


**C.A.M.E.O. PROGRAM ACTIVITIES FOR:
JANUARY 2019**

Menu or Food is a subject to change at the discretion of the provider

Monday	Tuesday	Wednesday	Thursday
		<p>2</p> <ul style="list-style-type: none"> • 10:00-10:30 Coffee, cake. • 10:30 –12:00 Hot Topics <p>Spaghetti & Meatballs in Marinara, Zucchini.</p>	<p>3</p> <ul style="list-style-type: none"> • 12:00-12:45 Lunch • 12:45-2:00 Bingo <p>Beef Burger, Rice, Spinach</p>
<p>7</p> <ul style="list-style-type: none"> • 10:30-10:45 Coffee, cake and catching up. • 10:45 –2:00 Weekend in Review <p>Turkey Breast, Sweet Potato, Green Beans</p>	<p>8</p> <ul style="list-style-type: none"> • <u>Taking Back Tuesdays</u> • 12:00 - 12:45 Lunch • 12:45 - 2:00 New Year's Resolutions <p>Stuffed Cabbage, Potato, Mixed Vegetables.</p>	<p>9</p> <ul style="list-style-type: none"> • 10:00-10:30 Coffee, cake. • 10:30 –12:00 Hot Topics <p>Chicken Teriyaki, Rice, Zucchini</p>	<p>10</p> <ul style="list-style-type: none"> • 12:00-12:45 Lunch • 12:45-2:00 Famous Female Stars <p>Beef Goulash, Noodles, Spinach</p>
<p>14</p> <ul style="list-style-type: none"> • 10:30-10:45 Coffee & cake and catching up • 10:45-12:30 Weekend in Review <p>Grilled Chicken, Mashed potato, Broccoli</p>	<p>15</p> <ul style="list-style-type: none"> • <u>Taking Back Tuesdays</u> • 12:00 - 12:45 Lunch • 12:45 - 2:00 Travel: Where You Have Been & Where You Would Like to Go <p>Chuck Roast, Noodles, Carrots</p>	<p>16</p> <ul style="list-style-type: none"> • 10:00-10:15 Coffee & cake • 10:15–12:00 Hot Topics <p>Turkey Franks, Penne, Mixed Vegetables</p>	<p>17</p> <ul style="list-style-type: none"> • 12-12:45 Lunch • 12:45 -2:00 Martin Luther King <p>Breaded Fish, Rice, Zucchini</p>
<p>21</p> <ul style="list-style-type: none"> • 10:30-10:45 Coffee & cake and catching up • 10:45-12:30 Festival of the Trees <p>Pepper Steak, Rice, Zucchini</p>	<p>22</p> <ul style="list-style-type: none"> • <u>Taking Back Tuesdays</u> • 12:00 -12:45 Lunch • 12:45 - 2:00 Hobbies: That You Do or Would Like to Do & Hobbies You Gave Up. <p>Breaded Chicken, Potato, Mixed Vegetables</p>	<p>23</p> <ul style="list-style-type: none"> • 10-10:15 Coffee & cake. • 10:15-12:00 Hot Topics • <p>Meatloaf, Mashed Potato, Green Beans</p>	<p>24</p> <ul style="list-style-type: none"> • 12:00-2:45 Lunch • 12:45-2:00 Bingo <p>Chicken Stew, Orzo, Spinach</p>
<p>28</p> <ul style="list-style-type: none"> • 10:30- 10:45 Coffee & cake and catching up • 10:45-12:30 Weekend in Review <p>Sausage & Peppers, Rice, Mixed Vegetables</p>	<p>29</p> <ul style="list-style-type: none"> • <u>Taking Back Tuesdays</u> • 12:00-12:45 Lunch • 12:45 - 2:00 People - Who You Would Like to Meet and Why <p>Chicken Marsala, Penne, Carrots</p>	<p>30</p> <ul style="list-style-type: none"> • 10-10:15 Coffee & cake. • 10:15-12:00 Hot Topics <p>Vegetable Burger, Mashed Potato, Zucchini</p>	<p>31</p> <ul style="list-style-type: none"> • 12:00-2:45 Lunch • 12:45-2:00 The Month in Review <p>Spaghetti & Meatballs in Marinara, Spinach</p>