

NAME:

January 2026 Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
				<p>11a-1p=Christmas Holiday Party</p> <p>No Activities</p> 
5	6	7	8	9
<p>10a=BRASS Paint \$2 11a=BRASS Zumba 11a=Setback 12p=Sr. Ctr. Meeting. Guests: Angel Care</p>	<p>9:30a=Chair Yoga 1 9:30a=Comm. Health Worker 10a=B/P 10:30a=Chair Yoga 2 11:30a=Café Lunch 11:30a=Chair Yoga 3 12:30p=Bingo</p>	<p>9:30a=Stretch/Tone</p> <p>NO CROCHET NO BCH Nutrition</p>	<p>10a=BRASS Quilting 10a=Chorus 11a=Ukulele 11a=Poker 11:30a=Café Lunch 12:30p=Wisewoman</p>	<p>9:30a=BRASS Chair Strength 10a=Tech Help 11a=Computer Class 11a=Paint w/Silvia \$2 11a=City Mission 11:30a=Reflexology-\$25</p>
12	13	14	15	16
<p>10a=BRASS Paint \$2 11a=BRASS Zumba 11a=Setback 12:30p=Jessica Dorner Nutrition</p>	<p>9:30a=Chair Yoga 1 10a=B/P 10:30a=Chair Yoga 2 11:30a=Café Lunch 11:30a=Chair Yoga 3 12:30p=Bingo</p>	<p>9:30a=Stretch/Tone 10a=BCH Nutrition 10a=Fair Rent Comm. 11a=BRASS Crochet 11a=Healthy Supplements</p>	<p>10a=BRASS Quilting 10a=Chorus 11a=Ukulele 11a=Poker 11:30a=Café Lunch 12:30p=Mandy Dupont Sign-up</p>	<p>9:30a=BRASS Chair Strength 9:30a=AARP Driver 10a=Tech Help 10a=Vets Coffee Hour 11a=Computer Class 11a=Paint w/Silvia \$2</p>
19	20	21	22	23
<p>CLOSED</p> 	<p>9:30a=Chair Yoga 1 10a=B/P 10:30a=Chair Yoga 2 11:30a=Café Lunch 11:30a=Chair Yoga 3 12:30p=Bingo</p>	<p>9:30a=Stretch/Tone 10a=BCH Nutrition 10a=Dolce 11a=BRASS Crochet</p>	<p>10a=BRASS Quilting 10a=Chorus 11a=Ukulele 11a=Poker 11:30a=Café Lunch 12:30p=84 New Mix</p>	<p>9:30a=BRASS Chair Strength 10a=Tech Help 11a=Sewing 11a=Computer Class 11a=Paint w/Silvia \$2</p>
26	27	28	29	30
<p>10a=BRASS Paint \$2 11a=BRASS Zumba 11a=Setback</p>	<p>9:30a=Chair Yoga 1 10a=B/P 10:30a=Chair Yoga 2 11:30a=Café Lunch 11:30a=Chair Yoga 3 12:30p=Bingo</p>	<p>9:30a=Stretch/Tone 10a=BCH Nutrition 11a=BRASS Crochet 12:30p=Jewelry class</p>	<p>10a=BRASS Quilting 10a=Chorus 11a=Ukulele 11a=Poker 11:30a=Café Lunch 12:30p=Amyloidosis</p>	<p>9:30a=BRASS Chair Strength 10a=Tech Help 11a=Sewing 11a=VR 11a=Paint w/Silvia \$2 11:30=Reiki-\$20</p>



January 2026 Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Café Lunch served 11:30a to 12:30p Tuesday & Thursday</p> <p>All menus are subject to change</p>	<p>6</p> <p>Chili garlic chicken Confetti brown rice Broccoli Rye bread Pineapple tidbits</p>		<p>8</p> <p>Bowtie noodles w/ meatballs & sauce Green beans White bread Seasonal fruit</p>	<p>Suggested Donation for Seniors \$4.00</p>
	<p>13</p> <p>Honey ginger pork Brown rice Broccoli Multigrain bread Cookie Juice</p>		<p>15</p> <p>BBQ chicken Cron, okra & tomatoes Collard greens WG biscuit Butterscotch pudding Fruit juice</p>	<p>PLEASE NOTE Aids & Guests are asked to pay \$8.14 for lunch. That is what the WSC pays New Opp for lunch</p>
	<p>20</p> <p>Hamburger patty; bun American cheese Fries; ketchup Coleslaw Fruit</p>		<p>22</p> <p>Potato soup w/crx Sliced ham Lima beans Multigrain bread Applesauce</p>	<p>We are unable to use our funding to pay for lunches of individuals under the age of 60</p>
	<p>27</p> <p>Swiss steak Whipped potatoes Capri vegetables Rye bread Diced peaches</p>		<p>29</p> <p>Corn chowder/crx Beef taco meat Fajita vegetables Flour tortilla Taco sauce Sour cream</p>	
				