

Monday–Friday, 11:30 a.m.–1:30 p.m. • LOCATION: Ethical Humanist Society, 7574 N. Lincoln Avenue, Skokie

DECEMBER 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Sitcom Monday <ul style="list-style-type: none"> • Chicken w/Cabbage • Parslied Potatoes • Carrots • Melon 	4 Chair Yoga Blood Pressure Screening <ul style="list-style-type: none"> • Chicken Chardonnay • Mashed Potatoes • Peas & Carrots • Pineapple Orange Salad • Apple Bar 	5 CLOSED ALL-EMPLOYEE MEETING	6 Zumba Gold <ul style="list-style-type: none"> • Veal Marsala • Scalloped Potatoes • Stewed Tomatoes • Beet Salad • Chilled Pears 	7 Film Friday <ul style="list-style-type: none"> • Potato-Crusted Fish • Baked Potato • Vegetable Blend • Lemon Mandarin Pudding
10 Karaoke <ul style="list-style-type: none"> • Roast Beef • Mashed Potatoes • Brussels Sprouts • Chilled Pears • Ranger Cookie 	11 Chair Yoga <ul style="list-style-type: none"> • Tukey and Spinach Roll-Up • Bean Soup • Banana & Melon 	12 Move More! Eat Better! <ul style="list-style-type: none"> • Spaghetti & Meatballs • Vegetables • Chilled Peaches 	13 Zumba Gold <ul style="list-style-type: none"> • Egg Salad Sandwich • Tomato Florentine Soup • Pea Salad • Cranberry Applesauce 	14 Film Friday <ul style="list-style-type: none"> • Cheese Ravioli Alfredo • Zucchini • Italian Green Beans • Mixed Fruit & Cookie
17 Game Show Party <ul style="list-style-type: none"> • Meatloaf • Mashed Potatoes • Peas & Onions • Pineapple Tidbits 	18 Chair Yoga Blood Pressure Screening <ul style="list-style-type: none"> • Fish Sandwich • Baked Potato • Carrot Raisin Salad • Warm Peach Crumble 	19 Handmade Crafts Aerobics <ul style="list-style-type: none"> • BBQ Chicken Thigh • Oven Fries • Green Bean & Onions • Fruit Jell-O 	20 Zumba Gold <ul style="list-style-type: none"> • Cheese Omelet • Biscuit & Gravy • Fruit Yogurt • Fresh Orange • Apple Juice 	21 Film Friday <ul style="list-style-type: none"> • Chicken w/ Cranberry Raisin Sauce • Roasted Diced Potatoes • Mixed Vegetables • Pie
24 CLOSED 	25 CLOSED	26 Wii Games <ul style="list-style-type: none"> • Salisbury Steak • Mashed Potatoes • Harvard Beets • Pineapple Tidbits 	27 Zumba Gold <ul style="list-style-type: none"> • Hot Dog • Oven Fries • Vegetable Blend • Banana • Melon 	28 @ Skokie Library <ul style="list-style-type: none"> • Chicken Classic • Roasted Red Potatoes • Sautéed Green Beans • Peach Cobbler
31 CLOSED 	1 CLOSED	2 Wii Games <ul style="list-style-type: none"> • Spaghetti & Meatballs • Mixed Green Salad • Chickpea Salad • Peach Cobbler 	3 Zumba Gold <ul style="list-style-type: none"> • Tuna Spinach Salad • Hard-Boiled Egg • Cream of Broccoli Soup • Tri-Bean Salad • Mandarin Oranges 	4 Film Friday <ul style="list-style-type: none"> • Alaskan Pollock • Rice Pilaf • Bean & Tomato Medley • Mixed Salad Greens • Melon

Menu subject to change.