

Monday	Tuesday	Wednesday	Thursday	Friday
			 CLOSED For New Years Day	 1 11:30am Lunch Asian Beef Stir Fry, Mixed Vegetables, Rice, Fruit Tax Appointments Open
5 11:30am Lunch Mediterranean Chicken, Cucumber Salad, Fruit Table Tennis 8am-12pm 1:30pm Monday Dance Tony DiGiovanni 	6 11:30am Lunch Spaghetti w/ Meat Sauce, Salad, Fruit 12:30pm Movie Green Book 	7 11:30am Lunch Beef Fajita, Beans, Salad, Tortilla, Fruit	8 10am Fit & Talk Walk to Arcadia Park 11:30am Lunch Roast Turkey Breast, Sweet Potato, Brussel Sprouts, Bread, Fruit Cup  12:30pm Karaoke 	 9 10am New Years Bingo No Lunch No Table Tennis
12 11:30am Lunch National Milk Day Korean BBQ, Rice, Salad, Fruit Cup 	13 10am Blood Pressure Screening 11:30am Lunch Birthday Celebration Fish Vera Cruz, Beans, Corn, Coleslaw, Bread, Fruit 12:30pm Movie Dog 	14 11:30am Lunch Chicken Dijon, Vegetables, Salad, Fruit, Dinner Roll	15 10am Fit & Talk Zumba 11:30am Lunch Stuffed Bell Pepper Vegetables, Salad, Fruit, Dinner Roll 11:30am Taste the Town 	16 10am Senior Tap Card Workshop 11:30am Lunch Fig Newton Day Vegetarian Paella, Broccoli, Salad, Rice, Fruit 11:30am Table Tennis Tournament No Table Tennis
19 Closed Martin Luther King Jr Day 	20 9am Coffee with the Mayor  10am HICAP 11:30am Lunch Meatloaf w/ Gravy, Mashed Potatoes, Brussel Sprouts, Fruit, Bread 12:30pm Movie Around the World in 80 Days 	21 11:30am Lunch Turkey Vegetable Stir-fry, Salad, Noodles, Fruit	22 10am Fit & Talk Senior Olympics 11:30am Lunch Caribbean Chicken, Beans, Salad, Rice, Fruit 12:30pm Karaoke 	23 10am NLSLA Legal Services 10am Traveler's Meeting 11:30am Lunch Bolognese w/ Whole Grain Penne Pasta, Vegetables, Salad & Bread No Table Tennis
26 11:30am Lunch Chicken Adobo, Vegetables, Spanish Rice, Fruit 1:30pm Real Estate Fraud Workshop 	27 11:30am Lunch Quiche, Vegetables, Caesar Salad, Bread, Fruit 12:30pm Movie The Way + Life Lessons from a 7-Thousand-Mile Bike Ride  	28 11:30am Lunch Shephard's Pie, Corn, Dinner Roll, Fruit	29 10am Fit & Talk Stretching 11:30am Lunch Baked Fish Almandine, Green Beans, Salad, Fruit Dessert 12:30pm USC Arcadia Managing Diabetes & High Blood Pressure Seminar 	30 11:30am Lunch Soft Chicken Taco, Pinto Beans, Lettuce, Tortilla & Fruit 12:30pm Senior Social Hour 20 Questions 