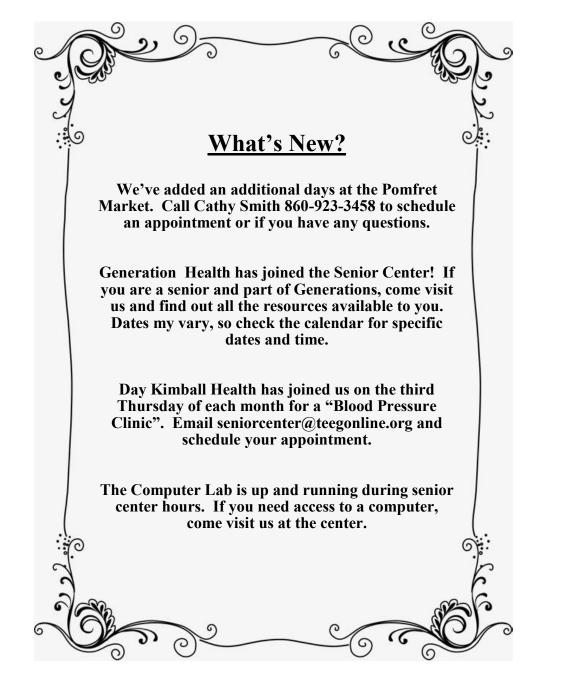
TVCCA SENIOR CAFE MENU February 2023

TUESDAY	WEDNESDAY	THURSDAY		
	1 Italian Pork Sausage & Peppers Penne Pasta w/ marinara Zucchni, Peas, & Carrots Fresh Fruit	2 Sloppy Joe w/ Bun Herb Roasted Potatoes Mixed Vegetables Medley Pineapple Tidbits		
7 <u>Birthday Celebration</u> Beef Stew Steamed Parsley Pota- toes Broccoli Birthday Treat Orange Juice	8 Cod w/ Lemon Dill Sauce Roasted Garlic Rice Mixed Vegetables Medley Mixed Fruit Cup	9 Stuffed Shells w/ marinara Carrot Coins Waxed Beans Applesauce Cup		
14 Cuban Pulled Pork Spanish Rice Cauliflower, Carrots, & Snap Peas Tropical Fruit Cup HAPPY VALEN- TINE'S DAY	15 Chicken Fried Beef Steak Garlic Mashed Potatoes Green & Waxed Beans Pineapple Tidbits	16 Whole Grain Fish Sticks Tater Tots Broccoli, Peppers, & Mushrooms Diced Pears		
21 Chicken Parmesan Pasta Shells w/ marina- ra Zucchini & Yellow Squash Fresh Fruit	22 <u>Ash Wednesday</u> Cheese Lasagna Roll-Ups Carrot Coins Lima Beans Sweet Treat Grape Juice	23 Pork Sausage & Gravy Home Fries Broccoli Diced Peaches		
28 Cheese Omelet Home Fries Squash Mix w/ Carrots & String Beans Pineapple Tidbits		1% milk and whole grain bread served with each meal. Menu is subject to change without notice.		



Please make your lunch reservation a week in advance

** Pomfret Senior Center February 2023 Calendar**

Tuesday			Wednesday			Thursday		
Time	Upper Level	Lower Level	Time	Upper Level	Lower Level	Time	Upper Level	Lower Level
	31			1			2	
10:00-10:30	Lunch Pick Up		9:00-10:00	Walking Club	at Railroad Dr	9:30-11:30		Chair Caning
10:30-11:30		Chair yoga	10:30-11:30	Knitting Club	Traditional Yoga	10:00-11:30	Game Day	
11:45-12:45	Lunch		11:45-12:45	Lunch		11:45-12:45	Lunch w/ special	
12:30-2:00	What's Cookin'		1:00-2:00	Show n' Tell		1:00-2:00	Birthday Celebration/ Trivia	
						1:00-3:00		PCM
7			8			9		
10:00-10:30	Lunch Pick up		9:00-10:00	Walking Club	at Railroad Dr	9:30-11:30		Chair caning
10:30-11:30		Chair Yoga	10:30-11:30	Knitting Club	Traditional Yoga	10:00-11:30	Game Day	
11:45-12:45	Lunch		11:45-12:45	Lunch		11:45-12:45	Lunch w/special	
12:30-1:30	Craft picture books with Mal	CSFP and Senior Care Distribu- tion	1:00-2:00	Chair Massage		1:00-2:00	Bingo	
						1:00-3:00		PCM
	14	I	15			1:00-3:00 PCM		
10:00-10:30	Lunch Pick up		9:00-10:00	Walking Club at Railroad Dr		9:30-11:30		Chair Caning
10:30-11:30		Chair Yoga	10:30-11:30	Knitting Club	Traditional Yoga	10:00-11:30	Game Day	
11:45-12:45	Lunch		11:45-12:45			10:30-11:30	Blood Pressure Clinic	
1:00-2:00	Generations Com- munity Health		12:30-2:00			11;45-12:45	Lunch w/ Special	
2:00-5:00		PCM				1:00-3:00		PCM
21			22			23		
10:00-10:30	Lunch Pick up		9:00-10:00	Walking Club	at Railroad Dr			No Chair Caning
10:30-11:30		Chair Yoga	10:30-11:30	Knitting Club	Traditional Yoga	10:00-11:30	Game Day	
11:45-12:45	Lunch		11:45-12:45	Lunch		11:45-12:45	Lunch w/ special	
12:30-2:00	Craft: Lucky Charm Bracelets			Chair Massage		12:30-2:00	Movie Afternoon: Shotgun Wedding	
						1:00-3:00		PCM
	28			1			2	
10:00-10:30	Lunch Pick up		9:00-10:00	Walking Club	at Railroad Dr	9:30-11:30	Game Day	Chair Caning
10:30-11:30		Chair Yoga	10:30-11:30	Knitting Club	Traditional Yoga	10:00-11:30		
11:45-12:45	Lunch		11:45-12:45	Lunch		11:45-12:45	Lunch w/ special	
12:30-2:00		Tech Support				12:30-2:00	Birthday Celebration/ Trivia	
2:00-5:00		РСМ	12:30-2:00	Show n' Tell		1:00-3:00		PCM