

NODAWAY COUNTY SENIOR CENTER

JANUARY / FEBRUARY

WELCOME!

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Https://www.nodawayseniors.com

www.facebook.com/nodawayseniorcenter



OUR MISSION

Providing quality services and programs to enable our older adults to maintain their independence.

EMERGENCY CLOSINGS:

- If you would like to receive a text message of emergency closing, contact Amie to set that up.
- You can watch KOTV Channel 2.
- You can listen to KNIM radio-97.1 FM, KAAN radio-95.5 FM, KXCV radio-90.5 FM or KMA radio - 99.1FM/960AM to hear the closings.
- You can look at the Nodaway County Senior Center Facebook page.
- You can call 660-562-3999 or call or text Amie at 660-853-8620.



NCSC Staff

Amie Firavich. Administrator Cassie Partridge, Nutrition Supervisor Cathy Farmer, Nutrition Assistant Tabitha Ploof, Nutrition Assistant Joe Meyer, Temp Custodian

NWMSU STUDENTS

Jules White, Office Assistant

NCSC Board Members

Carolyn Franks, President Joe Baumli, Vice President Linda Girard, Secretary Connie McGinness, Treasurer Ray Courter, Member Teresa Hayes, Member Jim Hazen, Member Susan Hull, Member Steve Mullins. Member

Monthly Dessert Raffle

We ask for donations of a homemade dessert to be raffled. If you would like to donate a dessert, please contact 660-562-3999.

The drawing is on the third Friday of the month. Tickets are \$1.00 ea. you do not have to be present to win.

A White Christmas Cake was donated in December by Carol Payne. The winner of the drawing was Rita Aley. The cake brought in \$65 in donations!

THANK YOU! Gladys Rickard Charitable Trust we

With the support of the were able to purchase a second NuStep Recumbent Trainer.



The NuStep recumbent cross trainers make it easier for people who are aging or who have disabilities to exercise. The recumbent trainer allows you to be in a seated position, which makes exercise easier on the back, legs and arms.

Use the sign up sheet to reserve your time. All ages welcome. Free of charge.

10 POINT PITCH

Pitch Tournament is every 3rd Thursday of the month. Draw for partners. 6:00pm \$2.00

December Stats

14 Players

1st: Jon Yaple - 231 2nd: Mike Hanig - 227 Low: Janet Yaple - 100

10 Point Pitch

1st Thursday of the month 12:30 pm. Draw for partners. \$1.00

Pinochle Tournament

Friday 12:30 pm. Draw for partners. \$1.00

Hand & Foot Card Game

Monday Night 6:00 pm. \$1.00 Draw for partners. Thursday Morning 8:00 am (ish) \$1.00 Fill in at open table





NTS N	IODAWAY C	OUNTY SEN	IOR CENTER		Monday	Tuesday	Wednesday	Thursday	Friday
	MEN	U & ACTIVI	TIES Serving Hour		17 CARDS-HAND & FOOT 6:00 PM	18 TAI CHI 5-6 PM	NCSC BOARD MEETING 10 AM BIRTHDAY CELEBRATION DAY BINGO 12:30PM	20 CARDS-HAND & FOOT 8:45 AM	\$1.0
٠.	JAN	UARY 2	2022 660	= \$5.00 Under 60 = \$7.00)-562-3999			SPONSORED BY OAK POINTE	10 PT PITCH 6:30 PM	12.30 Pt
Monday	Tuesday	Wednesday	Thursday	Friday	BBD CHICKEN SANDWICH	HAM & CHEESE POTATOES	OVEN FRIED CHICKEN OR CHICKEN PATTY	TURKEY POT PIE	MEATLOAF
CARDS-HAND & FOOT	4 TAJ CHI 5-6 PM	5 BINGO 12:30 PM	6 CARDS-HAND & FOOT	7 PINOCHLE TOURNAMENT	OR VEGETABLE BEEF SOUP	DR CHICKEN SALAD SANDWICH	MASHED POTATOES W/GRAVY		CHICKEN NOODLE SOU
6:00 PM			8:45 AM	\$1.00	TATOR TOTS	3 BEAN SALAD	GREEN BEANS	LETTUCE SALAD	BAKED POTAT
			10 PT PITCH.	12:30 PM	BRUSSEL SPROUTS	CORN SALAD	DINNER ROLL	GARLIC STICK	PEA
			NO PARTNER NEEDED. \$1.00 12:30 PM	-	PEACHES	APPLE CRISP	CAKE / ICE CREAM	CARAMEL ROLL	BLUEBERRY MUFFI
			\$2.00 £2.00 FM				26		28 PINOCHLE TOURNAMEN
1					24 CARDS-HAND & FOOT	25 TAI CHI 5-6 PM	**	27 CARDS-HAND & FOOT 8:45 AM	S1.0
			FISH SANDWICH	SMOTHERED PORK	6:00 PM			0.43 MM	12:30 PM
CHEESEBURGER OR	CHICKEN STRIPS	CHEESEBURGER SOUP	OR RED BEANS & RICE	OR RUEBEN SANDWICH					
HITE CHICKEN CHILI	OR RIBLET	OR ROTINI	W/ SPICY SAUSAGE	MASHED POTATOES W/ GRAVY	1		Marcolana, 2010, 2010, 2010, 2010, 2010, 2010, 2010, 2010, 2010, 2010, 2010, 2010, 2010, 2010, 2010, 2010, 201	24/22/2010/00/201	
POTATO WEDGES	MASHED POTATOES W/ GRAVY	LETTUCE SALAD	CORN CASSEROLE	CAULIFLOWER	MUSHROOM SWISS BURGER		CHICKEN FRIED STEAK	TACO SALAD	HAM BALLS C
GREEN BEANS	BROCCOLI W/ GARLIC BUTTER	GARLIC STICK	SPINACH	W/ CHEESE SAUCE	OR PULLED PORK	POTATO BAR	OR LASAGNA	OR CHICKEN WRAP	BEEF CHEESE BURRIT
APRICOTS	FRUITED JELLO	ASSORTED DESSERTS	COOKIE	LAYERED PUDDING	POTATO WEDGES	OR CHILI	MASHED POTATOES W/ GRAVY	REFRIED BEANS	SCALLOPED POTATO
CARDS-HAND & FOOT	11 TAI CHI 5-6 PM	12 MUSIC WITH	15 CARDS-HAND & FOOT	14 PINOCHLE TOURNAMENT	CAULIFLOWER	BROCCOLI	GREEN BEANS	MEXI CORN	WINTER BLEN
6:00 PM	(5). URL 10 TA D(T) 5, 3801.	LINDA & FUZZ	8:45 AM	\$1.00 S1.00	PLUMS	PINEAPPLE	BANANA BARS	ROSEY PEARS	FRUIT COBBL
		11:00AM		12:30 PM	31 CARDS-HAND & FOOT				
	7.5		6:00 PM	6:00 PM January Product					
		1 (h)				of the Mo	the	NOVEMB	
	SWEET & SOUR CHICKEN							PRODUCT O	
	OR BBQ PORK BITS				CHICKEN & STUFFING	Paper Tov	vels	MONTH WI	WNER:
CHILI DOG	JAPANESE VEGETABLES	BISCUIT & GRAVY	HAM & BEANS OR	SALISBURY STEAK	OR GOULASH			Jane Schi	abor
OR SPAGHETTI	RICE	OR BREAKFAST CASSEROLE	CHICKEN & NOODLES	OR CHICKEN ALFREDO	CUBED POTATOES	City of		June Schi	eber
BABY BAKERS	EGG ROLL	HASHBROWN PATTY	COLESLAW	MASHED POTATOES W/ GRAVY	CALIFORNA MIX	Strong			
					a juil current church			and the second second	
PEAS & CARROTS	LIMA BEANS	ZUCCHINI	CARROTS	PICKLED BEETS	W/ CHEESE SAUCE				
			CARROTS	PICKLED BEETS BANANA	CINNAMON APPLESAUCE				
PEAS & CARROTS	LIMA BEANS			Contraction of the second	CINNAMON APPLESAUCE	HAS OVER 1 GRAM OF SODIUM	MENU SUBJECT	TO CHANGE WITHOUT NOTICE DUE	TO AVAILABILITY OF PRODUCT
PEAS & CARROTS PEARS	LIMA BEANS MANDARIN ORANGES	APPLE DUMP CAKE		BANANA	CINNAMON APPLESAUCE	HAS OVER 1 GRAM OF SODIUM Tuesdag	MENU SUBJECT Vednesdag	Thursday	TO AVAILABILITY OF PRODUCT
PEAS & CARROTS PEARS	LIMA BEANS MANDARIN ORANGES	OUNTY SEN	MASSORTED DESSERTS	BANANA R : M-F 7AM-4PM s: 11:30AM - 12:30PM	CINNAMON APPLESAUCE		Vednesdag 16 NCSC BOARD MEETING 10 AM		Friday 18 PINOCHLE TOURNAMEN 311
PEAS & CARROTS PEARS	LIMA BEANS MANDARIN ORANGES	OUNTY SEN U & ACTIVI	MASSORTED DESSERTS IOR CENTE: HOURS TIES Serving Hours 60 and above =	BANANA R.: M-F 7AM-4PM s: 11:30AM - 12:30PM \$5.00 Under 60 = 57.00	CINNAMON APPLESAUCE	Tuesday	Vednesday 16 NCSC BOARD MEETING 10 AM BIRTHDAY CELEBRATION DAY	Thursdag 17 CARDS-HAND & FOOT 8:00 AM (ish) FILL IN AT OPEN TABLE	Fridag 18 PINOCHLE TOURNAMED 51
PEAS & CARROTS PEARS	LIMA BEANS MANDARIN ORANGES	OUNTY SEN U & ACTIVI	MASSORTED DESSERTS	BANANA R.: M-F 7AM-4PM s: 11:30AM - 12:30PM \$5.00 Under 60 = 57.00	CINNAMON APPLESAUCE	Tuesday	Vednesdag 16 NCSC BOARD MEETING 10 AM BIRTHDAY CELEBRATION DAY OVEN FRIED CHICKEN	Thursday 17 CARDS-HAND & FOOT 20 AM (ish)	Friday 18 PINOCHLE TOURNAME 51. 312:30 F TATER TOT CASSERO
PEAS & CARROTS PEARS	LIMA BEANS MANDARIN ORANGES ODAWAY CO MEN FEBR	M APPLE DUMP CAKE	MASSORTED DESSERTS IOR CENTE HOURS TIES Serving Hours 60 and above 2022 660	BANANA R - M-F 7AM-4PM s: 11:30AM- 12:30PM -55:00 Under 60 = \$7:00 -562-3999	CINNAMON APPLESAUCE	Tuesday	Vednesdag 16 NCSC BDARD MEETING 10 AM SIRTHDAY CELEBRATION DAY OVEN FRIED CHICKEN OR CHICKEN PATTY	Thursdag 17 CARDS-HAND & FOOT 8:00 AM (ish) FILL IN AT OPEN TABLE	Friday 18 PINOCHLE TOURNAME 12 SO 12 SO 13 SO 14 SO 15 PINOCHLE TOURNAME 51 SO 15 PINOCHLE TOURNAME 51 SO 15 SO 15 SO 15 SO 16 SO 16 SO 16 SO 16 SO 16 SO 16 SO 16 SO 16 SO 17 SO 18 SO
PEAS & CARROTS PEARS	LIMA BEANS MANDARIN ORANGES ODAWAY CO MEN FEBR	OUNTY SEN U & ACTIVI	MASSORTED DESSERTS IOR CENTE HOURS TIES Serving Hours 60 and above 20022 660 Thursdag	BANANA R.: M-F 7AM-4PM s: 11:30AM - 12:30PM \$5.00 Under 60 = 57.00	CINNAMON APPLESAIXCE Monday 14 CARDS-HAND & FOOT 6:00 PM	Tuesday ¹⁵ TAI CHI 5-6 PM CHICKEN POT PIE	Vednesdag 16 NCCC BOARD MEETING 10 AM BIRTHDAY CELEBRATION DAY OVEN FRIED CHICKEN OR CHICKEN PATTY MASHED POTATOES WI	Thursday 27 CARDS-HAND & FOOT 3:00 AM (ish) FILL IN AT OPEN TABLE 10 PT PTTCH 6:30 PM DRAW FOR PARTNER	Friday 18 PINOCHLE TOURNAME S1 3 3 3 3 12:30 F 12:30 F 13:50 14:50 F 14:50 F 14:5
PEAS & CARROTS PEARS	LIMA BEANS MANDARIN ORANGES ODAWAY CO MEN FEBR	M APPLE DUMP CAKE	MASSORTED DESSERTS HORS CENTES HORS TIES Serving Hour 50 and above = 2022 660 Thursday	BANANA R : M-F 7AM-4PM : 11:30AM-12:30PM : 55:00 Under 60 = \$7:00 -562-3999 Fidag ⁴ PINOCHLE TOURNAMENT	CINNAMON APPLESAUCE	Tuesdag 15 TAI CHI 5-6 PM CHICKEN POT PIE OR BBQ PORK	Vednesdag 16 NCSC BOARD MEETING 10 AM BRTHDAV CELEBRATION DAY OVEN FRIED CHICKEN OR CHICKEN PATTY MASHED POTATOES W GRAVY	Thursday 27 CARDS-HAND & FOOT 200 AM (Iah) FILL IN AT OPEN TABLE 30 PT TOT-6: 30 PM DRAW FOR PARTNER TACO SALAD OR CHICKEN WRAP	Friday 18 PINOCHLE TOURNAME 31 31 31 32 32 32 32 32 32 32 32 32 32
PEAS & CARROTS PEARS	LIMA BEANS MANDARIN ORANGES ODAWAY CO MEN FEBR	M APPLE DUMP CAKE	Constant of the second	BANANA R. M-F 7AM-4PM S: 11:30AM - 12:30PM S:5.00 Under 60 = \$7.00 -562-3999 Fridag ⁴ PINOFLE TOURNAMENT S1.00 S1.00	CINNAMON APPLESAUCE TOTAL MEAL Monday 14 CARDS-HAND & FOOT 6.00 PM POLISH SAUSAGE W/KRAUT OR BREADED CHICKEN	Tuesday ¹⁵ TAI CHI 5-6 PM CHICKEN POT PIE OR BBQ PORK LIMA BEANS	Vednesdag 15 INCCC BOARD MEETING 10 AM BRTHDAY CELEBRATION DAY OVEN FRIED CHICKEN PATTY OR CHICKEN PATTY MASHED POTATOES W GREAN GREEN BEANS	Thursdag 27 CARDS-HAND & FOOT 8:00 AM (sh) FILL IN AT OPEN TABLE 10 PT PTICHE 30 PM DRAW FOR PARTNER DRAW FOR PARTNER CHICKEN WRAP CORN	Friday IB PINOCHLE TOURNAME S1 S2 TATER TOT CASSER OR BBQ.CHIC SANDW CAPRI BLE HOM
PEAS & CARROTS PEARS	LIMA BEANS MANDARIN ORANGES ODAWAY CO MEN FEBR	M APPLE DUMP CAKE	CARGHARD AFOR CARGHARD AFOR CARGHARD AFOR CARGHARD AFOR FILL IN AT OPEN TABLE	BANANA R : M-F 7AM-4PM : 11:30AM-12:30PM : 55:00 Under 60 = \$7:00 -562-3999 Fidas ⁴ PINOCHLE TOURNAMENT	CINNAMON APPLESAUCE CONTRACTOR Monday 14 CARDS-HAND & FOOT 6:00 PM POLISH SAUSAGE W/KRAUT OR BREADED CHICKEN SAND POTATO CUBES	Tuesday ¹⁵ TAI CHI 5-6 PM CHICKEN POT PIE OR BBQ PORK LIMA BEANS BROCCOLI	Vednesdag 16 NCSC BOARD MEETING 10 AM BIRTHDAY CELEBRATION DAY OVEN FRIED CHICKEN OR CHICKEN PATTY MASHED POTATOES WI GRAVY GREEN BEANS DINNER ROLL	Thursday 17 CARDS-HAND & FOOT 200 AM (un) FILL IN AT OPEN TABLE DRAW FOR PARTNER DRAW FOR PARTNER TACO SALAD OR CHICKEN WRAP CORN REFRIED BEANS	Friday Is PINOCHLE TOURNAME SI TATER TOT CASSER OR BBQ CHIC SANDW CAPRI BLE HOM STRAWBES
PEAS & CARROTS PEARS	LIMA BEANS MANDARIN ORANGES ODAWAY CO MEN FEBR	M APPLE DUMP CAKE	MASSORTED DESSERTS HOR CENTE HORS TIES Serving Hour 50 and above = 20022 660 Thursday 1 CARDSHAND & FOOT 8 00 AM (BND) FILL NAT OPEN TABLE 10 DF PTCH	BANANA R. M-F 7AM-4PM S: 11:30AM - 12:30PM S:5.00 Under 60 = \$7.00 -562-3999 Fridag ⁴ PINOFLE TOURNAMENT S1.00 S1.00	CINNAMON APPLESAUCE Monday 14 CARDS-HAND & FOOT 6:00 PM POLISH SAUSAGE W/ KRAUT OR BREADED CHICKEN SAND POTATO CUBES WINTER MIX PEACHES	Tuesdag 15 TAI CHI 5-6 PM CHICKEN POT PIE OR BBQ PORK LIMA BEANS BROCCOLI COOKIE	Vednesdag 15 NCCC BOARD MEETING 10 AM BRTHDAY CELEBRATION 0AY OVEN FRIED CHICKEN OR CHICKEN PATTY MASHED POTATOES W GRAVY GREEN BEANS DINNER ROLL CAKE/ ICE CREAM	Thursday 17 CARDS-HAND & FOOT 8:00 AM (Juh) FILL IN A OFRIT TABLE 10 PT FITCHE-30 PM DRAW FOR PARTNER TACO SALAD OR CHICKEN WRAP CORN REFRIED BEANS PINEAPPLE	Friday LI PINOCHE TOURNAME TATER TOURNAME I 2301 TATER TOT CASSER OR BBQ CHICI SANDW CAPRI BLE HOM
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PEAS & CARROTS PEARS NO	LIMA BEANS MANDARIN ORANGES ODAWAY CC MEN FEBR T TAICHI 56 PM	APPLE DUMP CAKE	MASSORTED DESSERTS HOR CENTE HORS TIES Serving Hour 50 and above = 20022 660 Thursday 1 CARDSHAND & FOOT 8 00 AM (BND) FILL NAT OPEN TABLE 10 DF PTCH	BANANA R	CINNAMON APPLESAUCE Monday 14 CARDS-HAND & FOOT 6:00 PM POLISH SAUSAGE W/ KRAUT OR BREADED CHICKEN SAND POTATO CUBES WINTER MIX PEACHES	Tuesdag 15 TAI CHI 5-6 PM CHICKEN POT PIE OR BBQ PORK LIMA BEANS BROCCOLI COOKIE	Vednesdag 15 NCCC BOARD MEETING 10 AM BRTHDAY CELEBRATION 0AY OVEN FRIED CHICKEN OR CHICKEN PATTY MASHED POTATOES W GRAVY GREEN BEANS DINNER ROLL CAKE/ ICE CREAM	Thursday 17 CARDS-HAND & FOOT 2007 AM (Ish) FILL IN A CPENT TABLE 10 PT PITCH 6:30 PM DRAW FOR PARTNER TACO SALAD OR CHICKEN WRAP CCHICKEN WRAP CCRKN REFRIED BEANS PINEAPPLE 24 CARDS-HAND & FOOT 8:00 AM (Ish)	Friday LE PINOCHLE TOURNAME TATER TO CASSER OR BBQ CHIC CAPRI BLE HOM SANDW CAPRI BLE HOM SHORTCI 25 PINOCHLE TOURNAM 23
PEAS & CARROTS PEARS NO Monday	LIMA BEANS MANDARIN ORANGES ODAWAY CO MEN FEBR 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	APPLE DUMP CAKE	MASSORTED DESSERTS IOR CENTE: TIES Serving Hour 50 and above = 200226660 Thursday 1 CARDSHAND & FOOT 8.00 AM 1600 FILL IN AT OPEN TABLE 10 PT PTCH DRAW FOR PARTINER 5.10	BANANA R	CINNAMON APPLESAUCE TOTAL MEAL Monday 14 CARDS-HAND & FOOT 6:00 PM POLISH SAUSAGE W/ KRAUT OR BREADED CHICKEN SAND POTATO CUBES SINTE REW KRAUT 21 CARDS-HAND & FOOT	Tuesdag 15 TAI CHI 5-6 PM CHICKEN POT PIE OR BBQ PORK LIMA BEANS BROCCOLI COOKIE	Vednesdag 36 NCCC BOARD MEETING 10 AM BIRTHDAY CELEBRATION DAY OVEN FRIED CHICKEN OR CHICKEN PATTY MASHED POTATOES W GRAVY GRENN BEANS DINNER ROLL CAKE/ ICE CRAM 23 POTATO & BACON SOUP	Thursdag 17 CARDS-HAND & FOOT SCODAM (sh) FILL IN AT OPEN TABLE DEAW FOR PARTNER DRAW FOR PARTNER CHICKEN WRAP CORN REFRIED BEANS PINEAPPLE 34 CARDS-HAND & FOOT	Friday LE PINDCHLE TOURNAMM 1230 TATER TOT CASSER OR BBQ CHIC SANDW CAPRI BLE HOM STRAWBEI SHORTC 25 PINOCHLE TOURNAM 23
Monday	LIMA BEANS MANDARIN ORANGES ODAWAY CC MEN FEBR Tuesday 1 Tuesday 1 Tai Chi 56 PM TURKEY & NOODLES OR BBQ PORK BITS	APPLE DUMP CAKE OUNTY SEN U & ACTIVIT UARY Vednesday Vednesday Support Saussage Sau	CARDSHARD & FOOT CARDSHARD &	BANANA R. M-F 7AM-4PM 11:30AM - 12:30PM 55.00 Under 60 = \$7.00 -562-3999 Fridag Print St. 00 12:30 PM SEASONED PORK ROAST OR SALMON PATTY	CINNAMON APPLESAUCE TOTAL MEAL Monday 14 CARDS-HAND & FOOT 6:00 PM POLISH SAUSAGE W/KRAUT OR BREADED CHICKEN SAND POTATO CUBES WINTER MIX PEACHES 21 CARDS-HAND & FOOT 6:00 PM	Tuesdag 15 TAI CHI 5-6 PM CHICKEN POT PIE OR BBQ PORK LIMA BEANS BROCCOLI COOKIE	Vednesdag 18 NCSC BOARD MEETING 10 AM BIRTHDAV CELERATION DAY OVEN FRIED CHICKEN OR CHICKEN PATTY MASHED POTATOES W GRAVY GREEN BEANS DINNER ROLL CAKE/ ICE CREAM 23	Thursday 17 CARDS-HAND & FOOT 2007 AM (Ish) FILL IN A CPENT TABLE 10 PT PITCH 6:30 PM DRAW FOR PARTNER TACO SALAD OR CHICKEN WRAP CCHICKEN WRAP CCRKN REFRIED BEANS PINEAPPLE 24 CARDS-HAND & FOOT 8:00 AM (Ish)	Friday LE PINOCHLE TOURNAME TATER TO CASSER OR BBQ CHIC CAPRI BLE HOM SANDW CAPRI BLE HOM SHORTCI 25 PINOCHLE TOURNAM 23
Monday Monday	LIMA BEANS MANDARIN ORANGES ODAWAY CO MEN FEBR FEBR 1 TAI CHI 5-6 PM 1 TAI CHI 5-6 PM 1 TAI CHI 5-6 PM 1 TURKEY & NOODLES OR BBQ PORK BITS MASHED POTATOES	APPLE DUMP CAKE OUNTY SEN U & ACTIVIT UARESAN Vednesdag	Assonted Dessents IOR CENTE IOR CENTE Serving Hours 60 and above = 20022 660 Thersday CARDSHARD & POOT RED AM (pin) REIN A TOPEN TABLE 10 PT PTCH DRAW FOR PARTNER S1.00 1:00 PM CHILL OR	BANANA R	CINNAMON APPLESAUCE CARDS-HAND & FOOT 4 CARDS-HAND & FOOT 6:00 PM POLISH SAUSAGE W/KRAUT OR BREADED CHICKEN SAND POTATO CUBES WINTER MIX PEACHES 21 CARDS-HAND & FOOT 6:00 PM CLOSED PRESIDENTS	Tuesdag 15 TAI CHI 5-6 PM CHICKEN POT PIE OR BBQ PORK LIMA BEANS BROCCOLI COOKIE	Vednesdag 15 INCSC BOARD MEETING DO AM BRTHDAY CELEBRATION DAY OVEN FRIED CHICKEN OR CHICKEN PATTY MASHED POTATOES W GREAN GREAN DINNER ROLL CAKE/ ICE CREAM 23 POTATO & BACON SOUP 8, 1/2 TURKEY	Thursday 17 CARDS-HAND & FOOT 2007 AM (Ish) FILL IN A CPENT TABLE 10 PT PITCH 6:30 PM DRAW FOR PARTNER TACO SALAD OR CHICKEN WRAP CCHICKEN WRAP CCRKN REFRIED BEANS PINEAPPLE 24 CARDS-HAND & FOOT 8:00 AM (Ish)	Friday LE PINDOLLE TOURNAME 12:30 TATER TOT CASSER OR BBQ CHIC SANDW CAPRI BLE HOM STRAWBES SHORTCJ 25 PINDOLLE TOURNAM 12:30
Monday Monday	LIMA BEANS MANDARIN ORANGES ODAWAY CCO MEN FEEBR 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	APPLE DUMP CAKE OUNTY SEN U & ACTIVIT UUARY Vednesdag Control SAUSACE DEGOVERE BOSUITS & GROUNDHOG GRAVO PR SAUSACE DEGOVERE BOSUIT HASHBROWN CASSERDLE	CHILL OR CARDSHARD & CHELSE CARDSHARD & FOOT BOD AM IGNO CARDSHARD & FOOT BOD AM IGNO FILL IN AT OPEN TABLE 10 PT PTCH DRAW FOR PARTNER 5.1.00 1.00 PM CHILL OR HOT HAM & CHEESE	BANANA R	CINNAMON APPLESAUCE TOTAL MEAL Monday 14 CARDS-HAND & FOOT 6:00 PM POLISH SAUSAGE W/KRAUT OR BREADED CHICKEN SAND POTATO CUBES WINTER MIX PEACHES 21 CARDS-HAND & FOOT 6:00 PM	Tuesdag 15 TAI CHI 5-6 PM CHICKEN POT PIE OR BBQ PORK LIMA BEANS BROCCOLI COOKIE 22 TAI CHI 5-6 PM	Vednesdag 16 NCCC BOARD MEETING 10 AM BRTHDAY CELEBATION OAY OVEN FRIED CHICKEN OR CHICKEN PATTY MASHED POTATOES WI GRAVY GREEN BEANS DINNER ROLL CAKE/ ICE CREAM 23 POTATO & BACON SOUP & 1/2 TURKEY SANDWICH	Thursday 17 CARDS-HAND & FOOT SOO AM (Juh) FILL IN AT OPEN TABLE 10 PT FITCHE-30 PM DRAW FOR PARTNER TACO SALAD OR CHICKEN WRAP CORN REFRIED BEANS PINEAPPLE 24 CARDS-HAND & FOOT FILL IN AT OPEN TABLE	Friday IS PINOCHE TOURNAME IS PINOCHE TOURNAME TATER TOT CASSER OR BBQ CHIC SANOW CAPRI BLE HOMI STRAWBEF SHORTCI IS PINOCHE TOURNAME SI IZIBO TUNA CASSEROLE TUNA CASSEROLE
Monday	LIMA BEANS MANDARIN ORANGES ODAWAY CC MEN FEBBR ¹ Tai Chi 56 PM ¹ Tai Chi 56 PM ¹ Tai Chi 56 PM TURKEY & NOODLES OR BBQ PORK BITS MASHED POTATOES CAUJEIOWER W/ CHEESE DINNER ROLL	APPLE DUMP CAKE OUNTY SEN U & ACTIVIT UARRY Vednesday Suscurs & GROUNDHOG GRAY OR SAUSAGE EGG OF EDE BECUT HASHBROWN CASEROLE SPINACH	Assorted Desserts IOR CENTE Serving Hours 60 and above 20022 660 Thursday CARDSHAND & FOOT CARDSHAND & FOOT DRAW FOR JAM (INN) FILL IN AT OPEN TABLE 10 PT PITCH DRAW FOR SLIDD 1:00 PM CHILL OR HOT HAM & CHESSE LETTUCE SALAD	BANANA R. M-F 7AM-4PM 11:30AM - 12:30PM 55.00 Under 60 = 57.00 -562-3999 Pridag Pridag Pridag Pridag Pridag SEASONED PORK ROAST OR SALMON PATTY MASHED POTATOES W/ BRAVY GREEN BEANS DINNER ROLL	CINNAMON APPLESAUCE CARDS-HAND & FOOT 4 CARDS-HAND & FOOT 6:00 PM POLISH SAUSAGE W/KRAUT OR BREADED CHICKEN SAND POTATO CUBES WINTER MIX PEACHES 21 CARDS-HAND & FOOT 6:00 PM CLOSED PRESIDENTS	Tuesdag 15 TAI CHI 5-6 PM CHICKEN POT PIE OR BBQ PORK LIMA BEANS BROCCOLI 22 TAI CHI 5-6 PM BROCCOLI CHEESE SOUP BROCCOLI CHEESE SOUP	Vednesdag 35 NCCC BOARD MEETING JOAM BIRTHDAY CELEBRATION DAY OVEN RFIED CHICKEN OR CHICKEN PATTY MASHED POTATOES W GRAVY GREN BEANS DINNER ROLL CAKE/ ICE CRAM 23 POTATO & BACON SOUP & 1/2 TURKEY SANDWICH OR BEFC CHEES	Thursday 17 CARDS-HAND & FOOT 8:00 AM (uh) FILL IN AT OPEN TABLE D PT PTTOHS: 3D PM DRAW FOR PARTNER TACO SALAD OR CHICKEN WRAP CHICKEN WRAP REFRIED BEANS PINEAPPLE 24 CARDS-HAND & FOOT 8:00 AM (uh) FILL IN AT OPEN TABLE BISCUITS-N-GRAVY OR	Friday 18 PINOCHLE TOURNAME 13 ZIZOU TATER TOLASSER OR 88Q,CHIC SARDW CAPRI BLE HOMI STRAWBER SHORTLA 12 PINOCHLE TOURNAME 12 ZIZOU TUNA CASSEROLE CHICKEN NOODLE SO
Monday Monday	LIMA BEANS MANDARIN ORANGES ODAWAY CC MEN FEBBR 1 TURKEY & NOODLES OR BBQ PORK BITS MASHED POTATOES CAULFLOWER W/C HESS DINNER ROLL BANANA CAKE	APPLE DUMP CAKE OUNTY SEN U & ACTIVIT UARESAN Vednesday Vednesday BISCUITS & GROUNDHOG GRAYD OR SAUSACE EGG O-EEEE BISCUITS & GROUNDHOG GRAYD OR SAUSACE EGG O-EEEE BISCUITS & SIISUACE SIISUACE SIISACE SIINACH TROPICAL FRUIT	Assonted Dessents IOR CENTE Ior Center Our of above Control of above	BANANA R . M-F 7AM-4PM : M-5:00 Under 60 = \$7:00 -562-3999 Fridag Pridag Pridag SEASONED PORK ROAST OR SALMON PATTY MSHED POTATOLS W/ GRAY GREEN BEAMS DINNER ROLL FRUIT SALAD	CINNAMON APPLESAUCE CARDS-HAND & FOOT 4 CARDS-HAND & FOOT 6:00 PM POLISH SAUSAGE W/KRAUT OR BREADED CHICKEN SAND POTATO CUBES WINTER MIX PEACHES 21 CARDS-HAND & FOOT 6:00 PM CLOSED PRESIDENTS	Tuesdag 13 TAI CHI 5-6 PM CHICKEN POT PIE OR BBQ PORK LIMA BEANS BROCCOLI COOKIE 22 TAI CHI 5-6 PM BROCCOLI CHEESE SOUP OR CHICKEN NUGGETS CAULIFLOWER	Vednesdag 16 NCCC BOARD MEETING 10 AM BRTHDAV CELEBRATION OAY OVEN FRIED CHICKEN OR CHICKEN PATTY MASHED POTATOES WI GREVN BEANS DINNER ROLL CAKE/ ICE CREAM 23 POTATO & BACON SOUP 8. 1/2 TURKEY SANDWICH OR BEFF CHEESE BURRITO LETTUCE SALAD	Thursdag 27 CARDS-HAND & FOOT 2000 AM (uh) FILL IN AT OPEN TABLE 30 PT PTCH-20 PM DRAW FOR PARTNER TACO SALAD OR CHICKEN WRAP CORN REFRIED BEANS PINEAPPLE 34 CARDS-HAND & FOOT 8:00 AM (uh) FILL IN AT OPEN TABLE BISCUITS-N-GRAVY OR BREAKFAST CASSEROLE	Friday LI PINOCHE TOURNAME 12301 TATER TOT CASSER OR BBQ CHICL SANDW CAPRI BLE HOM STRAWBES SHORTCJ 25 PINOCHE TOURNAM 1230 TUNA CASSERDLE CHICKEN NOODLE SO SCALLOPED POTATO
PEAS & CARROTS PEARS No. No. No. No. No. No. No. No. No. No.	LIMA BEANS MANDARIN ORANGES ODAWAY CC MEN FEBBR ¹ Tai Chi 56 PM ¹ Tai Chi 56 PM ¹ Tai Chi 56 PM TURKEY & NOODLES OR BBQ PORK BITS MASHED POTATOES CAUJEIOWER W/ CHEESE DINNER ROLL	APPLE DUMP CAKE OUNTY SEN U & ACTIVIT UARRY Vednesdag GROUNDHOG GRAVO FR SAUSACE EGG CHERE BEOJIT HASHBROWN CASEROLE SPINACH TROPICAL FRUIT MUSCUTTH	CHILD OR CHARD	BANANA R MF 7AM-4PM S M-F 7AM-4PM S 11:30AM-12:30PM S SOUUNDER 60 = \$7.00 -562-3999 Friday Friday Friday Friday SEASONED PORK ROAST OR SALMON PATTY MASHED PORK ROAST OR SALMON PATTY MASHED PORK ROAST OR SALMON PATTY AMSHED PATTY AMSHED PATTY AMSHED PORK ROAST ON SALMON PATTY AMSHED P	CINNAMON APPLESAUCE CARDS-HAND & FOOT 4 CARDS-HAND & FOOT 6:00 PM POLISH SAUSAGE W/KRAUT OR BREADED CHICKEN SAND POTATO CUBES WINTER MIX PEACHES 21 CARDS-HAND & FOOT 6:00 PM CLOSED PRESIDENTS	Tuesdag 15 TAI CHI 5-6 PM CHICKEN POT PIE OR BBQ PORK LIMA BEANS BROCCOLI CODKIE 22 TAI CHI 5-6 PM BROCCOLI CHEESE SOUP OR CHICKEN NUGGETS	Vednesdag 16 NCCC BOARD MEETING 10 AM BRITHDAY CELEBATION OAY OVEN REIED CHICKEN OR CHICKEN PATTY MASHED POTATOES WI GREN BEANS DINNER ROLL CAKE/ ICE CREAM 23 POTATO & BACON SOUP & 1/2 TURKEY SANDWICH OR BEEF CHEESE BURRITO LETTUCE SALAD	Thursday 17 CARDS-HAND & FOOT 8:00 AM (Juh) FILL IN AT OPEN TABLE 10 PT FITCHE-30 PM DRAW FOR PARTNER TACO SALAD OR CHICKEN WRAP CORN REFRIED BEANS PINEAPPLE 24 CARDS-HAND & FOOT BILLIN AT OPEN TABLE BISCUITS-N-GRAVY OR BREAKFAST POTATOCE BREAKFAST POTATOCE	Friday III PINOCHLE TOURNAME III PINOCHLE TOURNAME III TOU CASSERC OR BBQ CHICK SARDWI CAPRI BLEI HOMI STRAWBER SHORTCA IIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIII
Monday Monday	LIMA BEANS MANDARIN ORANGES ODAWAY CC MEN FEBBR 1 TURKEY & NOODLES OR BBQ PORK BITS MASHED POTATOES CAULFLOWER W/C HESS DINNER ROLL BANANA CAKE	APPLE DUMP CAKE OUNTY SEN U & ACTIVIT UARAEY Vednesday Suscurs & GROUNDHOG GRAVY OR SAUSAGE EGG OFEDE BECUT HASHBROWN CASEROLE SPINACH TROPICAL FRUIT MUSC WITH UNDA & RUCE	Assonted Dessents IOR CENTEL Bound above = 20022 660 CARDSHAND & FOOT DRAW FOR PARTNER 10 PT PTCH DRAW FOR PARTNER SLOO LOUPH CHILLOR HOT HAN & CHEESE LETTUCE SALAD CINNAMON ROLL 10 CANDSHAND & FOOT 8000 M (ph)	BANANA R . M-F 7AM-4PM : M-5:00 Under 60 = \$7:00 -562-3999 Fridag Pridag Pridag SEASONED PORK ROAST OR SALMON PATTY MISHED POTATOLS W/ GRAV GREEN BEAMS DINNER ROLL FRUIT SALAD	CINNAMON APPLESAUCE CONTRACTOR TOTAL MEAL Monday 14 CARDS-HAND & FOOT 6:00 PM POLISH SAUSAGE W/KRAUT OR BREADED CHICKEN SAND POTATO CUBES WINTER MIX PEACHES 21 CARDS-HAND & FOOT 6:00 PM CLOSED PRESIDENTS DAY	Tuesdag 15 TAI CHI 5-6 PM CHICKEN POT PIE OR BBQ PORK LIMA BEANS BROCCOLI CODKIE 22 TAI CHI 5-6 PM BROCCOLI CHEESE SOUP OR CHICKEN NUGGETS CAULIFLOWER CARROTS PLUMS	Vednesdag Sector Board Metrinos Joan BRIHDAV CELEBRATION DAY OVEN FRIED CHICKEN OR CHICKEN PATTY MASHED POTATOES W GREAV	Thursday 27 CARDS-HAND & FOOT 8:00 AM (ish) FILL IN AT OPEN TABLE D PT PTTOHS: 30 PM DRAW FOR PARTNER CHICKEN WRAP CHICKEN WRAP CHICKEN WRAP REFRIED BEANS PINEAPPLE 24 CARDS-HAND & FOOT 8:00 AM (ish) FILL IN AT OPEN TABLE BISCUITS-N-GRAVY OR BREAKFAST CASSENDLE BREAKFAST POTATOES WAX BEANS	Friday Is PINOCHLE TOURNAME IS PINOCHLE TOURNAME IS 2301 TATER TOT CASSER OR BBQ CHIC SARDW CAPRI BLE HOMI STRAWBER SHORTCZ 12 PINOCHLE TOURNAME SI TUNA CASSEROLE CHICKEN NOODLE SO SCALLOPED POTATO HARVARD BEE
Monday Mo	LIMA BEANS MANDARIN ORANGES ODAWAY CC MEN FEBBR 1 TURKEY & NOODLES OR BBQ PORK BITS MASHED POTATOES CAULFLOWER W/C HESS DINNER ROLL BANANA CAKE	APPLE DUMP CAKE OUNTY SEN U & ACTIVIT UARAEY Vednesday Suscurs & GROUNDHOG GRAVY OR SAUSAGE EGG OFEDE BECUT HASHBROWN CASEROLE SPINACH TROPICAL FRUIT MUSC WITH UNDA & RUCE	CHILD OR CHARD	BANANA R M-F 7AM-4PM SI-12:30PM S5.00 Under 60 = \$7.00 -562-3999 Fridag Priochle TOURNAMENT S1.00 SEASONED PORK ROAST OR SALMON PATTY MSHED POTATOES W GRAY GREEN BEANS OR SALMON PATTY ANDRER ROLL FRUIT SALAD PNOCHLE TOURNAMENT S1.00	CINNAMON APPLESAUCE CONTRACTOR Monday 14 CARDS-HAND & FOOT 6:00 PM POLISH SAUSAGE W/KRAUT OR BREADED CHICKIN OR BREADED CHICKIN SAND POTATO CUBES CINTER MIX PEACHES 2:1 CARDS-HAND & FOOT CLOSED PRESIDENTS DAY 24 CARDS-HAND & FOOT	Tuesday 13 TAI CHI 5-6 PM CHICKEN POT PIE OR BBQ PORK LIMA BEANS BROCCOLI COOKIE 22 TAI CHI 5-6 PM 22 TAI CHI 5-6 PM BROCCOLI CHEESE SOUP OR CHICKEN NUGGETS CAULIFLOWER CARROTS PLUMS February Pr	Vednesdag Sector Board Metrinos Joan BRIHDAV CELEBRATION DAY OVEN FRIED CHICKEN OR CHICKEN PATTY MASHED POTATOES W GRAW GREN BEANS DINNER ROLL CAKE/ ICE CREAM 23 POTATO & BACON SOUP & 1/2 TURKEY SANDWICH OR BEF CHESS BURBIRTY LETTUCE SALAD BULBERRY APPLESAUCE POduct	Thursday 27 CARDS-HAND & FOOT 8:00 AM (ish) FILL IN AT OPEN TABLE D PT PTTOHS: 30 PM DRAW FOR PARTNER CHICKEN WRAP CHICKEN WRAP CHICKEN WRAP REFRIED BEANS PINEAPPLE 24 CARDS-HAND & FOOT 8:00 AM (ish) FILL IN AT OPEN TABLE BISCUITS-N-GRAVY OR BREAKFAST CASSENDLE BREAKFAST POTATOES WAX BEANS	Friday Is PINOCHLE TOURNAME IS PINOCHLE TOURNAME IS 230 TATER TOT CASSER OR 88Q CHIC SANOW CAPRI BLE HOM STRAWBE SHORTCI 25 PINOCHLE TOURNAME SI TUNA CASSEROLE CHICKEN NOODLE 50 SCALLOPED POTATC HARVARD BEI
PEAS & CARROTS PEARS No. No. No. No. No. No. No. No. No. No.	LIMA BEANS MANDARIN ORANGES ODAWAY CC MEN FEBBR 1 TURKEY & NOODLES OR BBQ PORK BITS MASHED POTATOES CAULFLOWER W/C HESS DINNER ROLL BANANA CAKE	APPLE DUMP CAKE OUNTY SEN U & ACTIVIT UARCTIVIT UARCTIVIT UARCTIVIT UGINESAU SUSSEMENT SUSS	Assonted Dessents IOR CENTEL Bound above = 20022 660 CARDSHAND & FOOT DRAW FOR PARTNER 10 PT PTCH DRAW FOR PARTNER SLOO LOUPH CHILLOR HOT HAN & CHEESE LETTUCE SALAD CINNAMON ROLL 10 CANDSHAND & FOOT 8000 M (ph)	BANANA R M-F 7AM-4PM SI-12:30PM S5.00 Under 60 = \$7.00 -562-3999 Fridag Priochle TOURNAMENT S1.00 SEASONED PORK ROAST OR SALMON PATTY MSHED POTATOES W GRAY GREEN BEANS OR SALMON PATTY ANDRER ROLL FRUIT SALAD PNOCHLE TOURNAMENT S1.00	CINNAMON APPLESAUCE CONTRACTOR TOTAL MEAL Monday 14 CARDS-HAND & FOOT 6:00 PM POLISH SAUSAGE W/KRAUT OR BREADED CHICKEN SAND POTATO CUBES WINTER MIX PEACHES 21 CARDS-HAND & FOOT 6:00 PM CLOSED PRESIDENTS DAY	Tuesdag 15 TAI CHI 5-6 PM CHICKEN POT PIE OR BBQ PORK LIMA BEANS BROCCOLI CODKIE 22 TAI CHI 5-6 PM BROCCOLI CHEESE SOUP OR CHICKEN NUGGETS CAULIFLOWER CARROTS PLUMS	Vednesdag Sector Board Metrinos Joan BRIHDAV CELEBRATION DAY OVEN FRIED CHICKEN OR CHICKEN PATTY MASHED POTATOES W GRAW GREN BEANS DINNER ROLL CAKE/ ICE CREAM 23 POTATO & BACON SOUP & 1/2 TURKEY SANDWICH OR BEF CHESS BURBIRTY LETTUCE SALAD BULBERRY APPLESAUCE POduct	Thursday	Friday 18 PINOCHLE TOUBNAMM 13 230 TATER TOT CASSEN OR 88QCHCC SANDW CAPRI BLE HOM STRAWBEI SHORTC 15 PINOCHLE TOURNAM 1230 TUNA CASSEROLE CHICKEN NOODLE 55 SCALLOPED POTAT HARVARD BE APPLE CR
Monday Mo	LIMA BEANS MANDARIN ORANGES ODAWAY CC MEN FEBBR 1 TURKEY & NOODLES OR BBQ PORK BITS MASHED POTATOES CAULFLOWER W/C HESS DINNER ROLL BANANA CAKE	APPLE DUMP CAKE OUNTY SEN U & ACTIVIT UARAEY Vednesday Suscurs & GROUNDHOG GRAVY OR SAUSAGE EGG OFEDE BECUT HASHBROWN CASEROLE SPINACH TROPICAL FRUIT MUSC WITH UNDA & RUCE	Assonted Dessents IOR CENTEL Bound above = 20022 660 CARDSHAND & FOOT DRAW FOR PARTNER 10 PT PTCH DRAW FOR PARTNER SLOO LOUPH CHILLOR HOT HAN & CHEESE LETTUCE SALAD CINNAMON ROLL 10 CANDSHAND & FOOT 8000 M (ph)	BANANA R M-F 7AM-4PM SI-12:30PM S5.00 Under 60 = \$7.00 -562-3999 Fridag Priochle TOURNAMENT S1.00 SEASONED PORK ROAST OR SALMON PATTY MSHED POTATOES W GRAY GREEN BEANS OR SALMON PATTY ANDRER ROLL FRUIT SALAD PNOCHLE TOURNAMENT S1.00	CINNAMON APPLESAUCE CONTRACTOR Monday 14 CARDS-HAND & FOOT 6:00 PM POLISH SAUSAGE W/KRAUT OR BREADED CHICKIN OR BREADED CHICKIN SAND POTATO CUBES CINTER MIX PEACHES 2:1 CARDS-HAND & FOOT CLOSED PRESIDENTS DAY 24 CARDS-HAND & FOOT	Tuesday 13 TAI CHI 5-6 PM CHICKEN POT PIE OR BBQ PORK LIMA BEANS BROCCOLI COOKIE 22 TAI CHI 5-6 PM BROCCOLI CHEESE SOUP OR CHICKEN NUGGETS CAULIFLOWER CARROTS PLUMS February Pr of the Mo	Vednesdag 36 NECC BOARD MEETING 10 AM BRTHDAY CELEBRATION DAY OVEN RFIED CHICKEN OR CHICKEN PATTY MASHED POTATOES W GRAVY GREN BEANS DINNER ROLL CAKE/ ICE CREAM 23 POTATO & BACON SOUP & 1/2 TURKEY SANDWICH OR BEFC CHESE BURNITO LETTUCE SALAD BLUEBERY APPLESAUCE Yoduct nth:	Thursday	Friday III PINOCHLE TOURNAME SI PINOCHLE TOURNAME SI 22300 TATER TOT CASSER OR BBQ CHICL SANDW CAPRI BLE HOMI STRAWBEE SHORTCJ IS PINOCHLE TOURNAME SI TUNA CASSEROLE CHICKEN NOODLE SO SCALLOPED POTATO HARVARD BEI APPLE CR
PEAS & CARROTS PEARS No. No. No. No. No. No. No. No. No. No.	LIMA BEANS MANDARIN ORANGES ODAWAY CC MEN FEBBR 1 TURKEY & NOODLES OR BBQ PORK BITS MASHED POTATOES CAULFLOWER W/C HESS DINNER ROLL BANANA CAKE	APPLE DUMP CAKE OUNTY SEN U & ACTIVIT UARAEY Vednesday Suscurs & GROUNDHOG GRAVY OR SAUSAGE EGG OFEDE BECUT HASHBROWN CASEROLE SPINACH TROPICAL FRUIT MUSC WITH UNDA & RUCE	Assonted Dessents IOR CENTEL Bound above = 20022 660 CARDSHAND & FOOT DRAW FOR PARTNER 10 PT PTCH DRAW FOR PARTNER SLOO LOUPH CHILLOR HOT HAN & CHEESE LETTUCE SALAD CINNAMON ROLL 10 CANDSHAND & FOOT 8000 M (ph)	BANANA R M-F 7AM-4PM SI-12:30PM S5.00 Under 60 = \$7.00 -562-3999 Fridag Priochle TOURNAMENT S1.00 SEASONED PORK ROAST OR SALMON PATTY MSHED POTATOES W GRAY GREEN BEANS OR SALMON PATTY ANDRER ROLL FRUIT SALAD PNOCHLE TOURNAMENT S1.00	CINNAMON APPLESAUCE TOTAL MEAL Monday 14 CARDS-HAND & FOOT 6:00 PM POLISH SAUSAGE W/KRAUT OR BREADED CHICKIN OR BREADED CHICKIN 21 CARDS-HAND & FOOT 6:00 PM 22 CARDS-HAND & FOOT 6:00 PM	Tuesday 13 TAI CHI 5-6 PM CHICKEN POT PIE OR BBQ PORK LIMA BEANS BROCCOLI COOKIE 22 TAI CHI 5-6 PM 22 TAI CHI 5-6 PM BROCCOLI CHEESE SOUP OR CHICKEN NUGGETS CAULIFLOWER CARROTS PLUMS February Pr	Vednesdag 36 NECC BOARD MEETING 10 AM BRTHDAY CELEBRATION DAY OVEN RFIED CHICKEN OR CHICKEN PATTY MASHED POTATOES W GRAVY GREN BEANS DINNER ROLL CAKE/ ICE CREAM 23 POTATO & BACON SOUP & 1/2 TURKEY SANDWICH OR BEFC CHESE BURNITO LETTUCE SALAD BLUEBERY APPLESAUCE Yoduct nth:	Thursday	Fridag 18 PINOCHE TOURNAM 13 JIJSO TATER TOT CASSEN OR BBQCHIC SANDW CAPRI BLE HOM STRAWBEI SHORTC 15 PINOCHE TOURNAM 123 PINOCHE TOURNAM STUNA CASSEROLE CHICKEN NOODLE SC SCALLOPED POTATI HARVARD BE APPLE CR BER SF THE
PEAS & CARROTS PEARS No. No. No. No. No. No. No. No. No. No.	LIMA BEANS MANDARIN ORANGES ODAWAY CC MEN FEBBR 1 TURKEY & NOODLES OR BBQ PORK BTS MASHED POTATOES CAULFLOWER W/C HESS DINNER ROLL BANANA CAKE	APPLE DUMP CAKE APPLE DUMP CAKE DUNTY SEN U & ACTIVIT UARAY Vedresda SAUSACE EG OFESE BEOUT HASHBROWN CASERDLE SPINACH TROPICAL FRUIT UNDA BRUZZ 11 00AM	Assource Dessents Control of the service o	BANANA R. MF 7AM-4PM 11:30AM - 12:30PM 50:00 Under 60 = 57:00 -562-3999 Pridag Pridag Pridag Pridag Pridag SEASONED PORK ROAST OR SALMON PATTY MISHED POTATOES W/ BRAY GREEN BEANS DINNER ROLL FRUIT SALAD 11 PINOCHET COURNAMENT 51:00 12:30 PM	CHICKEN FRIED STEAK	Tuesday 13 TAI CHI 5-6 PM CHICKEN POT PIE OR BBQ PORK LIMA BEANS BROCCOLI COOKIE 22 TAI CHI 5-6 PM BROCCOLI CHEESE SOUP OR CHICKEN NUGGETS CAULIFLOWER CARROTS PLUMS February Pr of the Mo	Vednesdag 36 NECC BOARD MEETING 10 AM BRTHDAY CELEBRATION DAY OVEN RFIED CHICKEN OR CHICKEN PATTY MASHED POTATOES W GRAVY GREN BEANS DINNER ROLL CAKE/ ICE CREAM 23 POTATO & BACON SOUP & 1/2 TURKEY SANDWICH OR BEFC CHESE BURNITO LETTUCE SALAD BLUEBERY APPLESAUCE Yoduct nth:	Thursday	Fridag 18 PINOCHE TOURNAM 13 JIJSO TATER TOT CASSEN OR BBQCHIC SANDW CAPRI BLE HOM STRAWBEI SHORTC 15 PINOCHE TOURNAM 123 PINOCHE TOURNAM STUNA CASSEROLE CHICKEN NOODLE SC SCALLOPED POTATI HARVARD BE APPLE CR BER SF THE
Monday Mo	LIMA BEANS MANDARIN ORANGES ODAWAY CC MEN FEEBR ¹ Tai Chi 56 PM ¹ Tai Chi 56 PM ¹ Tai Chi 56 PM	APPLE DUMP CAKE APPLE DUMP CAKE DUNTY SEN U & ACTIVIT UARASY Vednesday Vednesday Vednesday Siscurts & GROUNDHOG GRAVY OR SAUSAGE EGG OFEDE BECUT HASHBROWN CASERONE SPINACH TROPICAL FRUIT UNDU ATUZZ UNDU ATUZZ UNDU ATUZZ LI OOAM CHICKEN SPAGHETTI	Assonted Dessents IOR CENTE Ior Center Control	BANANA R. M.F 7AM-4PM :: 11:30AM - 12:30PM :55.00 Under 60 = 57.00 -562-3999 Pridag Prid	CINNAMON APPLESAUCE CINNAMON APPLESAUCE CARDS-HAND & FOOT CARDS-HAND & FOOT COPM POLISH SAUSAGE W/KRAUT OR BREADED CHICKEN SAND POTATO CUBES WINTER MIX PEACHES 21 CARDS-HAND & FOOT CLOSED PRESIDENTS DAY 23 CARDS-HAND & FOOT CLOSED PRESIDENTS DAY 24 CARDS-HAND & FOOT COPM	Tuesday 13 TAI CHI 5-6 PM CHICKEN POT PIE OR BBQ PORK LIMA BEANS BROCCOLI COOKIE 22 TAI CHI 5-6 PM BROCCOLI CHEESE SOUP OR CHICKEN NUGGETS CAULIFLOWER CARROTS PLUMS February Pr of the Mo	Vednesdag 36 NECC BOARD MEETING 10 AM BRTHDAY CELEBRATION DAY OVEN RFIED CHICKEN OR CHICKEN PATTY MASHED POTATOES W GRAVY GREN BEANS DINNER ROLL CAKE/ ICE CREAM 23 POTATO & BACON SOUP & 1/2 TURKEY SANDWICH OR BEFC CHESE BURNITO LETTUCE SALAD BLUEBERY APPLESAUCE Yoduct nth:	Thursday 17 CARDS-HAND & FOOT SCORAM (Jub) FILL IN AT OPEN TABLE DPT PITCHE 3D PM DRAW FOR PARTNER TACO SALAD OR CHICKEN WRAP CCRN REFRIED BEANS PINEAPPLE 24 CARDS-HAND & FOOT SCORAM (Jub) FILL IN AT OPEN TABLE BISCUITS-N-GRAVY OR BREAKFAST POTATOES WAX BEANS ASSORTED DESERTS DECEMIE PRODUCT C MONTH WI	Friday LI PINDOLE TOURNAM LI PINDOLE TOURNAM TATER TOT CASSER OR BBQ CHIC SANDW CAPRI BLE HOM STRAWBEI SHOTTC 25 PINOCHLE TOURNAM STRAWBEI SCALLOPED POTATO HARVARD BE APPLE CR SER DE THE NNER:
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PEAS & CARROTS PEARS PEARS NO Nonday Monday Monday Monday Monday Monday CARDS-HAND & POOT 500 PM CARDS-HAND & POOT 500 PM CARDS-HAND & POOT 500 PM DRAW FOR PARTNER 51.00 DRAW FOR PARTNER 51.00 CHILL DOG	LIMA BEANS MANDARIN ORANGES ODAWAY CCO MEN FEEBER 1 Turceday 1 Turceday	APPLE DUMP CAKE OUNTY SEN U & ACTIVIT UARSAN Vednesday SUSACE EGG OFEEE BISCUT HASHBROWN CASEROLE SUSACE EGG OFEEE BISCUT HASHBROWN CASEROLE SUSACE EGG OFEEE SUSACE CONTROLOGICAL FRUIT UNDA AFUZZ CHICKEN SPAGHETTI OR PIZZA	Assonted Dessents IOR CENTE IOR CENTE Serving Hours 60 and above = 20022 660 CARDSHAND & FOOT PLI IN AT OPEN TABLE 10 FF PTCH DRAW FOR PARTNER S1.00 1:00 FW CHILL OR HOT HAM & CHEESE LETTUCE SALAD CINNAMON ROLL CARDSHAND & FOOT LINAT OPEN TABLE SEADED FISH OR HAM-N BEANS	BANANA R. M-F 7AM-4PM S 11:30AM - 12:30PM \$5.00 Under 60 = \$7.00 -562 - 3999 Friday * PINOCHLE TOURINAMENT \$1.00 \$1.230 PM SEASONED PORK ROAST OR SALMON PATTY MISHED POTATOLS W/ GRAW GREEN BEANS DINNER ROLL FRUIT SALAD SUISS STEAK OR CHICKEN & STUFFING	CINNAMON APPLESAUCE CARDS-HAND & FOOT CARDS-HAND & FOOT CARDS-HAND & FOOT COR BREADED CHICKEN SAND POTAT CUBES CARDS-HAND & FOOT CLOSED PRESIDENTS DAY CLOSED PRESIDENTS DAY CHICKEN FRIED STEAK OR GRILLED CHICKEN MASHEDUFATLESSW	Tuesday 13 TAI CHI 5-6 PM CHICKEN POT PIE OR BBQ PORK LIMA BEANS BROCCOLI COOKIE 22 TAI CHI 5-6 PM BROCCOLI CHEESE SOUP OR CHICKEN NUGGETS CAULIFLOWER CARROTS PLUMS February Pr of the Mo	Vednesdag 36 NECC BOARD MEETING 10 AM BRTHDAY CELEBRATION DAY OVEN RFIED CHICKEN OR CHICKEN PATTY MASHED POTATOES W GRAVY GREN BEANS DINNER ROLL CAKE/ ICE CREAM 23 POTATO & BACON SOUP & 1/2 TURKEY SANDWICH OR BEFC CHESE BURNITO LETTUCE SALAD BLUEBERY APPLESAUCE Yoduct nth:	Thursday 17 CARDS-HAND & FOOT SCORAM (Jub) FILL IN AT OPEN TABLE DPT PITCHE 3D PM DRAW FOR PARTNER TACO SALAD OR CHICKEN WRAP CCRN REFRIED BEANS PINEAPPLE 24 CARDS-HAND & FOOT SCORAM (JUB) FILL IN AT OPEN TABLE BISCUITS-N-GRAVY OR BREAKFAST POTATOES WAX BEANS ASSORTED DESERTS DECEMIE PRODUCT C MONTH WI	Friday LI PINOCHE TOURNAME MAN 12301 TATER TOT CASSERU OR BBQ CHICL SANDW CAPRI BLE HOM STRAWBES SHORTCJ 25 PINOCHE TOURNAM SI TUNA CASSEROLE CHICKEN NOODLE SO SCALLOPED POTATO HARVARD BEI APPLE CR

Please understand due to current food shortages from our suppliers our menu choices might change unexpectedly. We strive to give to you the best options available.



INCOME TAXES

The following are places that are helping with income taxes, free of charge or donation. Call to set up your appointment.

Missouri Extension 660-582-8101

Location: 403 N. Market (Administration Building)

or

1210 E. First Street, Nodaway County Senior Center

Community Services (must qualify by low income) 660-582-3113

Location: 1212B South Main, Maryville

Andrew County RSVP 816-324-5634

Location: Andrew County Senior Center, Savannah

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TAI CHI

Tai chi is an ancient Chinese movement practice that offers a number of health benefits. For seniors in particular, it can have significant benefits. That's because it focuses on muscle control, stability, balance, and flexibility. The movements are also very gentle.

Tai Chi is offered at the center on Tuesday evenings from 5-6 pm. Free of charge. All ages welcome.



NEVER MISS A NEWSLETTER!

Sign up to have our newsletter emailed to you at www.mycommunityonline.com





BIG GAME 2022 SQUARES FUNDRAISER

\$2.00 PER SQUARE

Payouts as follows:

1st Quarter - \$ 25.00

2nd Quarter - \$25.00

3rd Quarter - \$ 25.00

4th Quarter - \$25.00

PAYOUT TO NODAWAY COUNTY SENIOR CENTER: \$100.00

BIG GAME DAY: SUNDAY, FEBRUARY 13, 2022

PURCHASE SQUARES BEFORE FRIDAY, FEBRUARY 11, 2022. Contact Nodaway County Senior Center 660-562-3999.



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\cdot Eat fruits, vegetables, whole grains, fish, low-fat dairy and healthy fats

Eat at least five servings of fruits and vegetables daily. Choose a variety with deep colors: dark green, bright yellow, and orange choices like spinach, collard greens, carrots, oranges, and cantaloupe are especially nutritious. Include sources of calcium and Vitamin D to help keep your bones strong, two daily servings of low-fat milk, yogurt, or cheese are a good way to get these nutrients. Use healthier fats, such as olive and canola oils, instead of butter or lard. Use herbs and spices to add flavor when cooking, which reduces the need to add salt or fat.

• Give your brain a workout

The more you use your mind, the better it will work. Reading is a good choice. Socializing also gives your brain a boost, so join a bridge club or a discussion group at your local senior center.

• Be active

Physical activity can be safe and healthy for older adults - even if you have heart disease, diabetes, or arthritis! In fact, many of these conditions get better with mild to moderate physical activity. Exercises such as tai chi, water aerobics, walking, and stretching can also help you control your weight, build your muscles and bones, and improve your balance, posture, and mood.

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• Guard against falls

Exercises such as walking or working out with an elastic band can increase your strength, balance, and flexibility and help you avoid falls. Eliminate items in your home that are easy to trip over, like throw rugs. Insert grab bars in your bathtub or shower, and install night lights so it's easier to see at night.

Source: https://www.healthinaging.org/tools-andtips/tip-sheet-top-10-healthy-new-years-resolutionsolder-adults



For ad info. call 1-800-950-9952 • www.mycommunityonline.com Nodaway Senior Center, Maryville, MO C 4C 02-1141

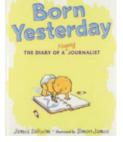
Nodaway County Senior Center 1210 E. First Street Maryville, MO 64468

Return Service Requested



Jane Schieber donated a homemade jewelry angel picture that she made. The drawing was held on December 23rd. The raffle brought in \$23.00. Karen Farrens was the lucky winner.





Jeanette Whited donated the book "Born Yesterday" written by her son James Solheim. The drawing was held on December 23rd. The raffle brought in \$18.00. Letha Mowry won the drawing.



PRODUCT OF THE MONTH

January: Paper Towels

February: Kleenex



Each month we ask for donations of a different product. This helps keep our costs down. Donate an item and get your name in the drawing for a prize.