



# January 2012



Monday

Tuesday

Wednesday

Thursday

Friday

1	2 <b>Closed</b> 	3 ☞ New Year Wishes ☞ Winter Centerpiece Project ☞ "Z" Day <hr/> Broccoli Quiche, Butternut Squash, Whole Wheat Bread, Peaches, Milk	4 ☞ Trumpet with Kenn ☞ National Trivia Day ☞ Cooking with Prunes <hr/> Beef Stew Over Biscuit, Coleslaw, Tropical Fruit Cup, Milk	5 ☞ Bird Bingo  ☞ Pinecone Birdfeeder Project ☞ Our Feathered Friends <hr/> Turkey Pot Pie, Brussels Sprouts, Wheat Dinner Roll, Apricots, Milk	6 ☞ Yoga with Jane ☞ Let's Speak Spanish ☞ You're Getting Sleepy <hr/> Chicken Noodle Soup, Ham Salad Sandwich, 3-Bean Salad, Sliced Pears, Milk	7
8 ☞ Elvis's Birthday ☞ "Where's the Beef?" ☞ Baby Boomers <hr/> Baked Goulash, French Style Green Beans, Bread Sticks, Apricots, Milk	9	10 <b>Let's Cruise Theme Day</b>  <hr/> Veggie Pizza, Garden Salad, Cottage Cheese, Pears, Milk	11 ☞ Stars on Ice ☞ Fruitcake Toss ☞ What <i>Don't</i> You Know? <hr/> Roast Turkey with Gravy, Stuffing with Cranberry, Mashed Potato, Baby Carrots, Dinner Roll, Milk	12 ☞ My Mother's Soup ☞ Technology of Today ☞ Toss Across! <hr/> Corn Chowder, Chicken Salad Sandwich, Coleslaw, Pineapple Tidbits, Milk	13 ☞ Sit Down and Dance ☞ Red Hatter's Tea ☞ Tea Party Craft  <hr/> Hamburger with Onions on a Bun, Pickles, Potato Salad, Peach Crisp, Milk	14
15 	16 <b>Closed</b> <b>Martin Luther King Day</b>	17 ☞ What's My Job? ☞ Martin Luther King ☞ Belly Laughing <hr/> Tomato Soup, Grilled Cheese, 3-Bean Salad, Cinnamon Apple Slices, Milk	18 ☞ Musical Memories with Karen ☞ Cary Grant  ☞ Rock Art <hr/> Birthday Dinner: Smoked Ham, Baked Beans, Glazed Carrots, Rye Bread, Birthday Cake, Milk	19 ☞ Bowling ☞ Cartoon Reminisce ☞ Country Music Stars <hr/> Lasagna, Fruity Spinach Salad, Italian Bread, Pineapple & Mandarin Oranges, Milk	20 <b>HAT DAY!</b> ☞ Let's Hear It For The Boys! ☞ The Bald Eagle <hr/> Roast Pork with Gravy, Mashed Potatoes, Red Cabbage, Wheat Roll, Bread Pudding, Milk	21
22 	23 <b>Chinese New Year Theme Day</b> <hr/> Teriyaki Sesame Chicken, Fried Rice, Broccoli & Carrots, Whole Wheat Bread, Mandarin Oranges, Milk	24 ☞ Winter Fun  ☞ "Snow" Sculpting ☞ Oh Beans! <hr/> Vegetarian Bean Soup, Pork Tender Loin, Cauliflower Au-gratin, Apricots, Milk	25 ☞ Can You Kazoo? ☞ To Your Health: Oatmeal ☞ Wonderful Westerns <hr/> Spaghetti with Meat Sauce, Garden Salad, Garlic Bread, Fruited Jello, Milk	26 ☞ BPI Flower Shop with Julie  ☞ Down Under <hr/> Stuffed Chicken Breast, Broccoli, Carmelized Rutabaga, Wheat Bread, Rice Pudding, Milk	27 ☞ Accordion Concert with Harvey  ☞ Backwards/Forwards ☞ Art Appreciation <hr/> Broccoli & Cheddar Soup, Tuna Salad Sandwich, Potato Salad, Peaches, Milk	28
29 ☞ Woodworking with Jack ☞ Wii Shuffleboard ☞ Analyze Handwriting <hr/> Macaroni & Cheese, Spinach, Whole Wheat Bread, Tropical Fruit, Milk	30 ☞ Jerry Moon Concert ☞ Lunch at Carmody's ☞ Arthimatrix <hr/> Fish Creole, Rice Pilaf, Broccoli, Rye Bread, Pears, Milk	31 Daily: ☞ Trivia ☞ <i>New</i> - Stress Reduction ☞ Coffee Club ☞ Stretch for Health ☞ Walking Club	Weekly: ☞ Current Events Discussion ☞ Book Club ☞ BPI Bakers ☞ Arts & Crafts		**Check out BPI's Strength and Balance for Life Fitness Class on Thursdays at 10:15 a.m.**  Please call Tracy Purdy-Martin for more information at (802) 442-8136.	