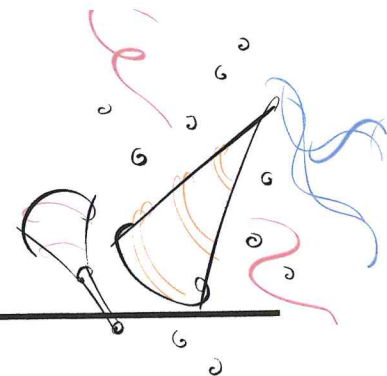


January, 2014

Clay Senior Activity Center

681-0238

Linda Plummer & Beth

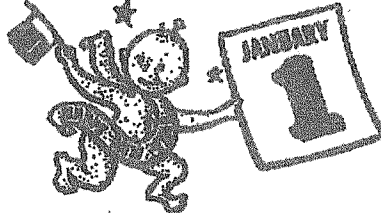


Mon	Tue	Wed	Thu	Fri
Center is open Monday-Friday 9:00—1:00 p.m.		1 	2 Center Closed	3 Center Closed
6 WELCOME BACK! Bridge and Games 	7 Games	8 Games 2014 State of the Center Address... looking back at 2013	9 Games Hazel Thomas	10 Devotional With Beth 
13 Bridge and Games	14 Games	15 Games 	16 Games Gerald Lowe	17 Games 18 Joanne Lasecki
20 Center closed! Happy MLK Day! 	21 Games	22 Games	23 Games Dottie Graves	24 Out to Lunch at the Panda House 
27 <u>Health Notes</u> Bridge and Games	28 Games Ed Mercer	29 Games 	30 Games Raymond Spitzer	31 Games *January birthdays In red! HAPPY BIRTHDAY!

JANUARY

ADSS NUTRITION PROGRAM

WINTER 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		 <p style="text-align: center;">CENTERS CLOSED</p>	<p style="text-align: right;">1</p> <p>Menu 4</p> <p>Cranberry Juice Chicken Noodle Casserole Green Peas Rutabagas Wheat Bread Margarine Sugar Cookies - 2 each Milk</p> <p style="text-align: center;"><i>closed</i></p> <p style="text-align: right;">2</p>	<p>Menu 5</p> <p>Smoked Sausage Black-eyed Peas Mixed Greens Fresh Fruit Cornbread Margarine Strawberry Gelatin Milk/Buttermilk</p> <p style="text-align: center;"><i>closed</i></p>
<p><u>Menu 6</u> 6</p> <p>Orange Juice Brunswick Stew Buttered Rice Spring Vegetables Wheat Breadstick Margarine Fig Bar Milk</p>	<p><u>Menu 7</u> 7</p> <p>Meatballs (3)/Spaghetti Sauce Whole Grain Penne Pasta Italian Vegetables Fresh Fruit Texas Bread Margarine Lemon Pudding Milk</p>	<p><u>Menu 8</u> 8</p> <p>Tomato Juice Vegetable Plate: Macaroni & Cheese Black-eyed Peas Turnip Greens Cornbread Margarine Gingerbread Cookie Milk/Buttermilk</p>	<p><u>Menu 9</u> 9</p> <p>Blended Juice BBQ Rib Patty Lima Beans Buttered Carrots Wheat Bread Margarine Cheery Gelatin Milk</p>	<p><u>Menu 10</u> 10</p> <p>Beef Fingers(3)/Brown Gravy Delmonico Potatoes Mixed Vegetables Rosey Applesauce Wheat Bread Margarine Birthday Cake Milk</p>
<p><u>Menu 11</u> 13</p> <p>Orange/Pineapple Juice Beef Rice Casserole Country Vegetables Cabbage Wheat Bread Margarine Oats & Honey Goldfish Cookie Milk</p>	<p><u>Menu 12</u> 14</p> <p>Breaded Pork Patty/Brown Gravy Whipped Potatoes Collard Greens Fresh Fruit Cornbread Margarine Raspberry Gelatin Milk/Buttermilk</p>	<p><u>Menu 13</u> 15</p> <p>Apple Cherry Juice Frankfurter/Bun Baked Beans Colestlaw/Carrots Diced Onions Ketchup/Mustard/Mayoanaise Hot Apple/Blueberry Cobbler Milk/Chocolate Milk</p>	<p><u>Menu 14</u> 16</p> <p>BBQ Chicken/Bun Northern Beans Broccoli Sliced Peaches Margarine Yellow Cake Milk</p>	<p><u>Menu 15</u> 17</p> <p>Grape Juice Italian Mac Casserole Green Beans/Red Peppers Tossed Salad/Ranch Dressing Wheat Breadstick Margarine Chocolate Chip Cookies - 2 each Milk</p>
<p style="text-align: center;">CENTERS CLOSED</p>	<p><u>Menu 17</u> 21</p> <p>Cranberry Juice Chicken/Sausage Jambalaya Garden Vegetables Lima Beans Saltine Crackers Margarine Vanilla Goldfish Cookie Milk Alternate: Chicken/Tortilla Dumplings</p>	<p><u>Menu 18</u> 22</p> <p>Sliced Turkey/Gravy Whipped Sweet Potatoes Cold Country Tomatoes Fresh Fruit Whole Wheat Bread Margarine Oatmeal Crème Pie Milk</p>	<p><u>Menu 19</u> 23</p> <p>Taco Salad: Taco Meat Lettuce/Tomato/Cheese Pinto Beans Corn Chips Taco Sauce Orange Gelatin Milk</p>	<p><u>Menu 20</u> 24</p> <p>Blended Juice Grilled Pork Patty/Brown Gravy Rutabagas Mustard Greens Cornbread Margarine Chocolate Pudding Milk/Buttermilk</p> <p style="text-align: center;"><i>Pies</i></p>
<p><u>Menu 1</u> 27</p> <p>Orange/Pineapple Juice Honey Mustard Chicken Breast Country Corn Glazed Carrots Wheat Breadstick Margarine Pineapple Tidbits Milk</p>	<p><u>Menu 2</u> 28</p> <p>Hamburger/Bun Baked Beans Potato Salad Lettuce /Onion/Tomato Ketchup/Mustard/Mayoanaise Hot Peach Cobbler Milk/Chocolate Milk</p>	<p><u>Menu 3</u> 29</p> <p>Grape Juice Chili with Beans Buttered Rice Marinated Slaw Saltine Crackers Margarine Chocolate Cake Milk</p>	<p><u>Menu 4</u> 30</p> <p>Cranberry Juice Chicken Noodle Casserole Chicken Foes Rutabagas Wheat Bread Margarine Sugar Cookies - 2 each Milk</p>	<p><u>Menu 5</u> 31</p> <p>Smoked Sausage Black-eyed Peas Mixed Greens Fresh Fruit Cornbread Margarine Strawberry Gelatin Milk/Buttermilk</p>