



Mon	Tues	Wed	Thurs
			1 <ul style="list-style-type: none"> • 12:00-12:45 Lunch • 12:45-2:00 New month, new ideas <p><i>Tuna and egg sandwiches, (white bread) cucumber salad and fruit</i></p>
5 <ul style="list-style-type: none"> • 10:30-10:45 Coffee, cake and catching up. • 10:45 -2:00 News of the weekend <p><i>Pizza, salad and fruit</i></p>	6 <ul style="list-style-type: none"> • <u>Taking Back Tuesdays</u> • 12:00- 12:45 Lunch • 12:45-2:00 Looking back on memories <p><i>Spaghetti and " meat sauce", garlic knots, salad and fruit</i></p>	7 <ul style="list-style-type: none"> • 10:00-10:30 Coffee, cake. • 10:30 -12:00 Politics with a twist <p><i>Tuna and egg salad sandwiches(white bread), cucumber salad, coleslaw, fruit</i></p>	8 <ul style="list-style-type: none"> • 12:00-12:45 Lunch • 12:45-2:00 Ladies in Hollywood <p><i>Grilled fish (salmon) with orzo and grilled vegetables. Salad and fruit (tartar sauce)</i></p>
12 <ul style="list-style-type: none"> • 10:30-10:45 Coffee & cake and catching up • 10:45-12:30 Current events <p><i>Eggplant Parmigiana. Salad and fruit</i></p>	13 <ul style="list-style-type: none"> • <u>Taking Back Tuesdays</u> • 12:00 -12:45 Lunch • 12:45-2:00 Is 13 bad luck? <p><i>Pizza, salad and fruit</i></p>	14 <ul style="list-style-type: none"> • 10:00-10:15 Coffee & cake • 10:15 - 12:00 What does Valentines day mean? <p><i>Grilled fish (Salmon) 1 piece of Tilapia with orzo and grilled vegetables. Salad and fruit (Tartar sauce)</i></p>	15 <ul style="list-style-type: none"> • 12-12:45 Lunch • 12:45 -2:00 Celebrating Valentines day <p><i>Tuna and egg salad sandwiches(white bread), cucumber salad, coleslaw, fruit</i></p>
19 <ul style="list-style-type: none"> • 10:30-10:45 Coffee & cake and catching up • 10:45-12:30 President's day <p><i>Tuna and egg salad sandwiches(white bread), cucumber salad, coleslaw, fruit</i></p>	20 <ul style="list-style-type: none"> • <u>Taking Back Tuesdays</u> • 12-12:45 Lunch • 12:45-2:00 Looking back on past Presidents <p><i>Grilled fish (Salmon) 1 peace Tilapia with orzo, grilled vegetables. Salad, fruit (Tartar sauce)</i></p>	21 <ul style="list-style-type: none"> • 10-10:15 Coffee & cake. • 10:15-12:00 Why do we still observe some holidays and not others? <p><i>Pizza, salad and fruit</i></p>	22 <ul style="list-style-type: none"> • 12:00-2:45 Lunch • 12:45-2:00 President's wives and their roles <p><i>Bagels with cream cheese, scoop of tuna, house salad, fruit</i></p>
26 <ul style="list-style-type: none"> • 10:30- 10:45 Coffee & cake and catching up • 10:45-12:30 Holiday of Purim <p><i>Baked ziti, salad and fruit</i></p>	27 <ul style="list-style-type: none"> • <u>Taking Back Tuesdays</u> • 12:00-12:45 Lunch • 12:45-2:00 Memories of Purim. <p><i>Tuna and egg salad wraps, cucumber salad, coleslaw, fruit</i></p>	28 <ul style="list-style-type: none"> • 10:00 -10:15 Coffee & cake • 10:15-12:00 Fast of Esther. Why? <p><i>Tilapia Marsala served over pasta, salad and fruit</i></p>	