

ADC WEEKLY HAPPENINGS

January 13th-January 17th

Monday, January 13th The members will play Reverse Bocce Ball, Chat Pack, Ladder Golf, Say It w/Music, Roll A Number Spin a Wheel, Card Sharks and Shake Out A Memory. In crafts, the members will do an Oil Pastel Project.

Tuesday, January 14th Today is National Dress Up Your Pet Day! The members will participate in Shuffleboard, Picture Guess, Outburst, Floor Basketball, Spin 21, Word Clues and Bean Bag Twister. In crafts, the members will make Snowflakes!

Wednesday, January 15th Today is National Hat Day! The members will play Hat Bowling, Acronyms, Hat Bean Bag Toss, Outburst, Quotes, Let's Take A Trip, High Rollers and Crosswords, In crafts, the members will make Hibernating Bears!

Thursday, January 16th Today is National Nothing Day! The members will participate in Nerf Axe Throwing, EZ Trivia, Tube Ball Knockout, Blank Slate Word Game, Ball Toss & Talk, This or That Trivia and Go Snow. In crafts, the members will have some Coloring Fun!

Friday, January 17th The members will play Velcro Pitch, Candy Trivia, Astrological Signs, Common Bond Words, and A Men's Group. In crafts, the members will make a Winter Collage. In the afternoon, the members will come together for an Ice Cream Social!

2024 Somerset County Senior Center Menu - Week 3 Fall/Winter

Monday (Send Crushed Ice for Thermometer Calibration)

- 4 oz. Assorted Fruit Juices
- 8 oz. Chicken & Vegetable Stir Fry (Made with 3 oz. Diced Boneless Chicken Breast + 3 oz. Diced Red Pepper, Carrot Coins, Snow Peas & Broccoli Florets + 2 oz. **Reduced Sodium** Asian Sauce)
- ½ c. Brown Rice
- ½ c. Spring Mix with 2 sl. Cucumber + 1 Tbsp. Dried Cranberries – Salad Dressing
- 1 ea. Poppy Seed Dinner Roll – Butter
- ½ c. Mixed Fruit Cup – **Juice Pack**
- 8 oz. 1% Milk

Tuesday

- 4 oz. Orange Juice
- 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. Spinach Salad with 1 Tbsp. Shredded Carrots – Salad Dressing
- 1 sl. Pumpernickel Bread – Butter
- ½ c. Five Spiced Apples
- 8 oz. 1% Milk

Wednesday

- 4 oz. Assorted Fruit Juices
- 3 oz. Meatloaf + 2 oz. **Reduced Sodium** Onion Gravy (**Please Send Extra Onion Gravy Separately**)
- ½ c. Oven Roasted Golden Potato Wedges
- ½ c. Corn & Red Pepper Medley
- ½ c. Salad Blend with 2 sl. Cucumber + 2 ea. Cherry Tomatoes – Salad Dressing
- 1 ea. Garlic Rosemary Dinner Roll – Butter
- 1 ea. Fresh Orange
- 8 oz. 1% Milk

Thursday

- 6 oz. **Reduced Sodium** Corn Chowder – **No Crackers/MOW's: Assorted Fruit Juices**
- 1 ea. Turkey Taco Bowl (Made with 3 oz. Turkey Crumbles + ¼ c. Spanish Rice + ¼ c. Black Beans + 2 oz. Diced Red Pepper, Diced Green Pepper, Yellow Corn & Diced Tomatoes + 2 oz. **Reduced Sodium** Southwestern Fajita Sauce (**Please Send Extra Southwestern Fajita Sauce Separately**)
- ½ c. Chopped Romaine Lettuce 2 ea. Cherry Tomatoes – Salad Dressing
- 1 sl. Whole Wheat Bread – Butter
- 1 ea. Fresh Nectarine
- 8 oz. 1% Milk

Friday

- 4 oz. Assorted Fruit Juices
- 3 oz. Chicken Breast Cacciatore (**Boneless & Unbreaded**) (Made with Onion, Tomato, Green Pepper & Fresh, Sliced Mushrooms) + 2 oz. **Reduced Sodium** Tomato Sauce (**Please Send Extra Tomato Sauce Separately**)
- ½ c. Creamy Polenta
- ½ c. Broccoli Floret & Carrot Medley
- ½ c. Tossed Salad with 1 Tbsp. Sliced, Black Olives – Salad Dressing
- 1 sl. Rye Bread – Butter
- 1 ea. Fresh Pear
- 8 oz. 1% Milk