

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Quiche Lorraine (bacon), Mixed Vegetables, Applesauce, Whole Grain Roll & Butter, Milk</p> <p>9:15am Tai Chi (\$5) 10:30am Mall Walkers* 1:30pm Art Club 1:45pm Bingo for Bucks</p> <p style="text-align: right;">3</p>	<p>Sweet & Tangy Cranberry Boneless Chicken Thigh, Brown Rice, Broccoli, Pudding, Milk</p> <p>9-10:20am Haircuts (\$10)* 9:15am Walking w/ Weights (\$4) 9:30am Group Trivia 10:00am Stamp Club* 10:30am Scrabble 12:30pm Pinochle 1pm Mahjong 1:30pm Zumba (\$4)</p> <p style="text-align: right;">4</p>	<p>Vegetarian 3 Bean Chili, Green Salad, Fruit Cup, Milk</p> <p>8am Chess 9:30am-2pm Social Services Appts w/ Tara** 9:15am Tai Chi (\$5) 9:30am Coloring for Calmness 11am Brain Games w/ Alexis* 1pm Rummikub 1pm Meet & Greet w/ Social Services Coordinator Tara*</p> <p style="text-align: right;">5</p>	<p>Ground Beef Stroganoff, Egg Noodles, Steamed Green Beans, Cookie, Milk</p> <p>9am Wood Carving 9:30am Stitch & Chat 9:30-10:45am Free Blood Pressure Screenings 10am-2pm GMU SLP Students on Site* 11am Help Yourself to Healthy Living: Heart Checkup * 12:30pm Bridge or Skip-Bo 1:30pm Tone & Balance (\$4)</p> <p style="text-align: right;">6</p>	<p>Baked Lemon Fish, Brown Rice, Vegetable Medley, Whole Grain Roll & Butter, Cookie, Milk</p> <p>10am Wii Sports or Jeopardy 12:30pm Table Toppers* 1pm The Happy? Ya! Ya! Crew- Send a Card to a Friend Day* 1:30pm Stretch & Tone (\$4)</p> <p style="text-align: right;">7</p>
<p>Sausage, Peppers & Onions Served w/ Roasted Potatoes & Tomato Sauce, Fruit, Milk</p> <p>9:15am Tai Chi (\$5) 1:30pm Art Club 1:45pm Bingo for Bucks</p> <p style="text-align: right;">10</p>	<p>Cheeseburger on Whole Grain Bun, Lettuce, Tomato, Baked Beans, Mandarin Oranges, Milk</p> <p>9:15am Walking w/ Weights (\$4) 9:30am Group Trivia 10:30am Scrabble 12:30pm Pinochle 1pm Mahjong 1:30pm Zumba (\$4)</p> <p style="text-align: right;">11</p>	<p>Chicken & Broccoli over Pasta Alfredo, Garden Salad, Brownie, Milk</p> <p>8am Chess 9:30am-2pm Social Services Appts w/ Tara** 9:15am Tai Chi (\$5) 9:30am Coloring for Calmness 10:30am Black History Month Presentation- Diane Nash* 1pm Rummikub 1pm Tu Bishvat- Jewish Celebration of New Year for Trees</p> <p style="text-align: right;">12</p>	<p>Hot Open Face Turkey & Gravy on Wheat Bread, Tuscan Vegetables, Cranberry Sauce, Milk</p> <p>9am Wood Carving 9am Medicare Counseling Appts** 9:30am Stitch & Chat 10am-2pm GMU SLP Students on Site* 12:30pm Advisory Council ** 12:30pm Bridge or Skip-Bo 11:30pm Tone & Balance (\$4)</p> <p style="text-align: right;">13</p>	<p>Special Lunch \$8 Chicken Parmigiana w/ Pasta, Mixed Greens, Roll & Butter, Dessert</p> <p>10am Wii Sports or Jeopardy 10am Prevent T2 Program (pre-registered participants) 11am State Rep. Scheuren Office Hour** 12-1:30pm Special Valentine's Day Lunch w/ The Birches (\$8)* 1pm The Happy? Ya! Ya! Crew- Valentine's Day Games* 1:30pm Stretch & Tone (\$4)</p> <p style="text-align: right;">14</p>
<p>Chicken Marsala, Brown Rice, Green Beans, Whole Grain Roll & Butter, Mandarin Oranges, Milk</p> <p>9:15am Tai Chi (\$5) 10:30am-12pm Cash for Gold* 1:30pm Art Club 1:45pm Bingo for Bucks</p> <p style="text-align: right;">17</p>	<p>Sloppy Joe, Whole Grain Bun, French Fries, Garden Salad, Pineapple, Milk</p> <p>9-10:20am Haircuts (\$10)* 9:15am Walking w/ Weights (\$4) 9:30am Group Trivia 10:30am The Extraordinary Life of Jimmy Carter* 10:30am Scrabble 12:30pm Pinochle 1pm Mahjong 1:30pm Zumba (\$4)</p> <p style="text-align: right;">18</p>	<p>Whole Grain French Toast Sticks, Scrambled Eggs w/ Cheese, Turkey Sausage, Peaches, Milk</p> <p>8am Chess 9:30am-2pm Social Services Appts w/ Tara** 9:15am Tai Chi (\$5) 9:30am Coloring for Calmness 10:30am Warning Signs of Alzheimer's w/ Jane Cero* 1pm Rummikub 1pm Indoor Shuffleboard*</p> <p style="text-align: right;">19</p>	<p>Birthday Celebration: Mixed Greens w/ Grilled Chicken, Pears, Pecans, & Cranberries, Cheddar Biscuit, Fruit Cup, Milk</p> <p>9am Wood Carving 9am Breakfast Club @ Tiger's* 9:30am Stitch & Chat 10am-2pm GMU SLP Students on Site* 12:30pm Bridge 12:30pm Skip-Bo 12:30pm Birthday Celebration w/ PA Health & Wellness* 1:30pm Tone & Balance (\$4)</p> <p style="text-align: right;">20</p>	<p>Baked Haddock, Long Grain Rice Pilaf, Winter Vegetable Blend, Cookie, Milk</p> <p>10am Wii Sports or Jeopardy 11am Gun Safety w/ Debbie Jankowski* 1pm The Happy? Ya! Ya! Crew- Nat'l Sticky Bun Day* 1:30pm Stretch & Tone (\$4)</p> <p style="text-align: right;">21</p>

Monday	Tuesday	Wednesday	Thursday	Friday
Salmon Crouquette, Tartar Sauce, Rice Pilaf, Carrots & Peas, Peaches, Milk	Chicken Pot Pie in Puff Pastry, Green Salad, Fruit, Milk	Roasted Vegetable Pizza, Soup Du Jour (Posted on Order Form), Mandarin Oranges, Milk	Roast Beef, Mashed Potatoes, Carrots, Roll & Butter, Applesauce, Milk	BBQ Pulled Pork Stuffed Sweet Potato, Green Beans, Cookie, Milk
9:15am Tai Chi (\$5) 1:30pm Art Club 1:45pm Bingo for Bucks	9:15am Walking w/ Weights (\$4) 9:30am Group Trivia 10:30am Scrabble 12:30pm Pinochle 1pm Mahjong 1:30pm Zumba (\$4)	8am Chess 9:30am-2pm Social Services Appts w/ Tara** 9:15am Tai Chi (\$5) 9:30am Coloring for Calmness 12:30pm Faith Community Ice Cream Social* 1pm Rummikub	9am Wood Carving 9am Medicare Counseling Appts** 9:30am Stitch & Chat 10am-2pm GMU SLP Students on Site* 12:30pm Bridge 12:30pm Skip-Bo 1:30pm Tone & Balance (\$4)	9:30am Veteran's Coffee Catch-up* 10am Wii Sports or Jeopardy 1pm The Happy? Ya! Ya! Crew- Nat'l Skip the Straw Day* 1:30pm Stretch & Tone (\$4)
24	25	26	27	28

Orange with * Indicates Special Programming with additional information available in our Special Programs Section

Blue with ** Indicates Resources & Services, with additional info available in our Resources and Services Section

Detailed descriptions for all of our regular and recurring programming can be found on our website: www.ghnps.org or scan the QR code for quick access



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This Month We Celebrate:

