


Mon	Tues	Wed	Thurs
<p>1 <i>Closed for New Years day</i></p> 	<p>2 <u>Taking back Tuesdays</u></p> <ul style="list-style-type: none"> 12:00-12:45 Lunch 12:45-2:00 A year to look back on. <p><i>Tilapia Marsala served over pasta, salad & fruit</i></p>	<p>3</p> <ul style="list-style-type: none"> 10:00-10:30 Coffee, cake 10:30-12:00 Will this year be different? <p><i>Pizza, salad and fruit</i></p>	<p>4</p> <ul style="list-style-type: none"> 12:00-12:45 Lunch 12:45-2:00 Look back or move forward. <p><i>Tuna and egg sandwiches, (white bread) coleslaw and fruit</i></p>
<p>8</p> <ul style="list-style-type: none"> 10:30-10:45 Coffee, cake and catching up. 10:45 -2:00 News of the day. <p><i>Eggplant Parmigiana. Salad and fruit</i></p>	<p>9</p> <ul style="list-style-type: none"> <u>Taking Back Tuesdays</u> 12:00- 12:45 Lunch 12:45-2:00 Turning a negative into a positive <p><i>Pizza, salad and fruit</i></p>	<p>10</p> <ul style="list-style-type: none"> 10:00-10:30 Coffee, cake. 10:30 -12:00 Why now? <p><i>. Grilled fish (salmon) with orzo and grilled vegetables. Salad and fruit (tartar sauce)</i></p>	<p>11</p> <ul style="list-style-type: none"> 12:00-12:45 Lunch 12:45-2:00 Can we each improve things? <p><i>Greek salad with half an Asian eggplant wrap and fruit</i></p>
<p>15</p> <ul style="list-style-type: none"> 10:30-10:45 Coffee & cake and catching up 10:45-12:30 Martin Luther King Jr. in 2018 <p><i>Tuna and egg salad sandwiches, coleslaw, cucumber salad and fruit</i></p>	<p>16</p> <ul style="list-style-type: none"> <u>Taking Back Tuesdays</u> 12:00 -12:45 Lunch 12:45-2:00 History in the making. <p><i>Penne pasta with vodka sauce, salad and fruit</i></p>	<p>17</p> <ul style="list-style-type: none"> 10:00-10:15 Coffee & cake 10:15 - 12:00 It's A look towards the future... <p><i>House salad, Linguini with garlic and herb oil, fruit</i></p>	<p>18</p> <ul style="list-style-type: none"> 12-12:45 Lunch 12:45 -2:00 Celebrating Risa's birthday <p><i>Bagels with cream cheese, scoop of tuna. House salad and fruit.</i></p>
<p>22</p> <ul style="list-style-type: none"> 10:30-10:45 Coffee & cake and catching up 10:45-12:30 Are we making a difference? <p><i>Baked ziti, salad and fruit</i></p>	<p>23</p> <ul style="list-style-type: none"> <u>Taking Back Tuesdays</u> 12-12:45 Lunch 12:45-2:00 Do the traditions change or stay the same? <p><i>Tuna and egg salad wraps, cucumber salad, coleslaw, fruit</i></p>	<p>24</p> <ul style="list-style-type: none"> 10-10:15 Coffee & cake. 10:15-12:00 Should we alter the way we see things? <p><i>Grilled fish(salmon), 1 piece of tilapia, red potatoes salad and fruit</i></p>	<p>25</p> <ul style="list-style-type: none"> 12:00-2:45 Lunch 12:45-2:00 A reflective time.. <p><i>Pizza, salad and fruit</i></p>
<p>29</p> <ul style="list-style-type: none"> 10:30- 10:45 Coffee & cake and catching up 10:45-12:30 A weekend review <p><i>Fried fish and roasted potatoes, cucumber salad and fruit</i></p>	<p>30</p> <ul style="list-style-type: none"> <u>Taking Back Tuesdays</u> 12:00-12:45 Lunch 12:45-2:00 Are we different or the same? <p><i>Baked ziti, garlic knots, salad and fruit</i></p>	<p>31</p> <ul style="list-style-type: none"> 10:00 -10:15 Coffee & cake 10:15-12:00 End of a month of what? <p><i>Pizza, salad and fruit</i></p>	