloring Group	8:00 AM Continental Breakfast 9:00 AM Pickleball in Byesville 9:00 AM Quilters 10:00 AM Bingo 11:00 AM Clothes Closet 11:00 AM Make a Friend Luncheon 12:00 PM Pinochle 1:30 PM Alzheimer's Support Group 3:00 PM Line Dancing	8:00 AM Continental Breakfast 9:00 AM Sewing 9:30 AM Blood Pressure Checks 10:00 AM Geri-Fit Exercise 10:00 AM Bingo 11:30 AM Lunch 12:00 PM Bridge	8:00 AM Continental Breakfast 9:00 AM Pickleball in Byesville 9:30 AM -10:30 AM Bingo 10:00 AM Bible Study 11:00 AM Sweetheart Dance & Luncheon 12:00 PM Open Cards <div style="text-align: center;">Thirsty Thursday</div>	8:00 AM Continental Breakfast 10:00 AM Walking Group 10:00 AM Bingo 11:30 AM Lunch 12:00 PM Euchre
17	18	19	20	21
9:00 AM President's Day Breakfast Buffet 8:30 AM Crafting Group 10:00 AM Bingo 10:00 AM Advanced Tai Chi 11:00 AM Beginners Tai Chi 11:30 AM Lunch 12:30 PM Coloring Group	8:00 AM Continental Breakfast 9:00 AM Pickleball in Byesville 9:00 AM Quilters 10:00 AM Bingo 11:00 AM Clothes Closet 11:30 AM Lunch 12:00 PM Pinochle 3:00 PM Line Dancing <div style="text-align: center;">Tuesday Treat</div>	8:00 AM Continental Breakfast 9:00 AM Sewing 9:30 AM Blood Pressure Checks 10:00 AM Geri-Fit Exercise 10:00 AM Bingo 11:30 AM Lunch 12:00 PM Bridge <div style="text-align: center;">Wild Wednesday Bingo</div>	8:00 AM Continental Breakfast 9:00 AM Pickleball in Byesville 10:00 AM Bible Study 10:00 AM Bingo 11:30 AM Lunch 12:00 PM Open Cards **Note Time Change** 4:30 PM Monthly Dinner	8:00 AM Continental Breakfast 10:00 AM Bingo 10:00 AM - 3:00 PM Food Commodity Pick Up 11:30 AM Lunch 12:00 PM Euchre
24	25	26	27	28
8:00 AM Continental Breakfast 8:30 AM Crafting Group 10:00 AM Bingo 10:00 AM Advanced Tai Chi 11:00 AM Beginners Tai Chi 11:30 AM Lunch 12:30 PM Coloring Group <div style="text-align: center;">Sundae on Monday</div>	8:00 AM Continental Breakfast 9:00 AM Pickleball in Byesville 9:00 AM Quilters 10:00 AM Bingo 11:00 AM Clothes Closet 11:30 AM Lunch 12:00 PM Pinochle 3:00 PM Line Dancing 4:00 PM Byesville Dinner	8:00 AM Continental Breakfast 9:00 AM Sewing 9:30 AM Blood Pressure Checks 10:00 AM Geri-Fit Exercise 10:00 AM Bingo 11:30 AM Lunch 12:00 PM Bridge	8:00 AM Continental Breakfast 9:00 AM Pickleball in Byesville 10:00 AM Bible Study 10:00 AM Bingo 11:30 AM Lunch 12:00 PM Open Cards	8:00 AM Continental Breakfast 10:00 AM Bingo 10:00 AM Walking Group 11:30 AM Lunch 12:00 PM Euchre

February 2020 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 Butter Crumb Breaded Pollock w/ Tarter Sauce Scalloped Potatoes Pears Cole Slaw Choice of Bread / Marg. Choice of Milk</p>	<p>4 Chicken Noodle Soup w/ Crackers Three Bean Salad Fresh Orange Grape Juice Mini Breadstick / Marg. Choice of Milk</p>	<p>5 Stuffed Green Pepper Mashed Potatoes Corn Pears 100% Fruit Juice Choice of Bread / Marg. Choice of Milk</p>	<p>6 Memphis Sweet BBQ Pulled Beef w/ Bun Seasoned Fries Butter Beans Tropical Fruit Cookies Choice of Milk</p>	<p>7 Bone-In Pork Chop Diced Potatoes Brussels Sprouts Fresh Apple Choice of Bread / Marg. Choice of Milk</p>
<p>10 Cheese Manicotti w/ Sauce Italian Vegetables Cinnamon Apple Slices 100% Fruit Juice Choice of Bread / Marg. Choice of Milk</p>	<p>11 Sweet & Sour Chicken over Rice Asian Blend Vegetables Baked Pineapple Fresh Orange Choice of Bread / Marg. Choice of Milk</p>	<p>12 Cubed Pork Cutlet in Gravy Mashed Potatoes Spinach Apple Juice Choice of Bread / Marg. Choice of Milk</p>	<p>13 Turkey & Swiss on Ciabatta Roll w/ Lettuce Corn Chowder Banana Grape Juice Choice of Milk</p>	<p>14 Roast Beef & Noodles Buttered Potatoes Succotash Fruited Gelatin Choice of Bread / Marg. Choice of Milk</p>
<p>17 Rope Polish Kielbasa Flame Roasted Vegetables Calico Baked Beans Pineapple Tidbits Choice of Bread / Marg. Choice of Milk</p>	<p>18 Cubed Steak in Au Jus Scalloped Potatoes Glazed Baby Carrots Cinnamon Applesauce Dinner Roll / Marg. Choice of Milk Potato & Cheese</p>	<p>19 Chicken & Spaetzle Dumplings Buttered Whole Potatoes Peach Crisp Grape Juice Choice of Bread / Marg. Choice of Milk</p>	<p>20 Open Face Roast Beef Mashed Potatoes Broccoli Fresh Apple Rice Krispie Treat Dinner Roll / Marg. Choice of Milk</p>	<p>21 Herb Roasted Chicken Wax Beans Harvard Beets Lemon Berry Juice Cup Choice of Bread / Marg. Choice of Milk</p>
<p>24 Cabbage Roll Mashed Potatoes Bahamas Vegetables Blend Fresh Orange Choice of Bread / Marg. Choice of Milk</p>	<p>25 Pierogies w/ Onions Southern Fried Cabbage Peas & Carrots Cottage Cheese Orange Pineapple Juice Choice of Bread / Marg. Choice of Milk</p>	<p>26 Vegetable Beef Soup w/ Crackers Tropical Fruit Salad Cranberry Juice Vanilla Pudding Choice of Milk</p>	<p>27 Pork Chop Seasoned Cubed Hash Browns Lima Beans Fruit Cocktail Choice of Bread / Marg. Choice of Milk</p>	<p>28 Salisbury Steak w/ Gravy Mashed Potatoes Mixed Vegetables Apricots Tapioca Pudding Choice of Bread / Marg. Choice of Milk</p>

We invite you to join us for lunch at the Guernsey County Senior Center, the Byesville Site, Cambridge Heights, Cumberland, Londonderry, and Pleasant City sites. Lunch is served at 11:30—1:00. Each meal includes a choice of white, wheat, or specified bread and a choice of 2% or Skim Milk. Ingredient content can be found on our website www.guernseysenior.org. If you have any questions about our nutrition services please call Hollia Husk, Nutrition Supervisor at 740-439-5717 or toll free at 1-866-534-2349.