



# February 2025 Activities

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
				
3	4	5	6	7
8:30 AM- Crafting Group 9:00 AM Tai Chi Class 10:00AM- Sponsored Bingo Day <b>11:00AM Clothes Closet</b> 11:00AM Bingocize 11:30AM- Lunch <b>12:00PM Pleasant City Site Activity</b> 1:00PM Line Dancing  <b>Pearl Valley Cheese Fundraiser Begins</b>	9:00AM- Quilters 10:00AM Bingo <b>11:00AM Chair Yoga</b> 11:00 AM- Blood Pressure Checks 11:30AM- Lunch <b>12:00PM Charcuterie Class</b> 1:00PM Cardio Drumming <b>6:00PM Good Ole Gospel Music Night</b>	9:00AM- Geri Fit Exercise 9:00AM- Sewing 10:00AM -Bingo 11:30AM- Lunch <b>12:00PM Old Washington Site Activity</b> 12:00PM- Mahjong	10:00AM Bingo 11:00AM Bingocize 11:30AM Lunch 12:30 PM- Open Cards <b>2:00PM Valentine Craft Class</b>	<b>8:00AM Hearing Screenings</b> <b>9:00AM Breakfast Buffet</b> <b>9:00 AM Library "Pop Up" Book Cart</b> <b>9:30AM-2:00PM AARP Tax Appointments</b> 10:00AM -Bingo 11:30AM- Lunch 12:30 PM- Euchre  <b>National Wear Red Day for American Heart Month</b>
10	11	12	13	14
8:30 AM- Crafting Group 9:00 AM Tai Chi Class 10:00AM -Bingo <b>11:00AM Clothes Closet</b> 11:00 Bingocize <b>11:30 Londonderry Site Activity</b> 11:30AM- Lunch 1:00PM Line Dancing	9:00AM- Quilters 10:00AM Bingo <b>11:00 Chair Yoga</b> 11:00 AM- Blood Pressure Checks 11:30AM- Lunch <b>11:30 Cumberland Site Activity</b> 1:00PM Cardio Drumming 1:00 Alzheimer's Support Group 2:00PM Cookie Decorating	<b>8:00AM Amish Country Trip</b> 9:00AM- Geri Fit Exercise 9:00AM- Sewing 10:00AM -Bingo 11:30AM Lunch 12:00PM- Mahjong	10:00AM -Bingo <b>11:30AM- Sweethearts Luncheon &amp; Dance</b> 12:30 PM- Open Cards	<b>9:30AM-2:00PM AARP Tax Appointments</b>  10:00AM -Bingo <b>11:30AM- Valentine's Day Party &amp; Lunch</b> 12:30 PM- Euchre
17	18	19	20	21
<b>CLOSED</b> 	9:00AM Quilters 10:00AM Bingo <b>11:00AM Chair Yoga</b> 11:00AM Blood Pressure Checks 11:30AM Lunch 1:00PM Cardio Drumming	9:00AM Geri-Fit Exercise 9:00AM- Sewing 10:00AM Bingo 11:30AM Lunch 12:00PM Mahjong	10:00AM Bingo 11:30AM Lunch 12:30 PM- Open Cards <b>4:00-5:00PM Grab -N- Go Dinner</b> <b>4:00 PM Monthly Senior Dinner</b>	<b>9:30AM-2:00PM AARP Tax Appointments</b>  10:00 AM - 3:00 PM- Food Commodity Pick Up 10:00AM -Bingo 11:30AM Lunch 12:30 PM- Euchre
24	25	26	27	28
8:30 AM- Crafting Group 9:00 AM Tai Chi Class 10:00AM -Bingo <b>11:00AM Clothes Closet</b> 11:00AM Bingocize 11:30AM- Lunch 1:00PM Line Dancing <b>2:00 Painting Class</b>	9:00AM Quilters 10:00AM Bingo <b>11:00AM Chair Yoga</b> 11:00AM Blood Pressure Checks 11:30AM Lunch <b>12:00PM Byesville Site Activity</b> 1:00PM Cardio Drumming <b>4:00PM Byesville Monthly Dinner</b>	9:00AM Geri-Fit Exercise 9:00AM Sewing 10:00AM Bingo <b>11:30AM Birthday Party &amp; Luncheon</b> 12:00PM Mahjong	10:00AM Bingo 11:00AM Bingocize 11:30AM Lunch 12:30PM Open Cards 1:00PM Card Making Class	<b>9:30AM-2:00PM AARP Tax Appointments</b>  10:00AM Bingo 11:30AM Lunch 12:00PM Euchre

## February 2025 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>We invite you to join us for lunch at the Guernsey County Senior Center from 11:30 am until 1:00 pm Monday – Friday. The Byesville Site serves lunch at 11:30 am. Monday—Friday. Pleasant City 11:30-1:00 pm Monday &amp; Thursday, Cumberland 11:30-1:00 pm, Tuesday &amp; Friday, Londonderry site serves at 11:30 on Monday—Friday, and Old Washington site Wednesday &amp; Friday from 11:30am-1:00pm. <b>Dine-In or Grab &amp; Go Options Available.</b> If you have any questions about our nutrition services please call 740-439-5717 or toll free at 1-866-534-2349. Each meal includes a choice of white, wheat, or specified bread and a choice of either 2% or Skim Milk. Ingredient content can be found on our website at <a href="http://www.GuernseySenior.org">www.GuernseySenior.org</a>.</p> <p style="text-align: center;"><i>*Menu subject to change depending on item availability.</i></p>				
<p style="text-align: center;">3</p> <p>Baked Chicken Buttered Whole Potatoes Spiced Peaches 100% Fruit Juice Choice of Bread/Margarine Choice of Milk</p>	<p style="text-align: center;">4</p> <p>Stuffed Green Pepper Mashed Potatoes Buttered Corn Tropical Fruit Dinner Roll/Margarine Choice of Milk</p>	<p style="text-align: center;">5</p> <p>BBQ Porkchop Seasoned Potato Wedges Peas &amp; Carrots Fresh Apple Choice of Bread/Margarine Choice of Milk</p>	<p style="text-align: center;">6</p> <p>Sloppy Joe w/Bun Hashbrown Casserole Green Beans Fresh Banana Marble Cake Choice of Milk</p>	<p style="text-align: center;">7</p> <p>Beef Tips over Noodles Yukon Gold Potatoes California Blend Vegetables Peaches Choice of Bread/Margarine Choice of Milk</p>
<p style="text-align: center;">10</p> <p>Fish w/Hushpuppies Au Gratin Potatoes Buttered Peas Fresh Orange Choice of Milk</p>	<p style="text-align: center;">11</p> <p>Cheeseburger Soup w/ Crackers Broccoli Florets 100% Fruit Juice Dinner Roll/Margarine Banana Pudding Parfait Choice of Milk</p>	<p style="text-align: center;">12</p> <p>Glazed Sliced Pork Loin Scalloped Potatoes Mixed Vegetables Mixed Fruit Choice of Bread/ Margarine' Choice of Milk</p>	<p style="text-align: center;">13</p> <p>Ritz Chicken Casserole Seasoned Green Beans Cinnamon Applesauce Berry Mix Cup Choice of Bread/Margarine Chocolate Cupcake Choice of Milk</p>	<p style="text-align: center;">14</p> <p>Meatloaf Twice Baked Mashed Potatoes Key Largo Vegetables Fruit Cocktail Choice of Bread/Margarine Valentine Cookie Choice of Milk</p>
<p style="text-align: center;">17</p> <p style="text-align: center;"><b>Closed</b> due to <b>President's Day</b> <i>Frozen Meals Available upon Request</i></p>	<p style="text-align: center;">18</p> <p>Ham Loaf Sweet Potatoes Lima Beans Mandarin Oranges Dinner Roll/Margarine Choice of Milk</p>	<p style="text-align: center;">19</p> <p>Pepper Steak w/Rice Broccoli Roasted Root Vegetables 100% Fruit Juice Choice of Bread/Margarine Choice of Milk</p>	<p style="text-align: center;">20</p> <p>Roast Beef Mashed Potatoes w/Gravy Brussel Sprouts Fruited Strawberry Jell-o Choice of Bread/Margarine Choice of Milk</p>	<p style="text-align: center;">21</p> <p>Chicken Cordon Bleu Red Skinned Potatoes Capri Vegetables Pineapple Tidbits Choice of Bread/Margarine Choice of Milk</p>
<p style="text-align: center;">24</p> <p>Salisbury Steak w/Gravy Cheesy Potatoes Winter Blend Vegetables Diced Pears Choice of Bread/Margarine Peanut Butter Cookie Choice of Milk</p>	<p style="text-align: center;">25</p> <p>Honey Dijon Chicken Roasted Red Potatoes Spinach Fresh Banana Choice of Bread/Margarine Pistachio Pudding Choice of Milk</p>	<p style="text-align: center;">26</p> <p>Cubed Steak w/Gravy Baby Baker Potatoes Baby Carrots Fresh Clementine Choice of Bread/Margarine Choice of Milk</p>	<p style="text-align: center;">27</p> <p>Roast Turkey Mashed Potatoes French Style Green Beans 100% Cranberry Juice Dinner Roll/Margarine Choice of Milk</p>	<p style="text-align: center;">28</p> <p>Cheese Ravioli w/ Meat Sauce Tossed Salad w/Dressing Carrots Applesauce Garlic Stick Choice of Milk</p>