



Monday	Tuesday	Wednesday	Thursday	Friday
11:30am Lunch 2 Savory Beef Stew, Brussel Sprouts, Mashed Potatoes, Dinner Roll, Fresh Fruit Table Tennis 8am-12pm 1:30 Monday Dance Linda Herman 	8am Tai Chi 3 11:30am Lunch Enchilada Casserole, Black Beans, Salad, Spanish Rice, Fruit 12:30pm Movie  Materialists + Us Again	11:30am Lunch 4 Baked Pollock w/ Lemon Sauce, Squash, Salad, Fruit	10am Fit & Talk Walk to Arcadia Park 5 11:30am Lunch BBQ Chicken, Green Peas, Salad, Mac & Cheese, Dinner Roll, Fruit	11:30am Lunch Wear Red Day 6 Open Face Hot Turkey Sandwich, Vegetables, Bread, Fruit  1pm Afternoon at the Movies 
11:30am Lunch 9 Vegetarian Chili, Salad, Fruit, & Bread 1:30pm Seminar Plant Workshop 	10am Blood Pressure 10 11:30am Lunch Birthday Celebration Hawaiian Chicken Breast, Rice, Salad, Fruit 12:30pm Movie  Fly Me to the Moon	11:30am Lunch 11 Turkey Milanese, Salad, Fruit	10am Fit & Talk Yoga 12 11:30am Lunch Salmon with Dill Sauce, Green beans, Black Beans, Salad, Fruit, Bread  12:30pm Karaoke	NO LUNCH 13 11:30am- Lunar New Year Lunch  No Table Tennis 
16 No Lunch Closed for  PRESIDENT'S DAY	 9am Coffee with the Mayor 17 10am HICAP 11:30am Lunch Hamburger, Potato Salad, Vegetables & Fruit 12:30pm Movie  The Big Sick	11:30am Lunch 18 Beef Fajita, Beans, Salad, Tortilla, Fruit	10am Fit & Talk Zumba 19 11:30am Lunch Chocolate Mint Day Roast Turkey Breast, Sweet Potato, Brussel Sprouts, Bread, Fruit Cup 11:30am Taste the Town Lan Noodle 12:30am Seminar USC Arcadia presents understanding AFib & Keeping Heart Healthy	11:30am Lunch 20 Tuna Salad Sandwich, Herbed Potatoes, Peas, Coleslaw, Fruit, Roll 12:30pm Winter Bunco 4pm Tech Talk
23 11:30am Lunch Korean BBQ, Rice, Salad, Fruit Cup 12:30pm Seminar Declutter Workshop 	11:30am Lunch 24 Fish Vera Cruz, Beans, Corn, Coleslaw, Bread, Fruit  12:30pm Movie La La Land	11:30am Lunch 25 Chicken Dijon, Vegetables, Salad, Fruit, Dinner Roll 6pm Health Education Series Heart Health 	10am Fit & Talk Senior Olympics 26 11:30am Lunch Stuffed Bell Pepper Vegetables, Salad, Fruit, Dinner Roll  12:30pm Karaoke	10am NLSLA 27 10am Traveler's Meeting 11:30am Lunch Vegetarian Paella, Broccoli, Salad, Rice, Fruit 4pm Tech Talk No Table Tennis

