

**FEBRUARY 2019**

		WEDNESDAY BREAKFAST: 9:30 AM LUNCH: 12:00 PM	FRIDAY BREAKFAST: 9:30 AM LUNCH: 12:00 PM	
		Menu or Food is a subject to change at the discretion of the provider		
MONDAY	TUESDAY		<b>1</b> 9:00 Meet and Greet 9:30 Daily Chronicle 11:00 Flexercise 11:30 Family Feud 12:30 Baking  <b><u>Roast Chicken</u></b>	
	<b>6</b>		9:00 Meet and Greet 9:30 Daily Chronicles 10:00 Trivia, Light Yoga 12:30 Ask the Nurse 1:00 Film  <b><u>Stuffed Cabbage, Potato, Zucchini</u></b>	<b>8</b> 9:00 Meet and Greet 9:30 Daily Chronicles 10:00 Ian Gallagher- Singer, Performer 12:30 Stretches  <b><u>Roast Chicken</u></b>
	<b>13</b>		9:00 Meet and Greet 9:30 Daily Chronicles 10:30 Virtual Trip to Italy 12:30 Exercise with Bands 1:00 Crafts  <b><u>Turkey Franks, Rice, Zucchini</u></b>	<b>15</b> 9:00 Meet and Greet 9:30 Daily Chronicles 10:00 Bernie Sokal on Frauds and Scams 12:30 Games  <b><u>Roast Chicken</u></b>
	<b>20</b>		9:00 Meet and Greet 9:30 Daily Chronicles 10:00 Marlene Herman – Storyteller 11:30 Exercise 12:30 Yoga  <b><u>Meatloaf, Mashed Potato, Mixed Vegetables</u></b>	<b>22</b> 9:00 Meet and Greet 9:30 Daily Chronicles 10:00 Flexercise 11:30 Geography 12:30 Massages  <b><u>Roast Chicken</u></b>
	<b>27</b>		9:00 Meet and Greet 9:30 Daily Chronicles 10:30 Marty Schneit – “Borsht Belt”, Film 12:30 Singing  <b><u>Chicken François, Penne, Green Beans</u></b>	