






South Salem Seniors February 2019 Program Activities







Sunday	Monday	Tuesday	Wednesday	Thursday	Friday 1	Saturday 2
<p>February comes from the latin word februa, which means "to cleanse." The month was named after the Roman Februalia, which was a month long festival of purification and atonement. February's Flower is the Violet.</p>					<p>9 Chicago Bridge 9 Art Group 9 Pool Players 12:30 Double Pinochle 1- 3:45 Bingo</p>	<p>First Saturday Rummage Sale 9 a.m. to 1 p.m. <i>Ground Hog Day</i></p> 
<p>3 10:00 Charity House</p>	<p>4 9 Chicago Bridge 9 Pool Players 9 Scrapbooking 10:15 T'ai Chi 1 Needle Craft</p>	<p>5 8:30 Yoga 9 China Painting 12:30 Bridge 1 Scrabble</p>	<p>6 8-4 Taxes 9-12 Life Story 9-12 Pool Players 1 Rummikub</p>	<p>7 8-4 Taxes 8:30 Yoga 9:00 Chess 10 :15 Tai Chi 1 Pinochle</p>	<p>8 9 Chicago Bridge 9 Art Group 9 Pool Players 12:30 Double Pinochle 1- 3:45 Bingo</p>	<p>9</p>
<p>10 10:00 Charity House</p>	<p>11 9-12 AARP Safe Driving 9 Chicago Bridge 9 Pool Players 9 Scrapbooking 10 Board Meeting 1 Needle Craft</p>	<p>12 9-12 AARP Safe Driving 8:30 Yoga 9 China Painting 12:30 Bridge 1 Scrabble</p>	<p>13 8-4 Taxes 9-12 Life Story 9-12 Pool Players 1 Rummikub 1 Member Meeting</p>	<p>14 Valentine's Day</p>  <p>8-4 Taxes 8:30 Yoga 9:00 Chess 10 :15 Tai Chi 1 Pinochle 1-3 Photo Organizing Workshop</p>	<p>15 9 Chicago Bridge 9 Art Group 9 Pool Players 12:30 Double Pinochle 1-3:45 Bingo</p>	<p>16 8-10 Pancake Breakfast \$5.00</p>  <p>NIFTY THRIFTY 8 to 10</p>
<p>17 10:00 Charity House</p>	<p>18 CLOSED</p>  <p><small>PRESIDENTS DAY</small></p>	<p>19 8:30 Yoga 9 China Painting 12:30 Bridge 1 Scrabble 1 Garden Club</p>	<p>20 8-4 Taxes 9-12 Pool Players 11-2 Life Story 1 Rummikub 1 Needle Craft</p>	<p>21 8-4 Taxes 8:30 Yoga 9:00 Chess 10 :15 Tai Chi 11:30-1 Queen Of Peace 1 Pinochle</p>	<p>22 9 Chicago Bridge 9 Art Group 9 Pool Players 10 Regence 12:30 Double Pinochle 1 Atrio 1-3:45 Bingo</p>	<p>23</p>
<p>24 10:00 Charity House</p>	<p>25 9 Chicago Bridge 9 Pool Players 9 Scrapbooking 10 Health Net 10:15 T'ai Chi 1 Needle Craft 1 United Health Care</p>	<p>26 8:30 Yoga 9 China Painting 12:30 Bridge 1 Scrabble</p>	<p>27 8-4 Taxes 9-12 Life Story 9-12 Pool Players 1 Rummikub</p>	<p>28 8-4 Taxes 8:30 Yoga 9:00 Chess 10:15 T'ai Chi 1 Pinochle</p>	<p>Mark your calendar for: <u>March 22, Party Potluck</u> (St. Pats theme) <u>April 13 Fashion Show</u> and Spring Tea</p>	

Meals on Wheels February 2019 South Salem Dining Room



Lunches purchased with the ticket program are not to be taken to go—the funding program requires they be eaten in-house. Talk with staff in our upstairs office if you have questions.



<u>Weeks</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<u>Week 1</u> Feb 1st 				Confetti Salad Baked Fish Tater Tots Peas & Carrots Dinner Roll Angel Food Cake	
<u>Week 2</u> Feb 4th—8th	House Salad Cheese Ravioli Italian Veg Sourdough Bread Pudding	Three Bean Salad Chicken Casserole Broccoli Dinner Roll Apple Crisp	House Salad Salisbury Steak Mashed Potatoes Brussel Sprouts Dinner Roll Pears	House Salad Herb Roasted Chicken Mashed Potatoes Green Beans Dinner Roll Mixed Fruit	Corn & Tomato Salad Chili Con Carne Brown Rice Peas & Carrots Corn Bread Jell-O
<u>Week 3</u> Feb 11th—15th	Three Bean Salad Spaghetti w/ Meat Sauce Italian Vegetables Sourdough Bread Pudding	Mexi-Slaw Chicken Enchiladas Brown Rice Broccoli Chips & Salsa Pears	Peas & Cheese Swedish Meatballs Egg Noodles Brussel Sprouts Sourdough Bread Brownie	Asian Slaw Chicken Stir-Fry Brown Rice Sugar Snap Peas Spring Roll Mandarin Oranges	Coleslaw Salmon Cake Brown Rice Broccoli Sourdough Bread Birthday Cake
<u>Week 4</u> Feb 18th—22nd 	Closed for Presidents Day	Confetti Salad Chicken Casserole Green Beans Sourdough Bread Pudding	Coleslaw Sloppy Joes Tater Tots Peas & Carrots Hamburger Bun Angel Food Cake	House Salad Herb Roasted Chicken Mashed Potatoes Green Beans Dinner Roll Mixed Fruit	Coleslaw Baked Fish Red Potatoes Chuck Wagon Corn Dinner Roll Jell-O
<u>Week 5</u> Feb 25th—28th	Three Bean Salad Chicken Parmesan Egg Noodles Italian Vegetables Sourdough Bread Pudding	House Salad Roasted Pork Mashed Potatoes Green Beans Dinner Roll Pears	Mexi-Slaw Chicken Enchiladas Spanish Rice Broccoli Chips & Salsa Mixed Fruit	House Salad Swedish Meatballs Egg Noodles Brussel Sprouts Dinner Roll Brownies	

Meals on Wheels Office 503-364-2856