

JANUARY DINING ROOM LUNCH MENU

Monday - Friday, Serving at 11:30 a.m. Food by Zack's Catering \$6.00

Reservations required by 7:30 a.m. 468-9256 or 462-4343

Annie B's - 11:30 a.m. \$6.00 Once a month prepared in-house dining
All orders to go are \$7.00


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 	3 Meat Loaf Mashed Potatoes Gravy, Roll Soup Dessert	4 Pork Chops Scalloped Potatoes Soup Roll Dessert	5 Spaghetti with Meat Sauce Salad Roll Dessert	6 Hot Dogs Green Salad Chili Beans Dessert
9 Ham Pinto Beans Cornbread Salad Dessert	10 Turkey Scalloped Potatoes Soup Roll Dessert	11 Beef Enchiladas Spanish Rice Refried Beans Green Salad Dessert	12 Chicken Fried Steak Scalloped Potatoes Soup Roll Dessert	13 Breast of Chicken with Chardonnay Sauce Rice Salad, Roll Dessert
16 Beef Vegetable Stew Salad Roll Dessert	17 Baked Ham Scalloped Potatoes Vegetable Roll Dessert	18 Spaghetti with Meat Sauce Salad Roll Dessert	19  ANNIE B'S BIRTHDAY LUNCH Sweet and Sour Chicken Rice Soup	20 Pork Roast Stuffing Gravy Vegetable Dessert
23 BBQ Chicken Baked Potato Green Salad Roll Dessert	24 Hot Dogs Green Salad Chili, Beans Dessert	25 Pork Chops Scalloped Potatoes Salad Roll Dessert	26 Corned Beef and Cabbage Roll Dessert	27 Chicken Cordon Bleu Rice Soup Roll Dessert
30 Baked Ham Candied Yams Vegetable Roll Dessert	31 Chicken and Dumplings Salad Roll Dessert			




Did you Know?

Since 2003, Zack's Catering has prepared 96 menus for The Dining Room Program! Zack and Georgia Leventis have gifted the Center many items, services and special food delights over the years. The Ukiah Senior Center is so very *lucky* and grateful to have the friendship and support of Zack and his family and employees.

BARTLETT HALL ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2 	3 8:00-11:30 Pinochle Games 12:00-2:00 Singing Group 2:00-3:30 Block of Writers 4:00-5:00 Senior Aerobics 6:01-9:30 Bingo	4 12:00-3:30 Bridge 1:00-3:00 Knit & Crochet 6:00-9:00 Pinochle	5 1:01-3:00 Bingo 4:00-5:00 Senior Aerobics 5:00-6:00 Line Dance Advanced 7:00-9:00 Square Dance	6 9:30-10:30 Tai Chi 1:30-2:30 Line Dance Advanced Beginners 2:30-3:30 Zumba 5:30-6:30 Zumba 6:30-9:30 Pinochle	7 Community Breakfast 8:30-10:30 a.m.
9 1:00-4:30 Duplicate Bridge 5:00-6:00 Line Dance Advanced 6:00-7:00 Beginners	10 8:00-11:30 Pinochle Games 12:00-2:00 Singing Group 2:00-3:30 Block of Writers 4:00-5:00 Senior Aerobics 6:01-9:30 Bingo	11 12:00-3:30 Bridge 1:00-3:00 Knit & Crochet 6:00-9:00 Pinochle	12 1:01-3:00 Bingo 4:00-5:00 Senior Aerobics 5:00-6:00 Line Dance Advanced 7:00-9:00 Square Dance	13 9:30-10:30 Tai Chi 1:30-2:30 Line Dance Advanced Beginners 2:30-3:30 Zumba 5:30-6:30 Zumba 6:30-9:30 Pinochle	14 7-10:00 p.m. Dance Beltones
16 1:00-4:30 Duplicate Bridge 5:00-6:00 Line Dance Advanced 6:00-7:00 Beginners	17 8:00-11:30 Pinochle Games 12:00-2:00 Singing Group 2:00-3:30 Block of Writers 4:00-5:00 Senior Aerobics 6:01-9:30 Bingo	18 12:00-3:30 Bridge 1:00-3:00 Knit & Crochet 6:00-9:00 Pinochle	19 9:00-11:00 Blood Pressure 1:01-3:00 Bingo 4:00-5:00 Senior Aerobics 5:00-6:00 Line Dance Advanced 7:00-9:00 Square Dance	20 9:30-10:30 Tai Chi 1:30-2:30 Line Dance Advanced Beginners 2:30-3:30 Zumba 5:30-6:30 Zumba 6:30-9:30 Pinochle	21
23 2:00-3:00 Ice Cream Social 5:00-6:00 Line Dance Advanced 6:00-7:00 Beginners	24 8:00-11:30 Pinochle Games 12:00-2:00 Singing Group 2:00-3:30 Block of Writers 4:00-5:00 Senior Aerobics 6:01-9:30 Bingo	25 12:00-3:30 Bridge 1:00-3:00 Knit & Crochet 6:00-9:00 Pinochle	26 1:01-3:00 Bingo 4:00-5:00 Senior Aerobics 5:00-6:00 Line Dance Advanced 7:00-9:00 Square Dance	27 9:30-10:30 Tai Chi 1:30-2:30 Line Dance Advanced Beginners 2:30-3:30 Zumba 5:30-6:30 Zumba 6:30-9:30 Pinochle	28
30 1:00-4:30 Duplicate Bridge 5:00-6:00 Line Dance Advanced 6:00-7:00 Beginners	31 8:00-11:30 Pinochle Games 12:00-2:00 Singing Group 2:00-3:30 Block of Writers 4:00-5:00 Senior Aerobics 6:01-9:30 Bingo	Please note: Zumba is cancelled on Wednesdays			

ROOM C ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2 	3	4 1:00-2:15 Senior Forum	5 9:00-4:00 Original Quilters	6	7
9 8:30-11:30 Piano Class	10 2:30-3:30 Bible Study	11 1:00-2:15 Senior Forum	12 9:00-4:00 Original Quilters	13	14
16 8:30-11:30 Piano Class	17	18 10:00-12:00 Women's Book Group 1:00-2:15 Senior Forum	19 9:00-4:00 Original Quilters	20	21
23 8:30-11:30 Piano Class	24 2:30-3:30 Bible Study	25 1:00-2:15 Senior Forum Group	26 9:00-4:00 Original Quilters	27	28
30 8:30-11:30 Piano Class	31	Please note: We are still working on the logistics of the computer lab and Wi-Fi in Bartlett Hall. Our hope is that it will be up and running sometime in January.			