


# January 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Please Contact Front Reception to Book Any Appointments</p>	<p>1 <b>Centre Closed</b></p> 	<p>2 Coq au Vin</p>	<p>3 Beef Bourguignon</p>  <p>Hair Care</p>	<p>4 Ham Steak</p>
	<p>7 Chicken Santa Fe</p>	<p>8 Chili Con Carne</p>	<p>9 Lemon Pepper Sole</p>  <p>Foot Care</p>	<p>10 Liver and Onions</p>  <p>Hair Care</p>
<p><b>Winter Program Registration 10:00am-2:00pm</b></p>				
<p>14 Farmer Sausage</p>  <p>Legal Services</p>	<p>15 Chicken Drumstick</p> <div style="border: 1px solid blue; padding: 5px; margin-bottom: 5px;"> <p>Seminar: Taking Care of You, The Caregiver 11:00am - 12:00pm</p> </div> <div style="border: 1px solid pink; padding: 5px;"> <p>New Member Orientation 1:00-2:00pm</p> </div>	<p>16 Shepherd's Pie</p>	<p>17 Pork Chop</p>  <p>Hair Care</p>	<p>18 Pasta with Meat Sauce</p>  <p>Foot Care</p>
<p>21 Swedish Meatballs</p>  <p>Massage Therapy</p>	<p>22 Sole with Roasted Red Pepper Sauce</p>	<p>23 Soup and Sandwiches</p> <div style="border: 1px solid green; padding: 5px; margin-bottom: 5px;"> <p>Rabbie Burns Lunch 12:00pm (tickets required)</p> </div> <p>Alternate Dining Room 022/024</p>  <p>Foot Care</p>	<p>24 Chicken and Broccoli Casserole</p>  <p>Hair Care</p>	<p>25 Baked Ham</p>  <p>Birthday Party</p>
<p>28 Steak and Kidney Pie</p>	<p>29 Pork Stroganoff</p> <div style="border: 1px solid blue; padding: 5px;"> <p>Seminar: Cancer Coaching 12:00pm - 1:00pm</p> </div>	<p>30 Chicken Schnitzel</p> <div style="border: 1px solid blue; padding: 5px; margin-bottom: 5px;"> <p>Seminar: Dental Hygiene for Seniors Disease 10:30am - 11:30am</p> </div>  <p>Foot Care</p>	<p>31 Lasagna</p>	<p><b>Lunch is Served Daily from 11:30am to 1:00pm</b></p>