

West Shore Senior Center

Activity Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
		1 HAPPY NEW YEAR CENTER CLOSED	2 8:30 Dominoes/Games 9:30 Blood Pressure 10:00 Bingo 12:00 Tai Chi w/Juli - \$3/pp	3 8:30 Dominoes/Games 11:00 Chair Yoga 12:00 TTFI Zumba/Chair \$5/pp
6 8:30 Dominoes/Games 11:00 Chair Yoga	7 8:30 Dominoes/Games 9:00 Billiards 12:00 BoomWhackers Class	8 CLOSED TRIP TO FARM SHOW (departure 9:30 am)	9 8:30 Dominoes/Games 9:30 Blood Pressure 10:00 Bingo 12:00 Tai Chi w/Juli - \$3/pp	10 8:30 Dominoes/Games 11:00 Chair Yoga 12:00 TTFI Zumba/Chair \$5/pp
13 CLOSED (FLOOR REPLACEMENT)	14 CLOSED (FLOOR REPLACEMENT)	15 CLOSED (FLOOR REPLACEMENT) TRIP TO HERSHEY CHOCOLATE WORLD (departure 10:00 am)	16 CLOSED (FLOOR REPLACEMENT)	17 CLOSED (FLOOR REPLACEMENT) TRIP TO GETTYSBURG OUTLETS (departure 10:00 am)
20 CLOSED (FLOOR REPLACEMENT)	21 CLOSED (FLOOR REPLACEMENT) TRIP TO FARM HOUSE RESTAURANT (departure 11:00 am)	22 CLOSED (FLOOR REPLACEMENT)	23 CLOSED (FLOOR REPLACEMENT) TRIP TO DUTCH APPLE THEATER (11 am departure)	24 CLOSED (FLOOR REPLACEMENT)
27 8:30 Dominoes/Games 11:00 Chair Yoga	28 8:30 Dominoes/Games 9:00 Billiards 12:00 BoomWhackers Class	29 8:30 Dominoes/Games 9:00 Billiards 10:30 Bible Study 12:00 Healthy Steps	30 8:30 Dominoes/Games 9:30 Blood Pressure 10:00 Bingo 12:00 Tai Chi w/Juli - \$3/pp	31 8:30 Dominoes/Games 11:00 Chair Yoga 12:00 TTFI Zumba/Chair \$5/pp

West Shore Senior Center

Menu

JANUARY 2025

Monday	Tuesday	Wednesday	Thursday	Friday
		<p>1 HAPPY NEW YEAR</p> <p>CENTER CLOSED</p>	<p>2 Baked Fish Macaroni & Cheese Stewed Tomatoes Wheat Bread Seasonal Fresh Fruit/Choc Milk</p>	<p>3 Taco Salad Tortilla Chips Tortilla Soup Pineapple Milk</p>
<p>6 Sloppy Joe Baked Potato Green Beans Fresh Fruit/Milk</p>	<p>7 Popcorn Chicken w/ Gravy Whipped Potatoes Corn/Biscuit Peaches Milk</p>	<p>8 CLOSED TRIP TO FARM SHOW (09:30 am departure)</p>	<p>9 Turkey Chef Salad Vegetable Soup Dinner Roll Fresh Fruit Milk</p>	<p>10 Chicken Alfredo Noodles Broccoli Garlic Breadstick Apple/Cranberry crisp Milk</p>
<p>13 CLOSED (FLOOR REPLACEMENT)</p>	<p>14 CLOSED (FLOOR REPLACEMENT)</p>	<p>15 CLOSED (FLOOR REPLACEMENT) TRIP TO HERSHEY CHOCOLATE WORLD (departure 10:00 am)</p>	<p>16 CLOSED (FLOOR REPLACEMENT)</p>	<p>17 CLOSED (FLOOR REPLACEMENT) TRIP TO GETTYSBURG OUTLETS (departure 10:00 am)</p>
<p>20 CLOSED (FLOOR REPLACEMENT)</p>	<p>21 CLOSED (FLOOR REPLACEMENT) TRIP TO FARM HOUSE RESTAURANT (departure 11:00 am)</p>	<p>22 CLOSED (FLOOR REPLACEMENT)</p>	<p>23 CLOSED (FLOOR REPLACEMENT) TRIP TO DUTCH APPLE THEATER (departure 11:00 am)</p>	<p>24 CLOSED (FLOOR REPLACEMENT)</p>
<p>27 Cajun Shrimp Creamy Pasta Peas Breadstick Pineapple/Milk</p>	<p>28 Grilled Chicken Salad Cream of Broccoli Soup Dinner Roll Fruited Gelatin Milk</p>	<p>29 Burgundy Glazed Meatballs Rice Carrots Italian Breadstick Fresh Orange/Milk</p>	<p>30 Western Omelet Sausage Patty Breakfast Potatoes English Muffin Apple Juice</p>	<p>31 Open Faced Roast Beef w/ Gravy Mashed Potatoes Mixed Vegetables Pudding Milk</p>

West Shore Senior Center

Activity Calendar

February 2025

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 8:30 Dominoes/Games 11:00 Chair Yoga</p>	<p>4 8:30 Dominoes/Games 9:00 Billiards 12:00 BoomWhackers Class</p>	<p>5 8:30 Dominoes/Games 9:00 Billiards 10:30 Bible Study 12:00 Healthy Steps</p>	<p>6 8:30 Dominoes/Games 9:30 Blood Pressure 10:00 Bingo 12:00 Tai Chi w/Juli - \$3/pp</p>	<p>7 8:30 Dominoes/Games 11:00 Chair Yoga 12:00 TTFI Zumba/Chair \$5/pp</p>
<p>10 8:30 Dominoes/Games 11:00 Chair Yoga 12:00 Craft w/ Judy, Sally and Loretta</p>	<p>11 8:30 Dominoes/Games 9:00 Billiards 12:00 BoomWhackers Class</p>	<p>12 8:30 Dominoes/Games 9:00 Billiards 10:30 Bible Study 12:00 Healthy Steps</p>	<p>13 8:30 Dominoes/Games 9:30 Blood Pressure 10:00 Bingo 12:00 Tai Chi w/Juli - \$3/pp</p>	<p>14 8:30 Dominoes/Games 11:00 Chair Yoga 12:00 TTFI Zumba/Chair \$5/pp</p>
<p>17 Happy President's Day CLOSED</p>	<p>18 8:30 Dominoes/Games 9:00 Billiards 12:00 BoomWhackers Class</p>	<p>19 8:30 Dominoes/Games 9:00 Billiards 10:30 Bible Study 12:00 Healthy Steps</p>	<p>20 Birthday Celebration! 8:30 Dominoes/Games 9:30 Blood Pressure 10:00 Bingo 12:00 Tai Chi w/Juli - \$3/pp</p>	<p>21 8:30 Dominoes/Games 11:00 Chair Yoga 12:00 TTFI Zumba/Chair \$5/pp</p>
<p>24 8:30 Dominoes/Games 11:00 Chair Yoga</p>	<p>25 8:30 Dominoes/Games 9:00 Billiards 12:00 BoomWhackers Class</p>	<p>26 8:30 Dominoes/Games 9:00 Billiards 10:30 Bible Study 12:00 Healthy Steps</p>	<p>27 8:30 Dominoes/Games 9:30 Blood Pressure 10:00 Bingo 12:00 Tai Chi w/Juli - \$3/pp</p>	<p>28 8:30 Dominoes/Games 11:00 Chair Yoga 12:00 TTFI Zumba/Chair \$5/pp</p>

West Shore Senior Center

Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 Creamy Parmesan Pork Chop Cubed Potatoes Cauliflower Wheat Bread Cake w/Icing/ Milk</p>	<p>4 Pizza Burger Lemon Butter Orzo Brussel Sprouts Gelatin/Milk</p>	<p>5 Chicken Bruschetta Pesto Pasta Capri Blend Vegetables Dinner Roll Fresh fruit/ Milk</p>	<p>6 Lasagna with Meat sauce Tossed Salad Green Beans Garlic Bread stick Fresh Fruit/Choc Milk</p>	<p>7 Baked Crab Cake Tomato Basil Bisque California Blend Vegetables White Bread Cinnamon apple sauce/Milk</p>
<p>10 Chicken & Dumplings Mixed Vegetables Whole grain Buttermilk Biscuits Orange Milk</p>	<p>11 Baked Cabbage Roll Garlic whipped Potatoes Carrots Dinner Roll Fresh Fruit Milk</p>	<p>12 Stadium Hot Dog Cheesy Potatoes Hot Dog Roll Pineapple & Mandarin Oranges Milk</p>	<p>13 Salisbury Steak w/ Gravy Baked Potato Broccoli Wheat Bread Gelatin Milk</p>	<p>14 Happy Valentines Day Rotini & Meatballs Tossed Salad Garlic Bread stick Mixed Fruit salad Milk</p>
<p>17 Happy President's Day CLOSED</p>	<p>18 Swedish Meatballs Buttered Noodles Peas Dinner roll Blushed Pears Milk</p>	<p>19 Chili Cheddar cheese Tossed salad Cornbread Apple sauce Milk</p>	<p>20 Baked Fish Macaroni & Cheese Stewed Tomatoes Wheat bread Fresh Fruit Choc Milk</p>	<p>21 Taco Salad Tortilla chips Tortilla soup Pineapple Milk</p>
<p>24 Sloppy Joe Baked Potato Green Beans Fresh Fruit/Milk</p>	<p>25 Popcorn Chicken w/ Gravy Whipped Potatoes Corn Biscuit Peaches/Milk</p>	<p>26 Stuffed Pepper w/ Sauce Garlic Whipped Potatoes Carrot White Bread Pudding/Milk</p>	<p>27 Turkey Chef Salad Vegetable Soup Dinner Roll Fresh Fruit Choc Milk</p>	<p>28 Chicken Alfredo Noodles Broccoli Garlic Breadstick Apple/Cranberry Crisp Milk</p>