January 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 NEW YEAR'S DAY	2 HOLIDAY BUILDING CLOSED FOR NEW YEAR'S DAY	3 Stuffed Cabbage Mashed Potatoes Spinach Normand Blend Vegetables Apple	4 Chicken Tenders Macaroni/Cheese Beets Orange Juice Diced Peaches	5 Beef Strogenoff Over Egg Noodles Broocoli Red Cabbage Cranberry Juice Peanut Butter Cookies	6 Potato Encrusted Cod Yellow Rice Okra/Stewed Tomatoes Oriental Blend Vegetables Mandarin Oranges/ Sliced Bananas	7
8	9 Ham/ Peach & Ginger Sauce Baked Beans Spinach Cauliflower Pineapple Tidbits	10 Chicken Stew over Biscuits Spinach California Blend Vegetables Diced Pears	11 Stuffed Peppers Peas & Carrots Broccoli Orange Juice Oatmeal Raisin Cookies	12 Pork Loin /Gravy Mashed Potates Apple Sauce Asparague Orange Juice Fruited Yogart	13 Krabby Cakes Rice Pilaf String Bean Brussel Sprouts Cranberry Juice Rice Pudding	14
15	16 HOLIDAY MARTIN LUTHER KING, JR. DAY BUILDING CLOSED	17 Eggplant Parmesan over Penne Pasta Roamine Salad Italian Blend Vegetables Fresh Fruit	18 Quiche Lorraine Roaster Potatoes Spinach Diced Beets Tropical Fruit Cup	19 Savory Beef Stew Potatoes Asparagus Carrots Peach/Pear Juice Bread Pudding	20 Salmon/Lemon Dill Sauce Rice Brussel Sprouts Oriental Blend Vegetables Cranberry Juice Cheese Cake	21
22	23 Marinated Chicken / Mozzarella & Red Pepper Penne Pasta String Beans / White Beans Orange Juice Fruit Cup	24 Pork Chop Apple Sauce Yams Broccoli Orange Juice Orange	25 Meat Loaf / Gravy Mashed Potatoes Asparagus Carrots Apple Juice Birthday Cake	26 Shrimp Scampi Rice Pilaf Zucchini Squash Onions Spinach Diced Pinapple Tidbits	27 Spagetti/Meatball Romaine Salad Italian Blend Vegetables Diced Carrots Peach Pie	28
29	30 Honey Mustard Chicken Mashed Potatoes Carrots Broccoli Bananas	31 Shepards' Pie Asparagus Creamed Corn Orange Juice Fruited Jello				

SOUTHOLD TOWN SENIOR SERVICES
750 PACIFIC ST MATTITUCK - 631-298-4460
KAREN McLAUGHLIN, DIRECTOR
JACQUELINE MARTINEZ, SR. CITIZEN CNTR MGR.

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 NEW YEAR'S DAY	2 HOLIDAY BUILDING CLOSED FOR NEW YEAR'S DAY	3 10:45 a.m. Tea Time Tuesday	4 9:00 a.m. - SCOFA Sr. Advocate 10:00 a.m. - Arts & Crafts 1:00 p.m. - Shopping	5 9:00 a.m. Caseworker Phyllis 10:00 a.m. Tablets with Students	6 1:00 - Trip to Big Lots	7
8	9 1:00 p.m. Monday Matinee	10 10:45 a.m. Tea Time Tuesday	11 9:00 a.m. Caseworker Stella 10:00 a.m. Arts & Crafts 1:00 p.m. Shopping	12 9:00 a.m. Caseworker Phyllis 10:00 a.m. - Tablet Class	13 11:00 a.m - Reiki Circle 1:00 p.m. - Trip to TJ Maxx	14
15	16 HOLIDAY MARTIN LUTHER KING, JR. DAY BUILDING CLOSED	17 10:45 a.m. Tea Time Tuesday 1:30 p.m. Caregiver's Support Group	18 9:00 a.m. Caseworker Stella 10:00 a.m. Art & Crafts 11:30 a.m.Blood Pressure Clinic 1:00 p.m. - Shopping	19 9:00 a.m. Caseworker Phyllis 10:00 a.m. Tablet Class	20 1:00 p.m. - Trip to Christmas Tree Store	21
22	23 1:00 p.m. Monday Matinee	24 10:45 a.m. Tea Time Tuesday	25 9:00 a.m. Caseworker Stella 10:00 a.m. - Arts & Crafts Birthday Cake 1:00 p.m. Shopping	26 9:00 a.m. Caseworker Phyllis 11:00 a.m. Senior Wellness - Education Presentation: Balance, Exercise & Aging	27 11:00 a.m. - Show & Tell	28
29	30 1:00 p.m. - Monday Matinee	31 10:45 a.m. Tea Time Tuesday				

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