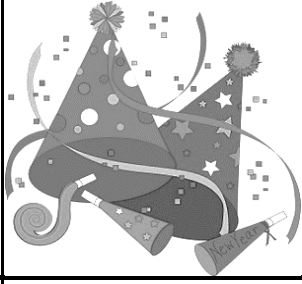


# JANUARY 2016 CALENDAR OF EVENTS



Lunch Served Daily at 11:45 a.m. - Cost: \$3.00

\* Fried Chicken requires a pre-paid ticket & the cost of a full breast plate is \$4.50 \*  
Please make lunch reservations by **10:30** Call 449-4600

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b><u>Fried Chicken Day</u></b></p> <p>Pre paid ticket is required</p> <p>Please purchase 2 days in advance</p>	<p>The TOPS Group</p> <p>Take Off Pounds Sensibly</p> <p>Meets on Tuesday Afternoons at 2:30</p>	<p><b><u>Ronnie McDowell</u></b></p> <p><b><u>at the Capitol Theatre</u></b></p> <p><b><u>January 14th</u></b></p> <p><b><u>Doors open @ 5:30</u></b></p> <p><b><u>\$25</u></b></p>	<p>For a Ride</p> <p>Call Mid Cumberland Transportation (615) 444-7433</p>	<p><b>1</b></p> <p><b><u>The Center Will Be Closed For New Year's Day</u></b></p> 
<p><b>4</b></p> <p>10:00 Sing a Long 10:00 Guitar Class 10:30 Exercise Class 11:00 Blood Pressure <b>Chicken Patty Potatoes &amp; Gravy Green Peas Bread Pudding</b> 1:00 Scrabble Cards &amp; Fun</p>	<p><b>5</b></p> <p>7:45 Water Exercise 9:00 Caregiver Support 9:00 Crochet Class 9:00 Nurse on Duty <b>Vegetable Beef Soup Pimento Cheese Sand. Crackers Cake</b> 1:00 Happy New Year ** BINGO ** Cards &amp; Fun</p>	<p><b>6</b></p> <p>8:30 Nurse on Duty 10:00 Bible Study 10:30 Tech Support 101 <b>Fried Chicken New Red Potatoes Green Beans Bread Fruit</b> 1:00 Corn Hole Game Cards &amp; Fun</p>	<p><b>7</b></p> <p>7:45 Water Exercise 10:00 Dulicmer 10:00 Exercise Class 11:00 Dance/Bld Press. <b>Pork Roast Cabbage Sweet Potatoes Bread Pudding</b> 1:00 F &amp; M Bank ** BINGO **</p>	<p><b>8</b></p> <p>9:00 Pool Singles 9:00 Beginner Dance 10:30 Move to the Music 11:00 Blood Pressure <b>Meatloaf Lima Beans Corn Bread Cookies</b> 1:00 Music &amp; Dancing with EJ Rider Band</p>
<p><b>11</b></p> <p>10:00 Sing a Long 10:30 Exercise Class 11:00 Blood Pressure <b>Pork BBQ Baked Beans Hash Brown Patty Bread Fruit</b> 1:00 Amedisys HHC ** BINGO ** Cards &amp; Fun</p>	<p><b>12</b></p> <p>7:45 Water Exercise 9:00 Crochet Class 9:00 Nurse on Duty 9:30 Advisory Board 10:00 Grief Support Grp <b>Baked Chicken Breast Macaroni &amp; Cheese Steamed Broccoli Bread / Brownies</b> 1:00 Chambray Band *Country Music Dance*</p>	<p><b>13</b></p> <p><b><u>Market Day at Center</u></b></p> <p>8:30 Nurse on Duty 8:30 Shopping Trip 10:00 Bible Study <b>Hamburger on a Bun Lettuce &amp; Tomato Tater Tots Cole Slaw Cookies</b> 1:00 Dominoes Cards &amp; Fun</p>	<p><b>14</b></p> <p>7:45 Water Exercise 9:30 Business Meeting 10:00 Dulicmer 10:00 Exercise Class 11:00 Dance/Bld Press. <b>Chili with Cheese Corn Chips Pudding</b> Cards &amp; Fun <b><u>Legends &amp; Humor At Capitol Theatre</u></b></p>	<p><b>15</b></p> <p>9:00 Pool Doubles 9:00 Beginner Dance 11:00 Blood Pressure <b>Baked Ham Turnip Greens White Beans Bread Strawberry Cake</b> 1:00 Coloring with Friends 1:00 Oil Painting Class</p>
<p><b>18</b></p> <p><b><u>The Center Will Be Closed in Observance of Martin Luther King, Jr. Day</u></b></p>	<p><b>19</b></p> <p>7:45 Water Exercise 9:00 Hand &amp; Foot 9:00 Crochet Class 9:00 Nurse on Duty <b>BBQ Chicken Scalloped Potatoes Green Beans Bread Banana Pudding</b> 1:00 Southern Manor ** BINGO **</p>	<p><b>20</b></p> <p>8:30 Nurse on Duty 10:00 Bible Study <b>Chef Salad with Ham &amp; Turkey Baked Potato w/butter Bread Cake</b> ~~~ 1:00 - 3:00 ~~~ <b>Quality Rehab Health Fair @ Center</b> Cards &amp; Fun</p>	<p><b>21</b></p> <p>7:45 Water Exercise 10:00 Dulicmer 10:00 Exercise Class 11:00 Dance/Bld Press. <b>Baked Chicken Breast Macaroni &amp; Cheese Lima Beans Bread / Fruit</b> 12:45 Music &amp; Dancing 2:00 BIRTHDAY PARTY Cards &amp; Fun</p>	<p><b>22</b></p> <p>9:00 Pool Straight Eight 9:00 Beginner Dance 10:00 Total Joint Care with Dr. Roy Terry 11:00 Blood Pressure <b>Open Face Roast Beef on Bread Creamed Potatoes Cole Slaw Brownies</b> Cards &amp; Fun</p>
<p><b>25</b></p> <p>10:00 Sing a Long 10:00 Guitar Class 10:30 Exercise Class 11:00 Blood Pressure <b>Hamburger Steak Creamed Potatoes Broccoli Bread Pudding</b> 1:00 Open Microphone Karaoke</p>	<p><b>26</b></p> <p>7:45 Water Exercise 9:00 Spades 9:00 Crochet Class 9:00 Nurse on Duty <b>Chicken Parmesan w/spaghetti noodles Tossed Salad Bread Brownies</b> 1:00 Lebanon Health ** BINGO **</p>	<p><b>27</b></p> <p>8:30 Nurse on Duty 9:00 Rook 10:00 Bible Study <b>Pork Loin Pinto Beans Baked Apples Bread Cookies</b> 12:45 Music &amp; Dancing with Bill Feathers Cards &amp; Fun</p>	<p><b>28</b></p> <p>7:45 Water Exercise 10:00 Dulicmer 10:00 Exercise Class 11:00 Dance/Bld Press. <b>Baked Ham Black-eyed Peas Turnip Greens Cornbread Pudding</b> 1:00 MJ HealthCare ** BINGO **</p>	<p><b>29</b></p> <p>7:30 Coleman &amp; Co. 9:00 Beginner Dance 10:00 Eating Healthy on a Budget with Shelly 11:00 Blood Pressure <b>Chicken &amp; Stuffing Green Beans Corn Bread Fruit</b> 1:00 Corn Hole Game</p>

