

JANUARY



EMC Senior Center
Montgomery County Precinct 4

CENTER HOURS
MONDAY - THURSDAY: 8AM - 3PM
FRIDAY: 8AM - 12PM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Happy New Year	2 COUNTRY FRIED STEAK SEASONED RICE GREEN BEANS 	3 CHICKEN PICATTA BUTTERED NOODLES BROCCOLI
6 SPAGHETTI BOLOGNESE ITALIAN VEGGIES SPICE CAKE	7 MUSHROOM, ONION SWISS BURGER POTATOES O'BRIEN BRUSSEL SPROUTS 	8 CHICKEN NOODLE SOUP TOMATO FOCACCIA BRUSSEL SPROUTS 	9 CHICKEN SALAD SANDWICH PASTA SALAD KEY LIME BAR 	10 PULLED BRISKET LOADED POTATO GREEN BEANS STRAWBERRY CRISP
13 SHRIMP FETTUCCINI ALFREDO RATATOUILLE BERRY CRISP	14 SAVORY SAUSAGE & GRITS PEAS & CARROTS OATMEAL BARS 	15 BEEF & BROCCOLI OVER RICE ORIENTAL VEGGIES SPICE CAKE 	16 TACO SALAD TORTILLA STRIPS BROWNIE 	17 MEATLOAF CHEESY PENNE GREEN BEANS
20 CENTER CLOSED FOR MLK DAY	21 BRATWURST OVER CABBAGE RICE PILAF CARROTS 	22 STUFFED PEPPER CASSEROLE GREEN PEAS CHUNKY APPLES & PEACHES 	23 SESAME CHICKEN SALAD BROCCOLI SALAD LEMON BARS 	24 CHICKEN FAJITAS CHARRO BEANS RICE
27 BLT SANDWICH TOMATO BASIL SOUP BROCCOLI NORMANDY	28 SRI LANKAN CHICKEN THIGHS BASMATI RICE ORIENTAL VEGGIES 	29 BEEFY POTATO CASSEROLE GREEN PEAS SPICED APPLESAUCE 	30 EGG SALAD SANDWICH PASTA SALAD FRESH FRUIT 	31 TAMALE PIE RATATOUILLE APPLE CRISP

MONTHLY EVENTS:

Every Monday- 10:30-12:00PM
Blood Pressure Checks by Encompass Health

Every Tuesday- 9:30AM
Sit and Fit & Diabetes Prevention Program

Every Thursday- 9:30AM
Sit and Fit & Gardening

Every Tuesday & Thursday- 12:00PM
Bingo- \$2.00/person to play

Every Monday, Wednesday, & Friday- 9:30AM
Walking Club

EVENTS THIS MONTH:

1/22 & 1/29- Crafts @ 12:00PM - 3:00PM

1/30- Birthday Bingo

1/8- "Email Basics" class @ Tullis Library
1/15- "Computer Basics" class @ Tullis Library

LUNCH IS PROVIDED DAILY @ 11:30AM

**SERVING MONTGOMERY COUNTY SENIOR
CITIZENS AGES 60+**