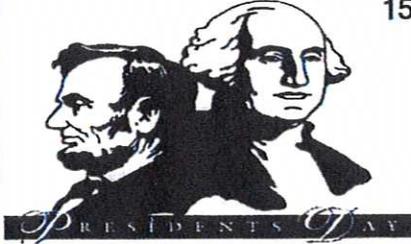
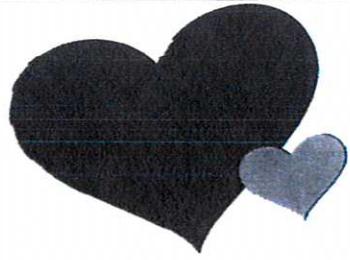
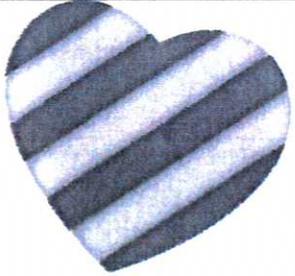


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 8:30 Lapidary & Silversmith 9:00 Oil Painting 9:00 Cards 12:30 Line dancing 1:00 Card Making 4:00 Out to eat Bunch FEBRUARY BIRTHDAY CAKE!!	2 Colorful conversation is conversation while you color!! 8:30 Ceramics 10:00 R.A.S.A. MEETING 10:00 COLORFUL CONVERSATION (New) 11:30 Lunch 12:15 BINGO BY CHANCELLOR GARDENS	3 8:30 Ceramics 9:00 Alzheimer's Respite 9:00 Yoga Floor 10:00 Yoga Chair & Crocheting 11:30 Lunch 12:15 Bridge	4 8:30 Blood pressure 9:00 Tai Chi , 9:00 Crocheting & Oil Painting 9:00 Oil Painting 10:00 TEA-TIME 11:30 Lunch 12:00 Cards	5 9:00 Arthritis Exercise class 10:00 Coffee with our friends 11:30 Lunch
8 8:30 Lapidary & Silversmith 9:00 Oil Painting 9:00 Cards 12:30 Line dancing 1:00 Card Making 4:00 Out to eat Bunch	9 8:30 Ceramics 10:00 COLORFUL CONVERSATION (New) 11:30 Lunch Colorful conversation is conversation while you color!! Come join in the new fun !	10 8:30 Ceramics 9:00 Alzheimer's Respite 9:00 Yoga Floor 10:00 Yoga Chair & Crocheting 11:30 Lunch ICE CREAM SOCIAL BY SKY LINE 12:15 Bridge	11 8:30 Blood pressure 9:00 Tai Chi , 9:00 Crocheting & Oil Painting 9:00 Oil Painting 11:30 Lunch 12:00 Cards 1:00 VALENTINE'S TASTING PARTY & TEA BRING A TREAT TO SHARE IF YOU WOULD LIKE!	12 9:00 Arthritis Exercise class 10:00 Coffee with our friends 11:30 Lunch HAVE A SWEETHEART OF A WEEK-END 
15 CENTER CLOSED 	16 8:30 Ceramics 10:00 COLORFUL CONVERSATION (New) 11:30 Lunch Colorful conversation is conversation while you color!! Come join in the new fun !	17 8:30 Ceramics 9:00 Alzheimer's Respite 9:00 Yoga Floor 10:00 Yoga Chair & Crocheting 11:30 Lunch GARR ASHBY ON STAGE 12:15 BINGO AT LEGACY HOUSE 12:15 Bridge	18 8:30 Blood pressure 9:00 Tai Chi 00 Oil Painting & Crocheting 9:30 Attorney (By Appointment) 10:00 TEA-TIME 11:30 Lunch 12:00 Foot Clinic \$10.00 (Kathy) 12:00 Card	19 9:00 Arthritis Exercise class 10:00 Coffee with our friends 11:30 Lunch
22 8:30 Lapidary & Silversmith 9:00 Oil Painting 9:00 Cards 12:30 Line dancing 1:00 Card Making 4:00 Out to eat Bunch	23 8:30 Ceramics 10:00 COLORFUL CONVERSATION (New) 11:30 Lunch Colorful conversation is conversation while you color!! Come join in the new fun ! CENTER CLOSED EARLY STAFF MEETING	24 8:30 Ceramics 9:00 Alzheimer's Respite 9:00 Yoga Floor 10:00 Yoga Chair & Crocheting 11:30 Lunch STAMPEDE ON STAGE 12:15 Bridge	25 8:30 Blood pressure 9:00 Tai Chi , 9:00 Crocheting & Oil Painting 9:00 Oil Painting 10:00 TEA-TIME 11:30 Lunch Miles on Piano 12:00 Cards 12:15 BINGO BY THATCHER	26 9:00 Arthritis Exercise class 10:00 Coffee with our friends 11:30 Lunch
29 8:30 Lapidary & Silversmith 9:00 Oil Painting 9:00 Cards 11:30 Lunch 12:30 Line dancing 1:00 Card Making 4:00 Out to eat Bunch	TAX'S ARE UPON US SIGN-UP EARLIE STARTING February 10th, 2016 Every Wednesday !!		HAVE A SWEETHEART OF A MONTH START THE YEAR OFF RIGHT JOIN THE WALKING CLUB EVERY MORNING 9:00	ROY HILLSIDE SENIOR CENTER 5051 South 1900 West Roy, Utah 84067 801-773-0860 February 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Crabby Cake Sandwich 1 With Cheese / Bun Tartar Sauce Crispie Cube Potatoes Lettuce / Tomato / Pickle Fruit Salad Blueberry Cheese Cake	Teriyaki Chicken 2 Parslied Rice Broccoli Tossed Salad/Craisins/Dressing Fruit Cocktail Cake/Topping Sesame Seed Roll	Baked Ham / Pineapple Sauce 3 Baked Potato / Sour Cream Creamed Peas Carrifruit Salad Butterscotch Pudding Dinner Roll	Vegetable Meatloaf 4 Whipped Potatoes with Gravy Spinach with Lemon Wedge Sour Cream Fruit Salad Coconut Macaroon Spaghetti Bread Roll	Roast Turkey with Gravy 5 Buttered Yams Oregon Bean Medley Cranberry Orange Gelatin Rice Krispie Treat Dinner Roll
BBQ Beef on a Bun 8 Baked Beans Buttered Corn Tomato Wedges / French Dressing Peach Pie Whole Wheat Roll	Pork Chop Supreme / Sauce 9 Yams Peas & Carrots Tossed Salad/Olives and Dressing Hawaiian Fruit Cup Buttermilk Biscuit	Baked Tilapia Au Gratin 10 Scalloped Potatoes Mandarin Glazed Beets Apple Coleslaw Peanut Butter Cookie Raisin-Nut Roll	Oven Fried Chicken 11 Whipped Potatoes with Gravy Country Vegetables Tropical Fruit Salad Chocolate Cream Pudding Dinner Roll	Spaghetti with Meat Sauce 12 Broccoli with Diced Red Peppers Emerald Pear Salad Valentine Cookie Pink Dinner Roll
 15	BBQ Meatballs 16 Buttered Rice Carrot Layonnais Orange German Chocolate Brownie Potato Roll	Cabbage Beef Casserole 17 Seasoned Whole Potatoes Cottage Cheese with Fruit Cinnamon Applesauce Dilly Roll	Chicken Turnover 18 Whipped Potatoes with Gravy Chuck Wagon Corn Beet and Egg Salad Chilled Mandarin Oranges	Lemon Peppered White Fish 19 Tartar Sauce Orzo Green and Yellow Beans Chilled Fruit Salad Congo Bar Whole Wheat Roll
Chili Con Carne 22 Peas Tossed Salad/Hard Boiled Egg/ Dressing Fresh Apple Cornbread with Honey Butter	Baked Chicken Legs 23 Scalloped Potatoes Brussel Sprouts with Bacon Waldorf Salad Gingerbread with Lemon Sauce Sesame seed Roll	Roast Pork Loin 24 Whipped Potatoes with Gravy Broccoli with Mushrooms Cottage Cheese Fluff Cinnamon Applesauce Dilly Roll	Macaroni Beef Bake 25 Grated Cheese Peas and Carrots Red and White Coleslaw Chilled Apricots Carrot-Raisin Muffin	Chicken Strips and Ranch Dip 26 Candied Sweet Potatoes Zucchini and Yellow Squash Cucumber & Tomato with Dressing Banana Cream Pudding Dinner Roll
Salisbury Steak 29 Whipped Potatoes and Gravy Cauliflower/Bacon/Diced Red Peppers Tossed Salad/ Mandarin Oranges & Dressing Chocolate Chip Cookie Whole Wheat Roll		February 2016		Weber Senior Nutrition Program 1176 W. 3300 S. Ogden UT 84401 801-399-8392 Milk Offered Daily Menu Subject To Change