





Plum Senior Community Center 412-795-2330 Lunch Served from 11:30 to 12:15 pm FEB 2012

EVERY MONDAY	EVERY TUESDAY	EVERY WEDNESDAY	EVERY THURSDAY	EVERY FRIDAY
<p>9:15 Low-impact Aerobics 10:30 Silver Sneakers MSROM 11:30-12:15 Lunch 12:45 Bingo 6:30 pm Zumba</p>	<p>10:30 Yoga Stretch 11:30-12:15 Lunch 12:45 pm - 500 and Poker 1:00 pm - Dominoes</p>	<p>9:15 Silver Sneakers Cardio Cir. 10:00-11:30 Blood Pressure 10:30 Silver Sneakers MSROM 10:30 Tai Chi – Joe Citrano 11:30-12:15 Lunch 12:30 Band 12:45 Euchre 10:00am Crafts</p>	<p>11:30-12:15 Lunch 10:00-11:30 Blood Pressure 11:30 Stroke Survivor Group 12:45 Bingo</p>	<p>9:15 Low-impact (Aerobic) 10:30 Silver Sneakers MSROM 11:30-12:15 Lunch 9:00 Tai Chi Zumba every Saturday at 10:30 a.m.</p>
		1) Turkey & Gravy, Whipped Potatoes, Carrot Coins, Rye Bread, Lemon Cake & Milk	2) Boneless Chicken Breast in Marinara Sauce, Broccoli Florets, Honey Wheat Bread, Sliced Pears & Milk	3) Meatloaf, Mixed Vegetables, Wide Noodles, Dinner Roll, Orange & Milk
	<p>☀️ Coffee Cups will be sold in the kitchen/greeters desk for .75 Free refills all day.</p>	CCAC STUDENTS	Poetry Café 12:30 PM Stroke Survivor Group Mtg. 11: 30 AM	Free Coffee Friday-Card holders. Present your card.
6) Chicken Leg & Thigh, Au Gratin Potatoes, Spinach, Orange, Peanut Butter Cookie & Milk	7) Spaghetti & Meatballs, Tossed Salad, Italian Bread, Apple & Milk	8) Open Face Roast Beef Sandwich, Broccoli Florets, Whole Wheat Bread, Peach Slices & Milk	9) Turkey Breast, O'Brien Potatoes, Green Beans, Multi-Grain Bread, Pineapple Rings & Milk	10) Hearty Stew w/Potatoes & Vegetables, White Bread, Banana & Milk
BINGO RESUMES 12:30 PM	SHOPPING TRIP TO TARGET, MONROEVILLE 10:00 – 2:00 PM MUST HAVE 4 – OPT RIDERS FOR TRIP	CCAC STUDENTS	Advisory Meeting 10:00 AM Stroke Survivor Group Mtg. 11:30 AM - Plum Senior Center BINGO – 12: 30 PM	
13) Boneless Country Ribs, Broccoli Florets, Rye Bread, Orzo in Vegetable Broth, Fruit Cocktail & Milk	14) Meatloaf, Gourmet Potatoes, Asian Vegetables, Whole Wheat Bread, Raspberry Sorbet, Cookies & Milk	15) Chef's Salad, Mixed Greens, Macaroni Salad, Roll, Apricots & Milk	16) Stuffed Cabbage, Whipped Potatoes, Carrot Coins, Multi-Grain Bread, Cherry Gelatin & Milk	17) Turkey w/Gravy, Yams, Baby Peas, Wheat Bread, Pineapple Bits & Milk
	***	BIRTHDAY LUNCHEON 	SOJOURNER TRUTH – LUNCH & LEARN 11:30 AM CAREGIVERS' MTG. 6:30 PM BINGO – 12:30 PM	
20) Salisbury Steak, Peas, White Bread, Noodles, Grapes & Milk	21) Sweet & Sour Pork, Spinach Salad, Multi-Grain Bread, Banana & Milk	22) Cheese Tortellini, Mixed Vegetables, Italian Bread, Sliced Peaches & Milk	23) Roast Beef, Whipped Potatoes, Broccoli Florets, Wheat Bread, Brownie & Milk	29) Cod w/Lemon Wedge, Scalloped Potatoes, Stewed Tomatoes, Wheat Bread, Orange & Milk
	DAY AT THE MOVIES - PITTSBURGH MILLS 10:00 – 2:00 PM MUST HAVE 4-OPT RIDERS FOR TRIP	CCAC STUDENTS	BILL BACCA, GATEWAY HOSPICE – LUNCH & LEARN SPEAKER – HEART HEALTH 11:30 AM BINGO – 12:30 PM	☀️ Return cup to be washed at the end of the day.
27) Hamburger, Roasted Potatoes, Butternut Squash, Wheat Bread, Plums & Milk	28) Turkey Divan, Broccoli Spears, Brown Rice, Apricots, Sugar Cookies & Milk	29) Spaghetti & Meatballs, Tossed Salad, Italian Bread, Apple & Milk	Please try to call at least one day ahead to sign up for lunch. Thank you.	
		TAI CHI – 8 WEEK SESSIONS BEGIN		