

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

JANUARY 2019

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|--|--|---|
| 31 DECEMBER CLOSED  | 1 CLOSED | 2 Wii Games <ul style="list-style-type: none"> • Spaghetti & Meatballs • Mixed Green 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 |
| 7 Sitcom Monday <ul style="list-style-type: none"> • Roast Beef • Mashed Potatoes • Mixed Vegetables • Fresh Orange | 8 Chair Yoga <ul style="list-style-type: none"> • BBQ Chicken Sandwich • Oven Fries • Mixed Salad Greens • Cinnamon Apples | 9 Doctor Visit? You've Got This! <ul style="list-style-type: none"> • Turkey Divan • Rice Pilaf • Broccoli • Fruit & Cookie | 10 Zumba Gold <ul style="list-style-type: none"> • Turkey Sub Sandwich • Split Pea Soup • Banana • Cranberry Juice | 11 Film Friday <ul style="list-style-type: none"> • Chicken Breast Parmesan • Penne Pasta Marinara • Squash Medley • Chilled Peaches |
| 14 Karaoke <ul style="list-style-type: none"> • Chicken w/Cabbage • Parslied Potatoes • Carrots • Melon | 15 Chair Yoga Blood Pressure Screening <ul style="list-style-type: none"> • Chicken Chardonnay • Mashed Potatoes • Peas & Carrots • Pineapple Orange Salad • Apple Bar | 16 Handmade Crafts Aerobics <ul style="list-style-type: none"> • Texas Chili • Mac & Cheese • Vegetable Blend • Corn Bread | 17 Zumba Gold <ul style="list-style-type: none"> • Hamburger • Cheese Soup • Melon • Coleslaw | 18 Film Friday <ul style="list-style-type: none"> • Potato-Crusted Fish • Baked Potato • Vegetable Blend • Lemon Mandarin Pudding |
| 21 Game Show Party <ul style="list-style-type: none"> • Roast Beef • Mashed Potatoes • Brussels Sprouts • Chilled Pears • Ranger Cookie | 22 Chair Yoga <ul style="list-style-type: none"> • Tukey and Spinach Roll-Up • Bean Soup • Banana & Melon | 23 Wii Games <ul style="list-style-type: none"> • Spaghetti & Meatballs • Vegetables • Chilled Peaches | 24 Zumba Gold <ul style="list-style-type: none"> • Chicken Tenders • Bread Stuffing • Mashed Sweet Potatoes • Vegetable Blend • Cranberry Applesauce | 25 @ Skokie Library <ul style="list-style-type: none"> • Stuffed Chicken Breast • Green Beans • Fruit Salad • Multi-Grain Roll |
| 28 Board Games <ul style="list-style-type: none"> • Meatloaf • Mashed Potatoes • Peas & Onions • Pineapple Tidbits | 29 Chair Yoga Blood Pressure Screening <ul style="list-style-type: none"> • Caprese Pasta Salad w/Grilled Chicken • Split Pea Soup • Carrot Raisin Salad • Fruit | 30 Wii Games <ul style="list-style-type: none"> • BBQ Chicken Thigh • Oven Fries • Green Bean & Onions • Fruit Jell-O | 31 Zumba Gold <ul style="list-style-type: none"> • Cheese Omelet • Biscuit & Gravy • Fruit Yogurt • Fresh Orange • Apple Juice | 1 FEBRUARY Film Friday <ul style="list-style-type: none"> • Swedish Meatballs • Mashed Potatoes • Broccoli • Melon |

Menu subject to change.