

JANUARY ACTIVITY CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
		<p>1</p> <p>CLOSED</p>	<p>2</p> <p>Knit/Crochet 9:00</p> <p>Mexican Train 12:00</p> <p>CHAIR VOLLEYBALL 2:00-3:30</p>	<p>3</p> <p>Card Games & Billards 9:00-4:30</p> <p>Bingo-cize 10:00</p> <p>Bingo 12:30</p>
<p>6</p> <p>Card Games & Billards 9:00-4:30</p> <p>Beg. Line Dance 9:00</p> <p>Bunko 1:00</p>	<p>7</p> <p>Knit/Crochet 9:00</p> <p>Spades 9:00-11</p> <p>CHAIR VOLLEYBALL 9:30-10:45</p> <p>Bingo 12:30</p>	<p>8</p> <p>Card Games & Billards 9:00-4:30</p> <p>Bible History 10:00</p> <p>Bingo 12:30</p>	<p>9</p> <p>Knit/Crochet 9:00</p> <p>Mexican Train 12:00</p> <p>CHAIR VOLLEYBALL 2:00-3:30</p>	<p>10</p> <p>Blood Pressure / Glucose Checks 8:30-10</p> <p>Card Games & Billards 9:00-4:30</p> <p>Bingo 12:30</p>
<p>13</p> <p>Card Games & Billards 9:00-4:30</p> <p>Beg. Line Dance 9:00</p> <p>Bunko 1:00</p>	<p>14</p> <p>Knit/Crochet 9:00</p> <p>Spades 9:00-11</p> <p>CHAIR VOLLEYBALL 9:30-10:45</p> <p>Devoted w/ Ray Meyers 10:00</p> <p>Bingo 12:30</p>	<p>15</p> <p>Card Games & Billards 9:00-4:30</p> <p>Build Your Tech Skills w/Leah 9:30</p> <p>Bible History 10:00</p> <p>Bingo 12:30</p>	<p>16</p> <p>Knit/Crochet 9:00</p> <p>Mexican Train 12:00</p> <p>CHAIR VOLLEYBALL 2:00-3:30</p>	<p>17</p> <p>Card Games & Billards 9:00-4:30</p> <p>Bingo-cize 10:00</p> <p>Bingo 12:30</p>
<p>20</p>  <p>CLOSED</p> <p>Commodities</p>	<p>21</p> <p>Knit/Crochet 9:00</p> <p>Spades 9:00-11</p> <p>CHAIR VOLLEYBALL 9:30-10:45</p> <p>Medicare Guided Solutions 10:30</p> <p>Bingo 12:30</p>	<p>22</p> <p>Card Games & Billards 9:00-4:30</p> <p>Bible History 10:00</p> <p>Bingo 12:30</p>	<p>23</p> <p>Knit/Crochet 9:00</p> <p>Growing Bolder Series 10:00 - 10:30</p> <p>Mexican Train 12:00</p> <p>CHAIR VOLLEYBALL 2:00-3:30</p>	<p>24</p> <p>Blood Pressure / Glucose Checks 8:30-10</p> <p>Card Games & Billards 9:00-4:30</p> <p>Bingo-cize 10:00</p> <p>Bingo 12:30</p> <p>Birthday Celebration! </p>
<p>27</p> <p>Card Games & Billards 9:00-4:30</p> <p>Beg. Line Dance 9:00</p> <p>Bunko 1:00</p>	<p>28</p> <p>Knit/Crochet 9:00</p> <p>Spades 9:00-11</p> <p>CHAIR VOLLEYBALL 9:30-10:45</p> <p>Devoted w/ Ray Meyers 10:00</p> <p>Bingo 12:30</p>	<p>29</p> <p>Card Games & Billards 9:00-4:30</p> <p>Bible History 10:00</p> <p>Bingo 12:30</p>	<p>30</p> <p>Knit/Crochet 9:00</p> <p>Mexican Train 12:00</p> <p>CHAIR VOLLEYBALL 2:00-3:30</p>	<p>31</p> <p>Card Games & Billards 9:00-4:30</p> <p>Bingo-cize 10:00</p> <p>Bingo 12:30</p>

***Haircuts By Donna / Set up Appointment with Donna!**

Happy Birthday

Chris Griggs
Betty Brantley
Betty Marsh
Paula Middleton
Tony McSweeney
Michael Luna
Susan White
Sharon Rainey
John Snodgrass

Those born in January are lucky to have the beautiful and diverse garnet as their birthstone. Garnets are commonly red but also come in an extraordinary range of beautiful colors, including orange, yellow, purple and vibrant green. There are even garnets that change color from blue to purple in different lighting. Some believe the true value of the garnet birthstone is its power to bring the wearer good health, wealth and happiness.

SENIOR CENTER OF KEYSTONE HEIGHTS



**Lunch is Served: 11 am
Monday - Friday
Please Reserve Your Lunch
2 Days in Advance
(352) 473 - 7121**

JANUARY MEAL CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
		1 CLOSED	2 Breaded Chicken Patty Peas Glazed Carrots Hamburger Bun Fruit Milk	3 Taco Meat Pinto Beans Mexican Rice Lettuce/Tomato/Cheese Flour Tortilla Fruit Taco Sauce Milk
6 Sloppy Joe Glazed Carrots Green Beans Hamburger Bun Fruit Cup Milk	7 Sweet & Sour Chicken Fried Rice Japanese Veggies Dinner Roll Fruit Cup Milk	8 Meatballs w/Gravy Corn Spring Veggies Texas Bread Fruit Milk	9 Creamy Paprika Chicken Whipped Potatoes Peas Dinner Roll Fruit Milk	10 Hamburger Patty w/Bun Baked Pinto Beans Corn Fruit Mustard/Ketchup Milk
13 Salisbury Steak Whipped Potatoes California Veggies Dinner Roll Fruit Cup Milk	14 BBQ Chicken w/Bun Baked Navy Beans Cabbage Pickles Fruit Cup Milk	15 Taco Meat Pinto Beans Mexican Rice Lettuce/Tomato/Cheese Flour Tortilla Fruit Milk	16 Pork Sausage Lima Beans Summer Veggies Hot Dog Bun Fruit Mustard Milk	17 Meatloaf/Spaghetti Sauce Penne/Tomatoes Italian Veggies Dinner Roll Fruit Milk
20 CLOSED	21 Chicken/Sausage Jambalaya Peas Country Veggies Dinner Roll Fruit Cup Milk	22 Creole Meatballs Rotini Noodles Herbed Green Beans Wheat Bread Fruit Milk	23 Smothered Chicken Black-eyed Peas Collard Greens Wheat Bread Fruit Milk	24 Hamburger Patty w/Bun Ranch Beans Tomato/Lettuce Mixed Fruit Crisp Mustard/Ketchup Milk
27 Swiss Steak Penne Noodles Okra & Tomatoes Wheat Bread Fruit Cup Milk	28 Chicken Taco Meat Pinto Beans Mexican Rice Lettuce/Tomato/Cheese Flour Tortilla Fruit Cup Milk	29 BBQ Rib Patty Peas Cabbage Dinner Roll Fruit Milk	30 Meatloaf/Onion Gravy Delmonico Potatoes Green Beans Wheat Bread Oatmeal Creme Pie Milk	31 Pork Sausage Lima Beans Glazed Carrots Hot Dog Bun Fruit Mustard Milk

**Meals must be consumed on site and may contain or have been exposed to allergens such as: Dairy, Gluten, Soy, and Shellfish*

CONTACT US

CHRISTINE PAPPAS HANKINS
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DEBRA MOORE
Assistant Senior Center Supervisor
dmoore@agingtrue.org

Hours of Operation
Monday - Friday
8:30 AM till 4:30 PM
(352) 473 - 7121

agingtrue.org/clay-county

facebook.com/agingtrue

OTHER LOCATIONS

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

Middleburg
3916 Section Street
Middleburg, FL. 32068
(904) 291 - 3520

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)