


















MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<p><b>CLOSING AT 1:00</b></p> 	<p><b>HAPPY NEWYEAR</b></p>	<p><b>JANUARY 2</b></p> <p>8:00 Walking Group 9:00 Zumba Gold Toning® 9:00 Wellness Nurse 10:00 Water Color Class 10:15 Fall Prevention 11:15 Muscle Conditioning 1:00 Bingo 1:00 Chess</p> <p><i>Meatloaf with Gravy</i></p>	<p><b>JANUARY 3</b></p> <p>8:00 Walking Group 9:00 Knitting &amp; Sewing 9:00 Wellness Nurse 9:00 Yoga <b>9:30 LOW VISION SUPPORT GROUP</b>  10:30 Line Dancing 11:45 Barre Above™ 1:00 Cribbage 1:15 Safe Exercise</p> <p><i>Lemmon Pepper Haddock</i></p>	<p><b>JANUARY 4</b></p> <p>8:00 Walking Group 8:45 Threadhead Quilters Group 8:15 Advanced Tap Dance 9:00 Hairdresser 9:15 Tap Dance 10:30 Zumba Gold® 11:45 Pound®</p> <p><i>Greek Chicken</i></p>	
	<p><b>CLOSED NEW YEAR'S DAY</b></p>	<p><b>JANUARY 7</b></p> <p>8:00 Walking Group 8:30 Express Muscle &amp; Mat 9:30 Cribbage 9:30 Barre Above® 10:30 Zumba Gold® 1:15 Safe Exercise</p> <p><i>Beef Teriyaki</i></p>	<p><b>JANUARY 8</b></p> <p>8:00 Walking Group 9:15 Tap Dance 10:30 Zumba Gold® 11:00 Whist 11:45 Pound® 12:30 Turkey Foot Dominoes 1:00 Mah Jongg</p> <p><i>Vegetable Cheese Bake</i></p>	<p><b>JANUARY 9</b></p> <p>8:00 Walking Group 9:00 Zumba Gold Toning® <b>9:00 BREAKFAST</b> 9:00 Wellness Nurse 10:00 Water Color Class 10:15 Fall Prevention 11:15 Muscle Conditioning 1:00 Bingo 1:00 Chess</p> <p><i>Chicken Milano</i></p>	<p><b>JANUARY 10</b></p> <p>8:00 Walking Group 9:00 Knitting &amp; Sewing 9:00 Wellness Nurse 9:00 Yoga 10:30 Line Dancing 11:45 Barre Above™ 1:00 Cribbage 1:15 Safe Exercise</p> <p><i>Salisbury Steak with Gravy</i></p>
<p><b>JANUARY 14</b></p> <p>8:00 Walking Group 8:30 Express Muscle &amp; Mat 9:30 Cribbage 9:30 Barre Above® 10:30 Zumba Gold® 1:15 Safe Exercise</p> <p><i>Chicken Picatta</i></p>	<p><b>JANUARY 15</b></p> <p>8:00 Walking Group 9:15 Tap Dance <b>10:00 BOOK CLUB</b>  10:30 Zumba Gold® 11:00 Whist 11:45 Pound® 12:30 Turkey Foot Dominoes 1:00 Mah Jongg</p> <p><i>Meatballs with Onion Gravy</i></p>	<p><b>JANUARY 16</b></p> <p>8:00 Walking Group 9:00 Zumba Gold Toning® 9:00 Wellness Nurse 10:00 Water Color Class 10:15 Fall Prevention 11:15 Muscle Conditioning 1:00 Bingo 1:00 Chess</p> <p><i>Macaroni &amp; Cheese</i></p>	<p><b>JANUARY 17</b></p> <p>8:00 Walking Group 9:00 Knitting &amp; Sewing 9:00 Wellness Nurse 9:00 Yoga 10:30 Line Dancing 11:45 Barre Above™ <b>12:30 HEALTHY LIVING LUNCHEON</b>  1:00 Cribbage 1:15 Safe Exercise</p> <p><i>BBQ Chicken</i></p>	<p><b>JANUARY 18</b></p> <p>8:00 Walking Group 8:15 Advanced Tap Dance 8:45 Threadhead Quilters Group 9:00 Hairdresser 9:15 Tap Dance 10:30 Zumba Gold® 11:45 Pound®</p> <p><i>Marinated Pork Loin</i></p>	
 <p><b>Martin Luther King Jr.</b></p> <p><b>CLOSED MLK DAY</b></p>	<p><b>JANUARY 22</b></p> <p>8:00 Walking Group 9:15 Tap Dance 10:30 Zumba Gold® 11:00 Whist 11:45 Pound® 12:30 Turkey Foot Dominoes 1:00 Mah Jongg</p> <p><i>Chicken Fajitas</i></p>	<p><b>JANUARY 23</b></p> <p>8:00 Walking Group 9:00 Zumba Gold Toning® 9:00 Wellness Nurse 10:00 Water Color Class 10:15 Fall Prevention 11:15 Muscle Conditioning</p> <p><i>Roast Pork with Gravy</i></p>	<p><b>JANUARY 24</b></p> <p>8:00 Walking Group 9:00 Knitting &amp; Sewing 9:00 Wellness Nurse 9:00 Yoga 10:30 Line Dancing 11:45 Barre Above™ 1:00 Cribbage 1:15 Safe Exercise</p> <p><i>Beef with Onions &amp; Peppers on Roll</i></p>	<p><b>JANUARY 25</b></p> <p>8:00 Walking Group 8:15 Advanced Tap Dance 8:45 Threadhead Quilters Group 9:00 Hairdresser 9:15 Tap Dance 10:30 Zumba Gold® 11:45 Pound® <b>12:30 FREE MOVIE</b> </p> <p><i>Lasagna with Meatballs</i></p>	
<p><b>JANUARY 28</b></p> <p>8:00 Walking Group 8:30 Express Muscle &amp; Mat 9:30 Cribbage 9:30 Barre Above® 10:30 Zumba Gold® 1:15 Safe Exercise</p> <p><i>Beef Stew</i></p>	<p><b>JANUARY 29</b></p> <p>8:00 Walking Group 9:15 Tap Dance 10:30 Zumba Gold® 11:00 Whist 11:45 Pound® 12:30 Turkey Foot Dominoes 1:00 Mah Jongg</p> <p><i>Buttermilk Chicken</i></p>	<p><b>JANUARY 30</b></p> <p>8:00 Walking Group 9:00 Zumba Gold Toning® 9:00 Wellness Nurse 10:00 Water Color Class 10:15 Fall Prevention 11:15 Muscle Conditioning 1:00 Bingo 1:00 Chess</p> <p><i>Baked Potato with Chili &amp; Cheese</i></p>	<p><b>JANUARY 31</b></p> <p>8:00 Walking Group 9:00 Knitting &amp; Sewing 9:00 Wellness Nurse 9:00 Yoga <b>10:00 MEN'S GROUP</b>  10:30 Line Dancing 11:45 Barre Above™ 1:00 Cribbage 1:15 Safe Exercise</p> <p><i>Hot Dog on Bun</i></p>	<p><b>FEBRUARY 1</b></p> <p>8:00 Walking Group 8:15 Advanced Tap Dance 8:45 Threadhead Quilters Group 9:00 Hairdresser 9:15 Tap Dance 10:30 Zumba Gold® 11:45 Pound®</p>	
<p><b>FEBRUARY 4</b></p> <p>8:00 Walking Group 8:30 Express Muscle &amp; Mat 9:30 Cribbage 9:30 Barre Above® 10:30 Zumba Gold® 1:15 Safe Exercise</p>	<p><b>FEBRUARY 5</b></p> <p>8:00 Walking Group 9:15 Tap Dance 10:30 Zumba Gold® 11:00 Whist 11:45 Pound® 12:30 Turkey Foot Dominoes 1:00 Mah Jongg</p>	<p><b>FEBRUARY 6</b></p> <p>8:00 Walking Group <b>9:00 BREAKFAST</b> 9:00 Zumba Gold Toning® 9:00 Wellness Nurse 10:00 Water Color Class 10:15 Fall Prevention 11:15 Muscle Conditioning 1:00 Bingo 1:00 Chess</p>	<p><b>FEBRUARY 7</b></p> <p>8:00 Walking Group 9:00 Knitting &amp; Sewing 9:00 Wellness Nurse 9:00 Yoga <b>9:30 LOW VISION SUPPORT GROUP</b>  10:30 Line Dancing 11:45 Barre Above™ 1:00 Cribbage 1:15 Safe Exercise</p>	<p><b>FEBRUARY 8</b></p> <p>8:00 Walking Group 8:15 Beginner / Review Tap Dance 8:45 Threadhead Quilters Group 9:00 Hairdresser 9:15 Tap Dance 10:30 Zumba Gold® 11:45 Pound®</p>	
<p><b>FEBRUARY 11</b></p> <p>8:00 Walking Group 8:30 Express Muscle &amp; Mat 9:30 Cribbage 9:30 Barre Above® 10:30 Zumba Gold® 1:15 Safe Exercise</p>	<p><b>FEBRUARY 12</b></p> <p>8:00 Walking Group 9:15 Tap Dance <b>10:00 COA MEETING</b>  10:30 Zumba Gold® 11:00 Whist 11:45 Pound® 12:30 Turkey Foot Dominoes <b>12:30 RED HAT SOCIETY</b>  1:00 Mah Jongg</p>	<p><b>FEBRUARY 13</b></p> <p>8:00 Walking Group 9:00 Zumba Gold Toning® 9:00 Wellness Nurse 10:00 Water Color Class 10:15 Fall Prevention 11:15 Muscle Conditioning 1:00 Chess</p>	<p><b>FEBRUARY 14</b></p> <p>8:00 Walking Group 9:00 Knitting &amp; Sewing 9:00 Wellness Nurse 9:00 Yoga 10:30 Line Dancing 11:45 Barre Above™ 1:00 Cribbage <b>1:00 VALENTINE'S TEA PARTY</b>  1:15 Safe Exercise</p>	<p><b>FEBRUARY 15</b></p> <p>8:00 Walking Group 8:15 Advanced Tap Dance 8:45 Threadhead Quilters Group 9:00 Hairdresser 9:15 Tap Dance 10:30 Zumba Gold® 11:45 Pound®</p>	
 <p><b>CLOSED - PRESIDENTS DAY</b></p>	<p><b>FEBRUARY 19</b></p> <p>8:00 Walking Group 9:15 Tap Dance <b>10:00 BOOK CLUB</b>  10:30 Zumba Gold® 11:00 Whist 11:45 Pound® 12:30 Turkey Foot Dominoes 1:00 Mah Jongg</p>	<p><b>FEBRUARY 20</b></p> <p>8:00 Walking Group 9:00 Zumba Gold Toning® 9:00 Wellness Nurse 10:00 Water Color Class 10:15 Fall Prevention 11:15 Muscle Conditioning 1:00 Bingo 1:00 Chess</p>	<p><b>FEBRUARY 21</b></p> <p>8:00 Walking Group 9:00 Knitting &amp; Sewing 9:00 Wellness Nurse 9:00 Yoga 10:30 Line Dancing 11:45 Barre Above™ <b>12:30 HEALTHY LIVING LUNCHEON</b>  1:00 Cribbage 1:15 Safe Exercise</p>	<p><b>FEBRUARY 22</b></p> <p>8:00 Walking Group 8:15 Beginner / Review Tap Dance 8:45 Threadhead Quilters Group 9:00 Hairdresser 9:15 Tap Dance 10:30 Zumba Gold® 11:45 Pound® <b>12:30 FREE MOVIE</b> </p>	
<p><b>FEBRUARY 25</b></p> <p>8:00 Walking Group 8:30 Express Muscle &amp; Mat 9:30 Cribbage 9:30 Barre Above® 10:30 Zumba Gold® 1:15 Safe Exercise</p>	<p><b>FEBRUARY 26</b></p> <p>8:00 Walking Group 9:15 Tap Dance 10:30 Zumba Gold® 11:00 Whist 11:45 Pound® 12:30 Turkey Foot Dominoes 1:00 Mah Jongg</p>	<p><b>FEBRUARY 27</b></p> <p>8:00 Walking Group 9:00 Zumba Gold Toning® 9:00 Wellness Nurse 10:00 Water Color Class 10:15 Fall Prevention 11:15 Muscle Conditioning 1:00 Bingo 1:00 Chess</p>	<p><b>FEBRUARY 28</b></p> <p>8:00 Walking Group 9:00 Knitting &amp; Sewing 9:00 Wellness Nurse 9:00 Yoga <b>10:00 MEN'S GROUP</b>  10:30 Line Dancing 11:45 Barre Above™ 1:00 Cribbage 1:15 Safe Exercise</p>	<p><b>FEBRUARY</b></p> 	

FOR CONGREGATE MEALS AT MILFORD SENIOR CENTER  
 CALL DENISE AT 508-478-8102 TWO DAYS PRIOR TO RESERVE A MEAL  
 MEALS ON WHEELS HOME DELIVERY CALL TRI VALLEY 1-800-286-6640  
 Meals on Wheels Menu for FEBRUARY 2019 - TBA