

JANUARY CCS LUNCH MENU



Catholic Community Services (CCS) lunch is for seniors 60+ at a suggested donation of \$3.50. Under 60 years is \$6 and served on Monday & Wednesday. CCS lunch is open to the Public

Monday January 6

Chicken Caesar Salad
Baked Apple

Wednesday, January 8

Florentine Fish
Zucchini & Onion & Tomatoes
Cherry Crisp

Monday, January 13

Macaroni & Cheese
Brussel Sprouts
Wheat Roll
Strawberries

Wednesday, January 15

Chicken Teriyaki
Rice W/ Peas & Carrots
Asian Vegetable Blend
Pear
Fortune Cookie

Monday, January 20

GHSC Lunch by Sheryl
Sign-Up Required

Wednesday, January 22

Tuna Noodle
Casserole W/ Peas
Carrot & Raisin Salad
Peaches

Monday, January 27

BBQ Chicken
Pasta Salad
Green Beans
Ice Cream w/Pineapple Sauce

Wednesday, January 29

Pork Cutlet
Baked Potato
Baked Beans
Coleslaw

Tuesday Lunch Bunch: Each Tuesday a different local restaurant is identified for a no-host lunch. If you wish to participate, be at the Senior Center before 11:30am each Tuesday for location and possible carpooling.

Wisdom Wednesday Spotlight enjoyable/informational/educational

Wednesday, January 8

Blue Zones: How can I implement these strategies into my life?

Blue Zones, what they are and what they have taught us. Let's discuss strategies and see how that lifestyle can be implemented in our lives.

Wednesday, January 15

Brain Teasers & Trivia

Challenge your ability to recall inconsequential and meaningless information and give your brain a workout in a fun way

January Events & Activities...

Mark your Calendars!

January 2nd & 20th – Lunch by Sheryl

Sign-Up Required

January 22 – Dance Party

Bust a move to 50's, 60's music

January 29 – Birthday Bingo Party

Cake, Singing & Bingo