








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

EVERY MONDAY	EVERY TUESDAY	EVERY WEDNESDAY	EVERY THURSDAY	EVERY FRIDAY
<p>9:15 Low-impact Aerobics 10:30 SilverSneakers MSROM 11:30-12:15 Lunch 12:45 Bingo 6:30 pm Zumba</p>	<p>10:30 YogaStretch 11:30-12:15 Lunch 12:45 pm - 500 1:00 pm - Dominoes</p>	<p>9:15 SilverSneakers Cardio Cir. 10:00-11:30 Blood Pressure 10:30 SilverSneakers 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 SilverSneakers MSROM 11:30-12:15 Lunch 9:00 Tai Chi Zumba every Saturday at 10:30 a.m.</p>
<p>2) HOLIDAY - CLOSED</p>	<p>3) Chicken Creole, Whipped Potatoes, Green/Red Peppers, onions, tomatoes entrée, Wheat Bread, Apple & Milk</p>	<p>4) Roast Beef, Spinach Salad, White Bread, Banana & Milk</p>	<p>5) Lemon Pepper Cod, Scalloped Potatoes, Peas/Carrots, Bread, Yellow Cake & Milk</p>	<p>6) Turkey Chili, Tossed Salad, Beans/ Tomato Entrée, Wheat Bread, Peaches & Milk</p>
	<p> Coffee Cups will be sold in the kitchen/greeters desk for .75 Free refills all day.</p>	<p>TAI CHI – BEGINNERS CLASS BEGINS 7:30 PM – 8:30 PM</p>	<p>Poetry Café 12:30 PM Stroke Survivor Group Mtg. 11: 30 AM HARTWOOD ACRES FESTIVAL OF LIGHTS TRIP 5:15 PM</p>	<p>Free Coffee Friday-Card holders. Present your card.</p>
<p>9) Chicken Leg & Thigh, Roasted Potatoes, Green Beans, Wheat Bread, Pineapple Tidbits & Milk</p>	<p>10) Stuffed Cabbage, Whipped Potatoes, Carrots, Roll, Chocolate Cake & Milk</p>	<p>11) Boneless Pork Chop, Parsley Potatoes, Multi-Grain Bread, Banana, & Milk</p>	<p>12) Rigatoni w Meat, Tossed Salad, Italian Bread, Apple & Milk</p>	<p>13) Sliced Turkey, Brussels Sprouts, Baked Yam, Oatmeal Cookie & Milk</p>
	<p>Western Southern – What You Don't Know About Life Insurance 11:30 AM – 12:00 PM TARGET SHOPPING TRIP-OPT 10:00 AM – 2:30 PM</p>	<p>TAI CHI – BEGINNERS WK #2</p>	<p>Advisory Meeting 10:00 AM Stroke Survivor Group Mtg. 11:30 AM - Plum Senior Center</p>	
<p>16) MARTIN LUTHER KING DAY</p>	<p>17) Country Ribs, Coleslaw, Brown Rice, Whole Wheat Bread, Grapes & Milk</p>	<p>18) Marinated Chicken, Gourmet Potatoes, Italian Green Beans, Whole Wheat Bun, Fruit Cocktail & Milk</p>	<p>19) Cider Beef Stew w/vegetables, Wide Noodles, White Bread, Orange & Milk</p>	<p>20) Lemon Pepper Cod, Au Gratin Potatoes, Broccoli Florets, Pears, Sugar Cookie & Milk</p>
<p>CLOSED</p>	<p>* * *</p>	<p>BIRTHDAY LUNCHEON  TAI CHI – BEGINNERS WK #3</p>	<p>Caregivers Meeting – 6:30- 8:30 pm Concordia – Cold & Respiratory Infection Prevention (Free – Pill Boxes) 10:30 AM BRUNCH AND LEARN</p>	
<p>23) Pepper Steak Au Jus, parsley Potatoes, Whole Wheat Bread, Oatmeal Cookies & Milk</p>	<p>24) Meatball Hoagie, Baked Potato Wedges, Whole Wheat Bun, Brownie & Milk.</p>	<p>25) Boneless Chicken Breast, Brown Rice, Broccoli – Carrots Medley, Wheat Bread & Milk</p>	<p>26) Pasta & Cheese, Spinach Salad, Green Beans, Rye Bread, Banana & Milk</p>	<p>27) Boneless Pork Chop, Whipped Potatoes, Peas, Dinner Rolls, Peach Slices & Milk</p>
	<p>WALMART SHOPPING – OPT PITTSBURGH MILLS 10:00 AM – 2:30 PM</p>	<p>TAI CHI – BEGINNERS WK #4</p>		<p> Return cup to be washed at the end of the day.</p>
<p>30) Roast Beef & Gravy, Cole Slaw, Candied Yams, Wheat Bread, Plums & Milk</p>	<p>31) Lemon Pepper Cod, Scalloped Potatoes, Italian Green Beans, Apricots & Pineapple w/ Milk</p>		<p>Please try to call at least one day ahead to sign up for lunch. Thank you.</p>	

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