




January 2025 Activities

Monday	Tuesday	Wednesday	Thursday	Friday
		1 CLOSED 	2 10:00AM Bingo 11:30AM Lunch 12:30 PM- Open Cards 2:00 Craft Class	3 10:00AM -Bingo 11:30AM– Lunch 12:30 PM- Euchre
6 8:30 AM- Crafting Group 9:00 AM Tai Chi Class 10:00AM– Sponsored Bingo Day 11:00AM Clothes Closet 11:00AM Bingocize 11:30 Pleasant City Site Activity 11:30AM– Lunch 1:00PM Line Dancing	7 9:00AM- Quilters 10:00 Bingo 11:00 Chair Yoga 11:00 AM- Blood Pressure Checks 11:30AM– Lunch 1:00 Cardio Drumming 6:00 Gospel Night	8 9:00-1:00 MVHC Mobile Unit 9:00AM- Geri Fit Exercise 9:00AM- Sewing 10:00AM -Bingo 11:30AM– Lunch 11:30 Old Washington Site Activity 12:00PM– Mahjong	9 10:00AM Bingo 11:30AM Lunch 12:30 PM- Open Cards	10 9:00–10:00 Breakfast Buffet 10:00AM -Bingo 11:30AM- Lunch 12:00–1:00 Book Mobile 12:30 PM- Euchre
13 8:30 AM- Crafting Group 9:00 AM Tai Chi Class 10:00AM -Bingo 11:00AM Clothes Closet 11:00 Bingocize 11:30 Londonderry Site Activity 11:30AM– Lunch 1:00PM Line Dancing	14 9:00AM- Quilters 10:00AM Bingo 11:00 Chair Yoga 11:00 AM- Blood Pressure Checks 11:30AM– Lunch 11:30 Cumberland Site Activity 1:00PM Cardio Drumming 1:00 Alzheimer’s Support Group	15 9:00AM- Geri Fit Exercise 9:00AM- Sewing 10:00AM -Bingo 11:30AM Lunch 12:00PM– Mahjong	16 10:00AM -Bingo 11:30AM– Lunch 12:30 PM- Open Cards 4:00-5:00 Grab –N– Go 4:00 PM Monthly Senior Dinner	17 10:00 AM - 3:00 PM- Food Commodity Pick Up 10:00AM -Bingo 11:30AM– Lunch 12:00 National Popcorn Day 12:30 PM- Euchre
20 CLOSED 	21 9:00 Quilters 10:00 Bingo 11:00 Chair Yoga 11:00 Blood Pressure Checks 11:30 Lunch 1:00 Cardio Drumming	22 9:00-1:00 MVHC Mobile Unit 9:00 Geri-Fit Exercise 9:00 Sewing 9:30 Downtown Cambridge Trip 10:00 Bingo 11:30 Lunch 12:00 Mahjong	23 10:00AM Bingo 11:30AM Lunch 12:30 PM- Open Cards 1:00 Card Making Class	24 10:00AM -Bingo 12:30 PM- Euchre
27 8:30 AM- Crafting Group 9:00 AM Tai Chi Class 10:00AM -Bingo 11:00AM Clothes Closet 11:00AM Bingocize 11:30AM– Lunch 1:00 Line Dancing 2:00 Painting Class	28 9:00 Quilters 10:00 Bingo 11:00 Chair Yoga 11:00 Blood Pressure Checks 11:30 Lunch 11:30 Byesville Site Activity 1:00 Cardio Drumming 4:00 Byesville Monthly Dinner	29 9:00 Geri-Fit Exercise 9:00 Sewing 10:00 Bingo 11:30 Lunch 12:00 Mahjong	30 10:00 Bingo 11:30 Lunch 12:30 Open Cards	31 10:00 Bingo 11:30 Birthday Luncheon 12:30 Euchre

January 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 & Thursday, Cumberland 11:30-1:00 pm, Tuesday & Friday, Londonderry site serves at 11:30 on Monday—Friday, and Old Washington site Wednesday & Friday from 11:30am-1:00pm.</p> <p>Dine-In or Grab & Go Options Available. 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 www.GuernseySenior.org.</p> <p><i>*Menu subject to change depending on item availability.</i></p>		<p>1</p> <p>Closed due to New Year's Holiday Frozen Meals Available upon Request</p>	<p>2</p> <p>Chipped Beef over Texas Toast Carrot Coins Yukon Gold Potatoes Cottage Cheese Pineapple Tidbits Choice of Milk</p>	<p>3</p> <p>Spaghetti w/Meatballs Tossed Salad w/Dressing French Style Green Beans Diced Pears Garlic Stick/Margarine Choice of Milk</p>
<p>6</p> <p>Pork Chop w/Mushroom Gravy Hash Brown Potatoes Cauliflower w/Cheese 100% Cranberry-Grape Juice Dinner Roll/Margarine Choice of Milk</p>	<p>7</p> <p>Pepperoni Pizza Spiced Peaches Spinach Tomato-Cucumber Salad Chocolate Chip Cookie Choice of Milk</p>	<p>8</p> <p>Salisbury Steak w/Gravy Loaded Mashed Potatoes Buttered Peas Clementine Choice of Bread/Margarine Choice of Milk</p>	<p>9</p> <p>Loaded Baked Potato Soup Chicken Salad w/Bun Mandarin Oranges Fresh Banana Shortbread Cookies Choice of Milk</p>	<p>10</p> <p>Beef Roast Whole Buttered Potatoes Squash-Zucchini Mix Fruited Orange Jell-O Dinner Roll/Margarine Choice of Milk</p>
<p>13</p> <p>Baked Chicken Au Gratin Potatoes Calico Beans Mixed Fruit Choice of Bread/Margarine Choice of Milk</p>	<p>14</p> <p>Cheese Manicotti w/Sauce Capri Vegetables Tossed Salad w/Dressing Fresh Grapes Garlic Knot/Margarine Choice of Milk</p>	<p>15</p> <p>Mushroom Burger w/Bun Breaded Cauliflower w/Ranch Hashbrown Casserole Fruited Strawberry Jell-O Choice of Milk</p>	<p>16</p> <p>Turkey & Stuffing Roll Up Mashed Potatoes w/Turkey Gravy Broccoli Florets 100% Cranberry Juice Choice of Bread/Margarine Choice of Milk</p>	<p>17</p> <p>Pork Fritter w/Gravy Roasted Red Skin Potatoes Italian Blend Vegetables Waldorf Salad Italian Bread/Margarine Choice of Milk</p>
<p>20</p> <p>Closed due to Martin Luther King Holiday Frozen Meals Available upon Request</p>	<p>21</p> <p>Baked Steak Mashed Potatoes w/Beef Gravy Brussel Sprouts Tropical Fruit Dinner Roll/Margarine Choice of Milk</p>	<p>22</p> <p>Cabbage Roll Scalloped Potatoes Creamed Corn Fresh Apple Choice of Bread/Margarine Choice of Milk</p>	<p>23</p> <p>Monterey Chicken Rice Pilaf Bean Medley Diced Beets Fresh Pear Choice of Bread/Margarine Choice of Milk</p>	<p>24</p> <p>Glazed Meatloaf Sweet Potatoes Green Bean Casserole Applesauce Cornbread//Margarine Chocolate Cake Choice of Milk</p>
<p>27</p> <p>Baked Mac & Cheese Baby Carrots Broccoli Casserole Pineapple Chunks Choice of Bread/Margarine Choice of Milk</p>	<p>28</p> <p>Baked Fish w/Bun Buttered Potatoes Lima Beans Coleslaw Choice of Bread/Margarine Choice of Milk</p>	<p>29</p> <p>BBQ Beef w/Hoagie Bun Tater Tots Green Beans Fresh Banana Choice of Milk</p>	<p>30</p> <p>Hearty Homemade Chicken Noodle Soup w/Crackers Tossed Salad w/Egg & Cheese Fruited Cherry Jell-O 100% Fruit Juice Biscuit/Margarine</p>	<p>31</p> <p>Herb Roasted Pork Ribs Baby Baker Potatoes Baked Beans Apricots Choice of Bread/Margarine Choice of Milk</p>