

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

FEBRUARY 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28 JANUARY Board Games <ul style="list-style-type: none"> • Meatloaf • Mashed Potatoes • Peas & Onions • Pineapple Tidbits 	29 JANUARY Chair Yoga Blood Pressure Screening <ul style="list-style-type: none"> • Caprese Pasta Salad w/Grilled Chicken • Split Pea Soup & Fruit • Carrot Raisin Salad 	30 JANUARY Wii Games <ul style="list-style-type: none"> • BBQ Chicken Thigh • Oven Fries • Green Bean & Onions • Fruit Jell-O 	31 JANUARY Zumba Gold <ul style="list-style-type: none"> • Cheese Omelet • Biscuit & Gravy • Fruit Yogurt • Fresh Orange & Juice 	1 Film Friday <ul style="list-style-type: none"> • Swedish Meatballs • Mashed Potatoes • Broccoli • Melon
4 Sitcom Monday <ul style="list-style-type: none"> • Roast Chicken • Au Gratin Potatoes • Peas & Carrots • Pumpkin Bar 	5 Chair Yoga <ul style="list-style-type: none"> • Hamburger • Tomato Soup • Pea Salad • Pears & Cranberries 	6 Tech Help <ul style="list-style-type: none"> • Salisbury Steak • Mashed Potatoes • Beets • Pineapple Tidbits 	7 Zumba Gold <ul style="list-style-type: none"> • Hot Dog • Oven Fries • Vegetable Blend • Banana & Melon 	8 Film Friday <ul style="list-style-type: none"> • Lasagna • Broccoli • Vegetables • Oatmeal Raisin Cookie
11 Karaoke <ul style="list-style-type: none"> • Roast Turkey • Baked Sweet Potatoes • Mixed Vegetables • Bread Stuffing • Fruit 	12 Chair Yoga Blood Pressure Screening <ul style="list-style-type: none"> • Chicken Cesar Salad • Minestrone Soup • Fruit Custard • Ranger Cookie 	13 Fitness Facts & Fallacies <ul style="list-style-type: none"> • Spaghetti & Meatballs • Salad Greens • Chickpeas • Peach Cobbler 	14 Zumba Gold <ul style="list-style-type: none"> • Tuna Salad • Spinach Salad • Cream of Broccoli Soup • Tri-Bean Salad • Mandarin Oranges 	15 Film Friday <ul style="list-style-type: none"> • Alaskan Pollock • Vegetable Rice Pilaf • Bean & Tomato Medley • Mixed Salad Greens • Melon
18 Game Show Party <ul style="list-style-type: none"> • Roast Beef • Mashed Potatoes • Vegetable Blend • Fresh Orange 	19 Chair Yoga <ul style="list-style-type: none"> • BBQ Chicken Sandwich • Oven Fries • Mixed Salad Greens • Warm Cinnamon Apples 	20 Handmade Crafts Aerobics <ul style="list-style-type: none"> • Turkey Divan • Vegetable Rice Pilaf • Broccoli • Cookie & Fruit 	21 Zumba Gold <ul style="list-style-type: none"> • Turkey Trio Sandwich • Split Pea Soup • Banana • Cranberry Juice 	22 @ Skokie Library <ul style="list-style-type: none"> • Chicken w/ Red Wine Apricot Sauce • Garlic Mashed Potatoes • Glazed Baby Carrots • Mixed Green Salad
25 Board Games <ul style="list-style-type: none"> • Chicken w/Cabbage • Parslied Potatoes • Carrots • Melon 	26 Chair Yoga Blood Pressure Screening <ul style="list-style-type: none"> • Chicken Chardonnay • Mashed Potatoes • Peas & Carrots • Pineapple Orange Salad • Apple Bar 	27 Wii Games <ul style="list-style-type: none"> • Chili • Macaroni & Cheese • Vegetable Blend • Corn Bread 	28 Zumba Gold <ul style="list-style-type: none"> • Hamburger • Cheese Soup • Melon • Coleslaw 	1 MARCH Film Friday <ul style="list-style-type: none"> • Potato-Crusted Fish • Baked Potato • Vegetable Blend • Lemon Mandarin Pudding

Menu subject to change.