












February, 2015



Clay Senior Activity Center

681-0238

Linda Plummer & Beth Petty, Co-Directors

Mon	Tue	Wed	Thu	Fri
2 Bingo and Bridge 	3 Games	4 Chair Exercise 11:15 Blood Pressure Checks 10:30	5 Nutritional Information Games 	6  Devotional with Beth Games
9 Jennifer from Elmeroft 11:15 Bingo and Bridge	10 Nutritional Information Bingo & Golf <i>Joyce Griswold</i>	11 Chair Exercise Make Valentines for "Meals on Wheels" Clients	12 Games Bingo, Golf, RummiKub	13 Valentine Party Games 14-Valentine Banquet at Clay Meth. Church 11-1:00
16 Bingo and Bridge 	17 Mardi Gras Celebration Bingo, Uno WII Bowling	18 Chair Exercise 11:15 Games	19 Games 	20 Lunch at J J's in Pinson Games <i>Dot Mercer</i> <i>21- Gail Kohser</i>
23 Nutritional Information Bingo and Bridge	24 Board Games	25 3rd annual FREE Breakfast @ Chick-fil-a Chair Exercise 11:15 Games 	26 Games <i>Emma Hill</i>	27 Lunch at J J's in Pinson Games
			February Birthdays In RED 	Center is open Monday-Friday 9:00am-1:00pm

Monday	Tuesday	Wednesday	Thursday	Friday
Menu 1 2 Grape Juice Brunswick Stew Brown Rice Brussels Sprouts Wheat Breadstick Margarine Fig Bar Milk	Menu 2 3 Meatball(3)/Spaghetti Sauce Whole Grain Penne/Tomatoes Corn O'Brien Fresh Fruit Texas Bread Margarine Orange Fruited Gelatin Milk	Menu 3 4 Blended Juice Baked Ham Field Peas/Snaps Mustard Greens Cornbread Margarine Lemon Pudding Milk/Buttermilk	Menu 4 5 Taco Salad: -Taco Meat -Lettuce/Tomato/Cheese -Pinto Beans Corn Chips Taco Sauce Pineapple Tidbits Milk	Menu 5 6 Orange/Pineapple Juice BBQ Chicken/Bun Northern Beans Zucchini and Tomatoes Birthday Cake Milk
Menu 6 9 Cranberry Juice Chicken and Rice Casserole Garden Vegetables Lima Beans Wheat Roll Margarine Nutty Buddy Milk	Menu 7 10 Chopped Steak/Gravy Whipped Potatoes Collard Greens Fresh Fruit Cornbread Margarine Raspberry Gelatin Milk/Buttermilk	Menu 8 11 Apple Cherry Juice Frankfurter/Bun Baked Beans Coleslaw/Carrots Diced Onion Ketchup/Mustard/Mayonnaise Hot Apple Cobbler Milk/Chocolate Milk	Menu 9 12 Taco Soup Cabbage Green Beans/Potatoes Sliced Peaches Saltine Crackers Yellow Cake Milk	Menu 10 13 Orange Juice Spaghetti Casserole Green Peas Tossed Salad/Ranch Dressing Wheat Breadstick Margarine Chocolate Chip Cookies-2 each Milk
Menu 11 16 Apple Juice Meatloaf/Brown Gravy Ranch Potatoes Mixed Vegetables Wheat Breadstick Margarine Strawberry Cake Milk	Menu 12 17 Orange Juice Sausage Patty-2 Cheese Grits Tropical Fruit Biscuit Margarine Jelly Cinnamon Raisin Bread Milk	Menu 13 18 Vegetable Plate: -Macaroni & Cheese -Black-eyed Peas -Turnip Greens Fresh Fruit Cornbread Margarine Gingerbread Cookie Milk/Buttermilk	Menu 14 19 Blended Juice BBQ Rib Patty Butter Beans Buttered Carrots Wheat Roll Margarine Cherry Fruited Gelatin Milk	Menu 15 20 Teriyaki Meatballs(3) Buttered Rice Green Beans with Red Peppers Fresh Fruit Whole Wheat Bread Margarine Chocolate Pudding Milk
Menu 16 23 Orange Juice Chicken Alfredo Country Corn Club Spinach Wheat Breadstick Margarine Oatmeal Cookie Milk	Menu 17 24 Hamburger/Bun Baked Beans Macaroni Salad/Carrots Lettuce/Tomato/Onion Ketchup/Mustard/Mayonnaise Hot Peach Cobbler Milk/Chocolate Milk	Menu 18 25 Orange/Pineapple Juice Chili with Beans Buttered Rice Rutabagas Saltine Crackers Chocolate Cake Milk Alternate: White Chicken Chili	Menu 19 26 Smothered Chicken Breast Delmonico Potatoes Mixed Greens Fresh Fruit Cornbread Margarine Sugar Cookies-2 each Milk/Buttermilk	Menu 20 27 Apple Juice Smoked Sausage Corn/Black Beans Creole Cabbage Diced Onions Hot Dog Bun Mustard/Ketchup Strawberry Fruited Gelatin Milk

Heart



Month