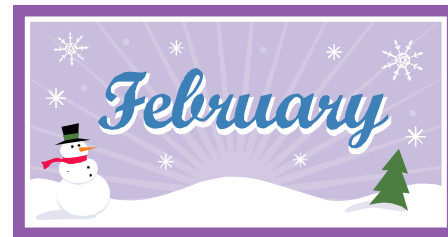




Murphys Senior Center
65 Mitchler Ave.
728-1672



February Calendar (please call by 10:30 to order lunch)

MONDAY	TUESDAY	WEDNESDAY
		1 9-10 Strength Training 10:30-11:30 Let's Chat 12-1 <u>Lunch Menu:</u> <u>Wild Rice & Chicken Soup</u> <u>Teriyaki Chicken</u> <u>Chow Mein</u> <u>Carrot Cake</u> 12:30-2:30 Canasta
6 9-10 Strength Training 12-1 <u>Lunch Menu:</u> <u>Meatloaf</u> <u>Mashed Potatoes</u> <u>Glazed Carrots</u> <u>Sugar Cookie</u> 12:30-1 Silver Sneakers/PACE Presentation 1-3:30 Bridge, Cribbage, Cards	7 9:30-10:00 Seated Tai Chi 10-11 Knitting 12-1 <u>Lunch Menu:</u> <u>Green Salad</u> <u>Tamales</u> <u>Spanish Rice</u> <u>Mexican Wedding Cookie</u> 12:30-3:30 Mahjong 12:30-2:30 Mexican Train	8 9-10 Strength Training 10:30-11:30 Let's Chat 12-1 <u>Lunch Menu:</u> <u>Pineapple Salad</u> <u>Ham Slices</u> <u>Yams</u> <u>Apple Pie</u> 12:30-2:30 Crafts
13 9-10 Strength Training 12-1 <u>Lunch Menu:</u> <u>Garden Veggie Soup</u> <u>Stuffed Cabbage</u> <u>Roasted Potatoes</u> <u>Cinnamon Twists</u> 1-3:30 Bridge, Cribbage, Cards	14 9:30-10:00 Seated Tai Chi 10-11 Knitting 10:30-11:30 Travel Group BIRTHDAY LUNCH 12-1 <u>Lunch Menu:</u> <u>Tomato Bisque</u> <u>Chicken Caesar Salad</u> <u>Rolls/Butter</u> <u>Lemon Bundt Cake</u> 12:30-3:30 Mahjong 12:30-2:30 Mexican Train	15 9-10 Strength Training 10:30-11:30 Let's Chat 12-1 <u>Lunch Menu:</u> <u>Carrot & Raisin Salad</u> <u>Stew/Rice</u> <u>Cornbread</u> <u>Sugar Cookie</u> 12:30-2:30 Canasta
20 9-10 Strength Training 12-1 <u>Lunch Menu:</u> <u>Chicken Noodle Soup</u> <u>Green Salad</u> <u>Pepperoni Pizza</u> <u>Ice Cream</u> 1-3:30 Bridge, Cribbage & Cards	21 9:30-10:00 Seated Tai Chi 10-11 Knitting 12-1 <u>Lunch Menu:</u> <u>Split Pea Soup</u> <u>Turkey/Cranberry Wrap</u> <u>Lemon Meringue Pie</u> 12:30-3:30 Mahjong 12:30-2:30 Mexican Train	22 9-10 Strength Training 10:30-11:30 Let's Chat 12-1 <u>Lunch Menu:</u> <u>Roast Beef Aus Ju</u> <u>Glazed Carrots</u> <u>Twice Baked Potatoes</u> <u>Chocolate Chunk Cookie</u> 12:30-2:30 Crafts
27 9-10 Strength Training 12-1 Lunch Menu: <u>BBQ Chicken</u> <u>Peas & Carrots</u> <u>Potato Wedges</u> <u>Apple Turnover</u> 1-3:30 Bridge, Cribbage & Cards	28 9:30-10:00 Seated Tai Chi 10-11 Knitting 12-1 Lunch Menu: <u>Italian Wedding Soup</u> <u>Spaghetti</u> <u>Garlic Bread</u> <u>Fig & Walnut Cookie</u> 12:30-3:30 Mahjong 12:30-2:30 Mexican Train	29 9-10 Strength Training 10:30-11:30 Let's Chat 12-1 <u>Lunch Menu</u> <u>Mandarin Orange Chicken</u> <u>Pork Fried Rice</u> <u>Chow Mein</u> <u>Chocolate Cake</u> 12:30-2:30 Canasta

First Thursday of every month is Food Commodity Distribution Day at the Murphys Senior Center! If you know of anyone that could use a bag of food please send them to MSC between the hours of 9-11 on every First Thursday. This month the distribution will take place on February 2, from 9-11!