

FOR CONGREGATE MEALS AT MILFORD SENIOR CENTER
CALL DENISE AT 508-478-8102 TWO DAYS PRIOR TO RESERVE A MEAL

January / February

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div><div>2018</div><div>HAPPY NEW YEAR</div></div> <div>CLOSED NEW YEARS DAY</div>	<div>JANUARY 2</div> <div>8:00 Walking Group 8:15 TAP DANCE! (MAKEUP) 9:30 Strength & Stretch 10:30 Zumba Gold® 11:00 Whist 12:30 Turkey Foot Dominoes 1:00 Mah Jongg</div> <div>Hoppin’ John with Corn Muffin</div>	<div>JANUARY 3</div> <div>8:00 Walking Group 9:00 BREAKFAST 9:00 Zumba Gold Toning® 9:00 Wellness Nurse 10:00 Water Color Class 10:15 Fall Prevention 11:15 Muscle Conditioning 1:00 Bingo 1:00 Chess</div> <div>American Chop Suey</div>	<div>JANUARY 4</div> <div>8:00 Walking Group 9:00 Knitting & Sewing 9:00 Wellness Nurse 9:00 Yoga 10:30 Line Dancing 1:15 Safe Exercise</div> <div>Chicken Pesto</div>	<div>JANUARY 5</div> <div>8:00 Walking Group 8:15 ADVANCED TAP DANCE 9:00 Hairdresser 9:15 Tap Dance 10:30 Zumba Gold®</div> <div>Beef Burgundy</div>
<div>JANUARY 8</div> <div>8:00 Walking Group 9:15 Tap Dance 9:30 Cribbage 10:30 Zumba Gold® 1:15 Safe Exercise</div> <div>Ranch Chicken</div>	<div>JANUARY 9</div> <div>8:00 Walking Group 9:30 Strength & Stretch 10:00 COA MEETING 10:30 Zumba Gold® 11:00 Whist 12:00 RED HAT SOCIETY 12:30 Turkey Foot Dominoes 1:00 Mah Jongg</div> <div>Beef with Onions & Peppers on Roll</div>	<div>JANUARY 10</div> <div>8:00 Walking Group 9:00 Zumba Gold Toning® 9:00 Wellness Nurse 10:00 Water Color Class 10:15 Fall Prevention 11:15 Muscle Conditioning 1:00 Bingo 1:00 Chess</div> <div>Hot Dog on Bun</div>	<div>JANUARY 11</div> <div>8:00 Walking Group 9:00 Knitting & Sewing 9:00 Wellness Nurse 9:00 Yoga 10:30 Line Dancing 1:15 Safe Exercise</div> <div>Spaghetti & Meatballs</div>	<div>JANUARY 12</div> <div>8:00 Walking Group 8:30 BEGINNER TAP DANCE 9:00 Hairdresser 9:15 Tap Dance 10:30 Zumba Gold®</div> <div>Macaroni & Cheese</div>
<div><div>MLK</div><div>LET FREEDOM RING</div></div> <div>CLOSED MARTIN LUTHER KING JR. DAY</div>	<div>JANUARY 16</div> <div>8:00 Walking Group 8:15 TAP DANCE! (MAKEUP) 9:30 Strength & Stretch 10:00 BOOK CLUB 10:30 Zumba Gold® 11:00 Whist 12:30 Turkey Foot Dominoes 1:00 Mah Jongg</div> <div>Greek Chicken</div>	<div>JANUARY 17</div> <div>8:00 Walking Group 9:00 Zumba Gold Toning® 9:00 Wellness Nurse 10:00 Water Color Class 10:15 Fall Prevention 11:15 Muscle Conditioning 1:00 Bingo 1:00 Chess</div> <div>Meatloaf & Gravy</div>	<div>JANUARY 18</div> <div>8:00 Walking Group 9:00 Knitting & Sewing 9:00 Wellness Nurse 9:00 Yoga 10:30 Line Dancing 12:30 HEALTHY LIVING LUNCHEON 1:15 Safe Exercise</div> <div>Chicken Pot Pie</div>	<div>JANUARY 19</div> <div>8:00 Walking Group 8:15 ADVANCED TAP DANCE 9:00 Hairdresser 9:15 Tap Dance 10:30 Zumba Gold®</div> <div>Fish Victor on Bun</div>
<div>JANUARY 22</div> <div>8:00 Walking Group 9:15 Tap Dance 9:30 Cribbage 10:30 Zumba Gold® 1:15 Safe Exercise</div> <div>Beef Stew</div>	<div>JANUARY 23</div> <div>8:00 Walking Group 9:30 Strength & Stretch 10:30 Zumba Gold® 11:00 Whist 12:30 Turkey Foot Dominoes 1:00 Mah Jongg</div> <div>Vegetable Cheese Bake</div>	<div>JANUARY 24</div> <div>8:00 Walking Group 9:00 Zumba Gold Toning® 9:00 Wellness Nurse 10:00 Water Color Class 10:15 Fall Prevention 11:15 Muscle Conditioning 1:00 Bingo 1:00 Chess</div> <div>Chicken Milano</div>	<div>JANUARY 25</div> <div>8:00 Walking Group 9:00 Knitting & Sewing 9:00 Wellness Nurse 9:00 Yoga 10:00 MEN'S GROUP 10:30 Line Dancing 1:15 Safe Exercise</div> <div>Salisbury Steak with Gravy</div>	<div>JANUARY 26</div> <div>8:00 Walking Group 8:30 BEGINNER TAP DANCE 9:00 Hairdresser 9:15 Tap Dance 10:30 Zumba Gold® 12:30 MOVIE</div> <div>Catch of the Day</div>
<div>JANUARY 29</div> <div>8:00 Walking Group 9:15 Tap Dance 9:30 Cribbage 10:30 Zumba Gold® 1:15 Safe Exercise</div> <div>Chicken Sausage Jambalaya</div>	<div>JANUARY 30</div> <div>8:00 Walking Group 9:30 Strength & Stretch 10:30 Zumba Gold® 11:00 Whist 12:30 Turkey Foot Dominoes 1:00 Mah Jongg</div> <div>Meatballs with Onion Gravy</div>	<div>JANUARY 31</div> <div>8:00 Walking Group 9:00 Zumba Gold Toning® 9:00 Wellness Nurse 10:00 Water Color Class 10:15 Fall Prevention 11:15 Muscle Conditioning 1:00 Bingo 1:00 Chess</div> <div>Marinated Pork Loin</div>	<div>FEBRUARY 1</div> <div>8:00 Walking Group 9:00 Knitting & Sewing 9:00 Wellness Nurse 9:00 Yoga 10:30 Line Dancing 1:15 Safe Exercise</div> <div>TBA</div>	<div>FEBRUARY 2</div> <div>8:00 Walking Group 8:15 ADVANCED TAP DANCE 9:00 Hairdresser 9:15 Tap Dance 10:30 Zumba Gold®</div> <div>TBA</div>
<div>FEBRUARY 5</div> <div>8:00 Walking Group 9:15 Tap Dance 9:30 Cribbage 10:30 Zumba Gold® 1:15 Safe Exercise</div> <div>TBA</div>	<div>FEBRUARY 6</div> <div>8:00 Walking Group 9:30 Strength & Stretch 10:30 Zumba Gold® 11:00 Whist 12:30 Turkey Foot Dominoes 1:00 Mah Jongg</div> <div>TBA</div>	<div>FEBRUARY 7</div> <div>8:00 Walking Group 9:00 BREAKFAST 9:00 Zumba Gold Toning® 9:00 Wellness Nurse 10:00 Water Color Class 10:15 Fall Prevention 11:15 Muscle Conditioning 1:00 Bingo 1:00 Chess</div> <div>TBA</div>	<div>FEBRUARY 8</div> <div>8:00 Walking Group 9:00 Knitting & Sewing 9:00 Wellness Nurse 9:00 Yoga 10:30 Line Dancing 1:15 Safe Exercise</div> <div>TBA</div>	<div>FEBRUARY 9</div> <div>8:00 Walking Group 8:30 BEGINNER TAP DANCE 9:00 Hairdresser 9:15 Tap Dance 10:30 Zumba Gold®</div> <div>TBA</div>
<div>FEBRUARY 12</div> <div>8:00 Walking Group 9:15 Tap Dance 9:30 Cribbage 10:30 Zumba Gold® 1:15 Safe Exercise</div> <div>TBA</div>	<div>FEBRUARY 13</div> <div>8:00 Walking Group 9:30 Strength & Stretch 10:30 Zumba Gold® 11:00 Whist 12:30 RED HAT SOCIETY 12:30 VALENTINES TEA PARTY 12:30 Turkey Foot Dominoes 1:00 Mah Jongg</div> <div>TBA</div>	<div>FEBRUARY 14</div> <div>8:00 Walking Group 9:00 Zumba Gold Toning® 9:00 Wellness Nurse 10:00 Water Color Class 10:15 Fall Prevention 11:15 Muscle Conditioning 1:00 Bingo 1:00 Chess</div> <div>TBA</div>	<div>FEBRUARY 15</div> <div>8:00 Walking Group 9:00 Knitting & Sewing 9:00 Wellness Nurse 9:00 Yoga 10:30 Line Dancing 12:30 HEALTY LIVING LUNCHEON 1:15 Safe Exercise</div> <div>TBA</div>	<div>FEBRUARY 16</div> <div>8:00 Walking Group 8:15 ADVANCED TAP DANCE 9:00 Hairdresser 9:15 Tap Dance 10:30 Zumba Gold®</div> <div>TBA</div>
<div><div>Lincoln</div><div>Washington</div></div> <div>CLOSED PRESIDENTS’ DAY</div>	<div>FEBRUARY 20</div> <div>8:00 Walking Group 8:15 TAP DANCE! (MAKEUP) 9:30 Strength & Stretch 10:00 BOOK CLUB 10:30 Zumba Gold® 11:00 Whist 12:30 Turkey Foot Dominoes 1:00 Mah Jongg</div> <div>TBA</div>	<div>FEBRUARY 21</div> <div>8:00 Walking Group 9:00 Zumba Gold Toning® 9:00 Wellness Nurse 10:00 Water Color Class 10:15 Fall Prevention 11:15 Muscle Conditioning 1:00 Bingo 1:00 Chess</div> <div>TBA</div>	<div>FEBRUARY 22</div> <div>8:00 Walking Group 9:00 Knitting & Sewing 9:00 Wellness Nurse 9:00 Yoga 10:00 MEN'S GROUP 10:30 Line Dancing 1:15 Safe Exercise</div> <div>TBA</div>	<div>FEBRUARY 23</div> <div>8:00 Walking Group 8:30 BEGINNER TAP DANCE 9:00 Hairdresser 9:15 Tap Dance 10:30 Zumba Gold® 12:30 MOVIE</div> <div>TBA</div>
<div>FEBRUARY 26</div> <div>8:00 Walking Group 9:15 Tap Dance 9:30 Cribbage 10:30 Zumba Gold® 1:15 Safe Exercise</div> <div>TBA</div>	<div>FEBRUARY 27</div> <div>8:00 Walking Group 9:30 Strength & Stretch 10:30 Zumba Gold® 11:00 Whist 12:30 Turkey Foot Dominoes 1:00 Mah Jongg</div> <div>TBA</div>	<div>FEBRUARY 28</div> <div>8:00 Walking Group 9:00 Zumba Gold Toning® 9:00 Wellness Nurse 10:00 Water Color Class 10:15 Fall Prevention 11:15 Muscle Conditioning 1:00 Bingo 1:00 Chess</div> <div>TBA</div>	<div><div>Stargazer</div><div>Winter</div></div>	