



January, 2015

Clay Senior Activity

681-0238



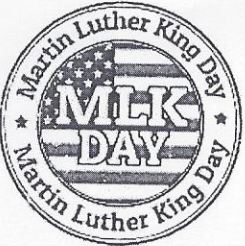
Linda Plummer & Beth Petty, Co-Directors

Mon	Tue	Wed	Thu	Fri
Center is open Monday-Friday 9:00am-1:00pm	January Birthdays In PINK 	Welcome Back!!!	1 Closed <i>Happy New Year</i>  Mary Cox	2 Closed
5 Bingo and Bridge	6 Games Bingo & Golf 	7 Exercise Blood Pressure Checked Games	8 Games Bingo, Golf, Rummikub	9 Nutritional Information Games
12 Bingo and Bridge	13 Nutritional Information Bingo, Uno Wii Bowling	14 Chair Exercise 11:15 Games	15  Games 	16 Devotional with Beth Gerald Lowe 17 Edwina Watson 17 Vivian White 18 Joanne Lasecki
19 Center Closed  Sissy Thomas	20 Games 	21 Chair Exercise 11:15 Games	22 Games 	23 Lunch at Pell City Steak House  Dottie Graves
26 Bingo and Bridge 	27 Bingo, Golf Puzzles 	28 Chair Exercise 11:15 Ed Mercer	29 Nutritional Information 	30 Board Games Raymond Spitzer

January

ADSS Nutrition Program

Winter 2015

Monday	Tuesday	Wednesday	Thursday	Friday
			 <p>Centers Closed</p>	 <p>Centers Closed</p>
<p><u>Menu 1</u> 5 Grape Juice Brunswick Stew Brown Rice Brussels Sprouts Wheat Breadstick Margarine Fig Bar Milk</p>	<p><u>Menu 2</u> 6 Meatball(3)/Spaghetti Sauce Whole Grain Penne/Tomatoes Corn O'Brien Fresh Fruit Texas Bread Margarine Orange Fruited Gelatin Milk</p>	<p><u>Menu 3</u> 7 Blended Juice Baked Ham Field Peas/Snaps Mustard Greens Cornbread Margarine Lemon Pudding Milk/Buttermilk</p>	<p><u>Menu 4</u> 8 Taco Salad: -Taco Meat -Lettuce/Tomato/Cheese -Pinto Beans Corn Chips Taco Sauce Pineapple Tidbits Milk</p>	<p><u>Menu 5</u> 9 Orange/Pineapple Juice BBQ Chicken/Bun Northern Beans Zucchini and Tomatoes Birthday Cake Milk</p>
<p><u>Menu 6</u> 12 Cranberry Juice Chicken and Rice Casserole Garden Vegetables Lima Beans Wheat Roll Margarine Nutty Buddy Milk</p>	<p><u>Menu 7</u> 13 Chopped Steak/Gravy Whipped Potatoes Collard Greens Fresh Fruit Cornbread Margarine Raspberry Gelatin Milk/Buttermilk</p>	<p><u>Menu 8</u> 14 Apple Cherry Juice Frankfurter/Bun Baked Beans Coleslaw with Carrots Diced Onion Ketchup/Mustard/Mayonnaise Hot Apple Cobbler Milk/Chocolate Milk</p>	<p><u>Menu 9</u> 15 Taco Soup Cabbage Green Beans/Potatoes Sliced Peaches Saltine Crackers Yellow Cake Milk</p>	<p><u>Menu 10</u> 16 Orange Juice Spaghetti Casserole Green Peas Tossed Salad/Ranch Dressing Wheat Breadstick Margarine Chocolate Chip Cookies-2 each Milk</p>
 <p>Centers Closed</p>	<p><u>Menu 12</u> 20 Orange Juice Sausage Patty-2 Cheese Grits Tropical Fruit Biscuit Margarine Jelly Cinnamon Raisin Bread Milk</p>	<p><u>Menu 13</u> 21 Vegetable Plate: -Macaroni & Cheese -Black-eyed Peas -Turnip Greens Fresh Fruit Cornbread Margarine Gingerbread Cookie Milk/Buttermilk</p>	<p><u>Menu 14</u> 22 Blended Juice BBQ Rib Patty Butter Beans Buttered Carrots Wheat Roll Margarine Cherry Fruited Gelatin Milk</p>	<p><u>Menu 15</u> 23 Teriyaki Meatballs(3) Buttered Rice Green Beans/Red Peppers Fresh Fruit Whole Wheat Bread Margarine Chocolate Pudding Milk</p>
<p><u>Menu 16</u> 26 Orange Juice Chicken Alfredo Country Corn Club Spinach Wheat Breadstick Margarine Oatmeal Cookie Milk</p>	<p><u>Menu 17</u> 27 Hamburger/Bun Baked Beans Macaroni Salad/Carrots Lettuce/Tomato/Onion Ketchup/Mustard/Mayonnaise Hot Peach Cobbler Milk/Chocolate Milk</p>	<p><u>Menu 18</u> 28 Orange/Pineapple Juice Chili with Beans Buttered Rice Rutabagas Saltine Crackers Chocolate Cake Milk Alternate: White Chicken Chili</p>	<p><u>Menu 19</u> 29 Smothered Chicken Breast Delmonico Potatoes Mixed Greens Fresh Fruit Cornbread Margarine Sugar Cookies-2 each Milk/Buttermilk</p>	<p><u>Menu 20</u> 30 Apple Juice Smoked Sausage Corn/Black Beans Creole Cabbage Diced Onions Hot Dog Bun Mustard/Ketchup Strawberry Fruited Gelatin Milk</p>