



January, 2018



Clay Senior Activity Center

681-0238

Linda Plummer & Beth Petty, Co-Directors

Mon

Tue


Wed

Thu

Fri

<p>1</p>  <p>welcome 2018 Center Closed Mary Cox</p>	<p>2</p>  <p>Welcome Back !!!</p>	<p>3</p> <p>Blood Pressure Check</p> 	<p>4 Canasta Bridge and Rook</p> 	<p>5</p> <p>Games And Puzzles for All</p> <p>Hugh Davis</p>
<p>8 Nutritional Information Board Games</p>	<p>9 Rummikub</p>  	<p>10 Chair Exercise</p> <p>11:15</p> 	<p>11 Nine Hole Golf & Canasta</p> <p>Imogene Taylor</p>	<p>12 Rook And Table Games</p>
<p>15 Center Closed</p> 	<p>16 Rook</p> 	<p>17 Corn Hole Exercise 11:15</p> 	<p>18 Nutritional Information</p> 	<p>19 WII Bowling</p>  <p>Hazel Thomas</p>
<p>22 Bingo Bridge & Rook</p> 	<p>23 Nutritional Information</p>	<p>24 Chair Exercise 11:15</p> 	<p>25 Nine Hole Golf</p> 	<p>26 Rummikub</p>   <p>28 Ed Mercer</p>
<p>29 UAB Vision Testing 9:00 - 11:45</p>	<p>30 WII Bowling</p>  <p>Tom Roehrig Raymond Spitzer</p>	<p>31 Out to Eat at Cracker Barrell Leave at 10:45</p>	<p>Birthdays In Blue</p> 	<p>Center is open Monday-Friday 9:00-1:00 p.m.</p>



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>Happy New Year!</p> <p>Centers Closed</p>	<p>2</p> <p><u>Menu 2</u></p> <p>Sliced Turkey/Gravy Whipped Sweet Potatoes Okra and Tomatoes Mandarin Oranges/Pineapple Wheat Bread Margarine Fig Bar Milk</p>	<p>3</p> <p><u>New Year's Day Meal</u></p> <p>Blended Juice Baked Ham Black-eyed Peas Cabbage and Collard Greens Cornbread Margarine Pecan Spin Milk/Buttermilk</p>	<p>4</p> <p><u>Menu 4</u></p> <p>Chopped Steak/Gravy Whipped Potatoes Glazed Carrots Fresh Fruit Wheat Bread Margarine Lime Gelatin Milk</p>	<p>5</p> <p><u>Menu 5</u></p> <p>Cranberry Juice Mesquite Chicken Drumsticks (2) Mixed Beans Green Beans/Red Peppers Texas Bread Margarine Chocolate Cake/Whipped Topping Milk</p>
<p>8</p> <p><u>Menu 6</u></p> <p>Orange Juice Ham and Potato Casserole Mixed Vegetables Applesauce Wheat Roll Margarine Marshmallow Treat Milk</p>	<p>9</p> <p><u>Menu 7</u></p> <p>Hamburger/Bun Baked Beans Coleslaw Lettuce /Onion/Tomato Ketchup/Mustard/Mayonnaise Hot Peach Cobbler Milk/Chocolate Milk</p>	<p>10</p> <p><u>Menu 8</u></p> <p>Cranberry Juice Chicken and Rice Casserole Green Peas Garden Vegetables Wheat Bread Margarine White Cake Milk</p>	<p>11</p> <p><u>Menu 9</u></p> <p>Tomato Juice Smoked Sausage/Bun Southwest Succotash Baked Potato Salad Diced Onions Mustard/Ketchup Lemon Pudding Milk</p>	<p>12</p> <p><u>Menu 10</u></p> <p>Meatloaf/Tomato Gravy Garlic Whipped Potatoes Mustard Greens Fresh Fruit Cornbread Margarine Cherry Gelatin Milk/Buttermilk</p>
 <p>Centers Closed Government Holiday</p>	<p>16</p> <p><u>Menu 12</u></p> <p>Orange Juice Sausage Patty (3) Cheese Grits Hot Spiced Apples Biscuit Margarine/Jelly Whole Grain Bran Flakes Milk</p>	<p>17</p> <p><u>Menu 13</u></p> <p>Baked Ham Delmonico Potatoes Turnip Greens Fresh Fruit Cornbread Margarine Marble Cake Milk/Buttermilk</p>	<p>18</p> <p><u>Menu 14</u></p> <p>Pineapple Juice Zesty Meatballs (3) Whole Grain Penne/Tomatoes Italian Green Beans Wheat Roll Margarine Strawberry Pudding Milk</p>	<p>19</p> <p><u>Menu 15</u></p> <p>Taco Salad: Taco Meat Taco Salad Mix Pinto Beans Corn Chips Taco Sauce Sour Cream Orange Gelatin Milk</p>
<p>22</p> <p><u>Menu 16</u></p> <p>Blended Juice Chicken Taco Soup Mexican Rice Mixed Fruit Saltine Crackers Margarine Fudge Brownie Milk</p>	<p>23</p> <p><u>Menu 17</u></p> <p>BBQ Rib Patty Country Corn Broccoli Casserole Sliced Peaches Whole Wheat Bread Margarine Yellow Cake Milk</p>	<p>24</p> <p><u>Menu 18</u></p> <p>Grape Juice Baked Chicken Thigh Lima Beans Mixed Greens Cornbread Margarine Raspberry Gelatin Milk/Buttermilk</p>	<p>25</p> <p><u>Menu 19</u></p> <p>Spaghetti Casserole Peas and Carrots Tossed Salad/Ranch Dressing Fresh Fruit Texas Bread Margarine Assorted Snack Cakes/Cookies Milk</p>	<p>26</p> <p><u>Menu 20</u></p> <p>Apple Cherry Juice Frankfurter/Bun Baked Beans Coleslaw Diced Onions Ketchup/Mustard/Mayonnaise Hot Apple Cobbler Milk/Chocolate Milk</p>
<p>29</p> <p><u>Menu 1</u></p> <p>Orange Juice Brunswick Stew Buttered Rice Butter Beans Saltine Crackers Margarine Fudge Round Milk</p>	<p>30</p> <p><u>Menu 2</u></p> <p>Sliced Turkey/Gravy Whipped Sweet Potatoes Okra and Tomatoes Mandarin Oranges/Pineapple Wheat Bread Margarine Fig Bar Milk</p>	<p>31</p> <p><u>Menu 3</u></p> <p>Blended Juice Vegetable Plate: Macaroni & Cheese Black-eyed Peas Collard Greens Cornbread Margarine Pecan Spin Milk/Buttermilk</p> <p><i>Prunes</i></p>	