

TVCCA SENIOR CAFE MENU

January 2023

TUESDAY

WEDNESDAY

THURSDAY

3 Country Fried Beef Steak Buttermilk Mashed Potatoes Mixed Vegetables Medley Applesauce Cup	4 Stuffed Chicken Kiev Roasted Garlic Rice Squash Mix w/ Carrots & String Beans Fresh Orange	5 Italian Pork Sausage & Peppers Penne Pasta w/ Herbs Green & Waxed Beans Pineapple Tidbits
10 Chicken Parmesan Farfalle Pasta w/ Marinara Zucchini & Yellow Squash Fresh Fruit	11 <u>Birthday Celebration</u> Beef Stew Steamed Parsley Potatoes Broccoli Birthday Treat Orange Juice	12 American Chop Suey Diced Carrots Snap Peas Tropical Fruit Cup
17 <u>Ethnic Celebration</u> Cuban Pulled Pork Spanish Rice Cauliflower, Carrots, & Snap Peas Sweet Treat Grape Juice	18 Stuffed Chicken w/ Broccoli & Cheese Garlic Mashed Potatoes Mixed Vegetables Medley Applesauce Cup	19 Crispy Cod Macaroni & Cheese Squash Mix w/ Carrots & String Beans Mixed Fruit Cup
24 Whole Grain Fish Sticks Tater Tots Broccoli, Peppers, & Mushrooms Diced Pears	25 Swedish Meatballs Egg Noodles Zucchini & Yellow Squash Sweet Treat Grape Juice	26 Cheese Omelet Home Fries Broccoli Tropical Fruit Cup
31 Cheese Pierogis Farro (Wheat Grain w/ Roasted Vegetables) Squash Mix w/ Carrots & String Beans Mixed Fruit Cup	1% milk and whole grain bread served with each meal. Menu is subject to change without notice	<u>Senior Nutrition Program</u> 81 Stockhouse Road Bozrah, CT 06334 860-886-1720 (24hr voice mail available) www.tvcca.org

Please make your lunch reservation a week in advance



** Pomfret Senior Center JANUARY 2023 Calendar **

Tuesday			Wednesday			Thursday		
Time	Upper Level	Lower Level	Time	Upper Level	Lower Level	Time	Upper Level	Lower Level
3			4			5		
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	Movie Afternoon	CSFP AND S/C	1:00-2:00	Show n' Tell		1:00-2:00	Birthday Celebration/ Trivia	
						1:00-3:00		PCM
10			11			12		
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	Generations Com- munity Health	Tech Support	1:00-2:00	Chair Massage		1:00-2:00	Bingo	
2:00-5:00		PCM				1:00-3:00		PCM
17			18			19		
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			11:45-12:45	Lunch w/ special	
1:00-2:00	Craft: Designing Aprons		12:30-2:00			12:00-2:15	Jewelry Class	
1:00-3:00						1:00-3:00		PCM
24			25			26		
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	Tech Support			Chair Massage		12:30-2:00	Movie Afternoon	
2:00-5:00		PCM				1:00-2:30		PCM
31			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	What's Cookin'?					12:30-2:00	Birthday Celebration/ Trivia	
1:00-2:00			12:30-2:00	Show n' Tell		1:00-3:00		PCM