

ADC WEEKLY HAPPENINGS

February 3rd-7th

Monday, February 3rd The members will play Football Toss, Advertising Slogans, Ice Breakers, Tongue Twisters, Floor Scrabble, Card Sharks, and All Things February. In crafts, the members will make Pipe Cleaner Hearts!

Tuesday, February 4th Today is National Homemade Soup Day! The members will participate in Bowling, Songs By The Decade, Velcro Toss, Word In A Word, Soup Hangman, Tic Tac Throw and A To Z Soups. In crafts, the members will do Q-Tip Heart Painting!

Wednesday, February 5th The members will play Bocce Ball, Simple Riddles, Mouse's House, Tug of Words, Guy Talk w/Tina, Wheel Game, what Am I and Name That Tune. In crafts, the members will work on the February Bulletin Board!

Thursday, February 6th Today is National Optimist Day! The members will play Mini Golf, Optimist Hangman, Bucket Pitch, Happily Ever After, Roll Your Question, High Rollers and See A Picture, Tell A Story! In crafts, the members will make Heart Shaped Doilies!

Friday, February 7th Today is National Wear Red Day! The members will participate in Balloon Noodle, What's Wrong w/This Picture, All Things Red and Whose Voice Is That. After lunch, the members will come together for a Red Day Social!

2024 Somerset County Senior Center Menu – Week 6 Fall/Winter

Monday (Send Crushed Ice for Thermometer Calibration)

- 4 oz. Orange Juice
- 3 oz. Country Chicken Breast (**Boneless & Unbreaded**) + 2 oz. **Reduced Sodium Country Gravy (Please Send Extra Country Gravy Separately)**
- ½ c. Roasted Sweet Potatoes
- ½ c. Mixed Vegetables
- ½ c. Salad Blend with 1 Tbsp. Dried Cranberries – Salad Dressing
- 1 sl. Whole Wheat Bread – Butter
- 1 ea. Fresh Gala Apple
- 8 oz. 1% Milk

Tuesday

- 4 oz. Orange Juice
- 3 oz. Roast Turkey + 2 oz. **Reduced Sodium Turkey Gravy (Please Send Extra Turkey Gravy Separately)**
- ½ c. Corn Bread Stuffing
- ½ c. Green Beans
- ½ c. Arugula with 1 Tbsp. Shredded Carrots – Salad Dressing
- 1 ea. Mini Kaiser Roll – Butter
- ½ c. Fruited Yogurt/ ½ c. **Mixed Fruit Cup (Juice Pack) – Diabetic**
- 8 oz. 1% Milk

Wednesday

- 4 oz. Assorted Fruit Juices
- 8 oz. Macaroni & Beef Casserole (Made with Ground Beef, Elbow Macaroni, Stewed Tomatoes, Green Pepper, Onion, Garlic, Cumin, Basil & Pepper)
- ½ c. Broccoli Floret, Carrot & Red Pepper Medley
- ½ c. Italian Green Bean Salad (Made with Green Beans, Onion, Reduced Sodium Italian Dressing, Oregano & Cumin)
- 1 sl. Twelve Grain Bread – Butter
- 1 ea. Fresh Pear
- 8 oz. 1% Milk

Thursday

- 6 oz. **Reduced Sodium Navy Bean Soup – No Crackers/MOW's: Assorted Fruit Juices**
- 3 ea. **Reduced Fat Stuffed Shells + 3 oz. Reduced Sodium Tomato Sauce + 1 oz. Reduced Fat Shredded Mozzarella Cheese (Please Send Extra Tomato Sauce Separately)**
- ½ c. Italian Blended Vegetables
- ½ c. Four Bean Salad
- 1 ea. Poppy Seed Dinner Roll – Butter
- 1 ea. Fresh Orange
- 8 oz. 1% Milk

Friday

- 4 oz. Orange Juice
- 4 oz. Potato Crusted Alaskan Pollack + 1 Pkt. Tartar Sauce
- ½ c. Creamy Polenta
- ½ c. Italian Blended Vegetables
- ½ c. Spring Mix with 1 Tbsp. Sliced, Green Olives – Salad Dressing
- 1 sl. Pumpnickel Bread – Butter
- ½ c. Five Spiced Apples
- 8 oz. 1% Milk