

January ACTIVITY CALENDAR

	Tuesday	Wednesday	Thursday	Friday
		1 Happy New Year Closed	2 Exercise Class- 9:15AM Karaoke 10AM Bible Study 1030am Line Dance 1pm	3 Rummikub- 10AM Line dance- 10:45AM Pinochle- 12:30PM Bingo- 1PM
6 Bingo- 10AM Rummikub- 12:30PM Arts/Crafts 9am-12 1130 am Guided Solution	7 Exercise Class- 9:15AM Line Dance Int. 9:30AM Beg. 10:30AM Pokeno 1PM Arts/Crafts 1PM	8 Bingo 10AM Rummikub 12:30PM Knit/Crochet By Appt Arts/Crafts 9am-12 10am Tech Help	9 Exercise Class- 9:15AM Karaoke 10AM Bible Study 1030am Line Dance 1pm	10 Rummikub- 10AM Line dance- 10:45AM Pinochle- 12:30PM Bingo 1pm
13 Bingo- 10AM Rummikub- 12:30PM Arts/Crafts 9am-12	14 Exercise Class- 9:15AM Line Dance . 9:30AM Beg. 10:30AM Pokeno 1PM Arts/Crafts 1PM 1130am Raymond Meyers	15 Bingo 10AM Rummikub 12:30PM Knit/Crochet By Appt Arts/Crafts 9am-12	16 Exercise Class- 9:15AM Bible Study- 10:30AM Line dance 1PM 10am Hair Cuts 10am Tatted Remnants Musical Band	17 Line Dance 1045AM Rummikub 12:30PM Knit/Crochet By Appt Bingo 1PM
20 HAPPY Birthday  Closed	21 Exercise Class 9:15AM Line Dance Int. 9:30AM Beg. 10:30AM Pokeno 1PM Arts/Crafts 1PM	22 Bingo 10AM Rummikub 12:30PM Knit/Crochet By Appt Arts/crafts 9-12 11am Devoted	23 Exercise Class- 9:15AM Karaoke 10AM Bible Study 1030am Line Dance 1pm	24 Rummikub- 10AM Line dance- 10:45AM Pinochle- 12:30PM Bingo 1pm
27 Bingo- 10AM Rummikub- 12:30PM	28 Exercise Class- 9:15AM Line dance 930AM	29 Bingo 10AM Rummikub 12:30PM Knit/Crochet By Appt Arts/crafts 9-12	30 Exercise Class- 9:15AM Karaoke 10AM Bible Study 1030am Line Dance 1pm	31 Rummikub- 10AM Line dance- 10:45AM Pinochle- 12:30PM Bingo 1pm

Special Events

- January 6th Guided Solution
- January 8th Tech Help
- January 14th Raymond Meyers
- January 16th Hair Cuts
- January 16th Tatted Remnants Musical Band
- January 20th Close MLK Birthday
- January 20th Senior Help
- January 22nd Devoted

REMINDER

Meals are served from 12:00 PM - 1:00 PM, Monday - Friday and require a 2-day advance reservation. To reserve a meal, please call or stop by your local center to sign up. Meals must be consumed on site and may contain or have been exposed to allergens such as Dairy, Gluten, Soy, and Shellfish

MANAGEMENT

Ishtar Jorden
Senior Center Supervisor
(904) 291 - 3520
ijorden@agingtrue.org

FOR ADDITIONAL ASSISTANCE
ISHTAR JORDEN AND
HECTOR JIMENEZ
ARE AVAILABLE

January LUNCH MENU

	Monday	Tuesday	Wednesday	Thursday	Friday
			<i>Happy New Year Closed</i>		
			1	2	3
				Breaded Chicken Patty Green Peas Glazed Carrots Hamburger Bun Fresh Fruit Milk Mustard	Taco Meat Pinto Beans Mexican rice Lettuce/Tomato Shredded Cheese Flour Tortilla Fresh Fruit Milk Taco Sauce
6	6	7	8	9	10
	Sloppy Joe Dilled Carrots Brussels Sprouts Hamburgers Fresh Fruit Milk	Sweet and Sour Chicken Fried Rice Japanese Vegetables Dinner Roll Fruit Cup Milk	Meatballs with gravy Whole Kernel Corn Spring Vegetables Texas bread Fresh Fruit Milk	Creamy Paprika Chicken Whipped Potatoes Green Peas Dinner Roll Fresh Fruit Milk	Hamburger Patty Baked Pinto Beans Whole Kernel Corn Hamburger Bun Fresh Fruit Milk Mustard/ketchup
13	13	14	15	16	17
	Sailsbury Steak Whipped Potatoes California Vegetables Dinner Roll Fruit Cup Milk	BBQ Chicken Black Navy Beans Cabbage Hamburger Bun Fresh Fruit/Milk Pickle Slices	Taco Meat Pinto Beans Mexican rice Lettuce/Tomato Shredded Cheese Flour Tortilla Fresh Fruit Milk Taco Sauce	Pork Sausage Lime Beans Summer Vegetables Hot Dog Bun Fresh Fruit Milk Mustard	Meatball/Spaghetti Sauce Penne/Tomatoes Italian Vegetables Dinner Roll Fresh Fruit Milk
20			22	23	24
		21	Creole Meatballs Rotini Noodles Herbed Green Beans Wheat Bread Fruit Cup Milk	Smothered Chicken Black-eyed Peas Collard Greens Wheat Bread Fresh Fruit Milk	Hamburger Patty Ranch Beans Sliced Tomato/Lettuce Hamburger Bun Mixed Fruit Cup Milk/Mustard /Ketchup
27	27	28	29	30	31
	Swiss Steak Penne Noodles Okra and Tomatoes Wheat Bread Fruit Cup Milk	Chicken Taco Meat Pinto Beans Mexican Rice Lettuce/Tomato/Chees Flour Tortilla Milk Taco Sauce	BBQ Rib Patty Green Peas Cabbage Dinner Roll Fresh Fruit Milk	Meatloaf w/Gravy Delmonico Potatoes Spring Vegetable Blend Wheat Bread Fruit Cups Milk	Pork Sausage Lime Beans Glazed Carrots Hot Dog Bun Fresh Fruit Milk Mustard

CONTACT US

3916 Section Street
 Middleburg, FL.
 32068

(904) 291 - 3520

Hours of Operations

Monday - Friday

9:00 AM till 4:30 PM

Saturday - Sunday

Office Closed



agingtrue.org/clay-county/



facebook.com/agingtrue

OTHER LOCATIONS

Keystone Heights

125 N.E. Commercial Circle
 Keystone Heights, FL. 32656
 (352) 473 - 7121

Green Cove Springs

604 Walnut Street
 Green Cove Springs, FL. 32043
 (904) 284 - 3134

Orange Park

414 Stowe Avenue
 Orange Park, FL. 32073
 (904) 269 - 4731

OTHER SERVICES

- Meals on Wheels
- Case Management
- Mental Wellness
- Long Term Care
- In-home Services
- Respite Care
- R.E.L.I.E.F. Program
- Adult Day Health Services
- Utility Assistance (EHEAP)