

BINGO

WHERE: ACTIVITY TRAILER

TIME: 9:00—10:00 AM

JANUARY 5TH

JANUARY 12TH

JANUARY 26TH



PLEASE SEE ATTACHED

CALENDER

FOR DAILY ACTIVITIES AND
KEEP IT HANDY SO YOU CAN
REFER TO IT THROUGH OUT THE
MONTH.



REMEMBER!

**THE OFFICE WILL BE CLOSED:
JANUARY 1ST AND 2ND 2009
AND JANUARY 19TH MLK DAY**



Remember to keep saving your pull tops from any type cans for the Ronald McDonald House. During lunch you can drop them into the collection house at the Activity Trailer.

**DAILY HOT LUNCHES SERVED AT 11:00 AM.
PLEASE BE THERE AT 10:45 FOR SEATING**



Hot lunches are provided daily at the Activity Trailer by the Office of Senior Citizen Services. They request a \$1 donation per meal. Call Karen at 808-4425 for more information.



**KEEP IN MIND THAT THESE SERVICES
ARE AVAILABLE AT SPRING GARDENS.**



Nutritionists from Health Education visit every other month for diet information and assistance.

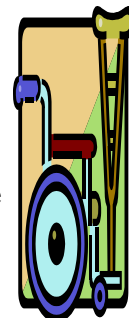
Dr. Jamie Cleckler, Podiatrist, visits every other month to do foot care.

Health Educator Cathy King, RN, does weekly health checks every

Wednesday from 1:00 PM until 4:00 PM in the Activity Trailer.

Bob Dismukes from Jernigan's Healthcare visits every month to assist with your medical supply and equipment needs from 1:00—3:00 PM on the third Wednesday of the month.

Call Amy or Cathy at 841-5032 for questions or more information .



Medical Aids

PICKIN ' AND GRINNIN

**IT'S BACK!!! JOIN YOUR NEIGHBORS FOR AN EVENING OF LIVE
COUNTRY- WESTERN & GOSPEL MUSIC FUN AND FELLOWSHIP
ON Jan. 9th BRING A LIGHT SNACK.**

2nd Friday, will be the Southern Drifters.

4th Friday, will be the Brookridge Drifters.

DATES: January 9th and 23rd

TIME: 6:00 – 9:00 PM

WHERE: Activity Trailer



AARP Secure Horizons By Medicare Complete Members

AARP Secure Horizons by Medicare Complete is offering a new plan to some of their members that has more benefits. If your Medicare coverage is with them you may not be in the plan that gives you the most benefits.

Please contact Amy or Cathy at 841-5032 for more information.

“YOU DON’T NEED ANOTHER STROKE OR A HEART ATTACK” SEMINAR

Come and learn about how stroke survivors can help their recovery and protect against a future stroke or heart attack.



Join our Health Educator, Cathy King, RN,

Date: Tuesday January 27th

Time: 1:00 PM

Where: The Activity Trailer.

JANUARY REGULAR BOX

Balanced nutrition and variety with enough food to feed a family of four for a week.

1.5 lb. Ribeye Steak (4 x 6 oz.)
4 lb. Leg Quarters
1.5 lb. Beef Patties (4 x 6 oz.)
18 oz. Cheese Filled Manicotti
2 lb. Pork Rib Strips
1 lb. Chicken Breast Fajita Strips
1 lb. Ground Turkey
1 lb. Broccoli
1 lb. Peas
6 ct. Oatmeal Variety Box
32 oz. 2% Shelf Stable Milk
8 oz. Blueberry Muffin Mix
12 ct. White Corn Tortillas
1 lb. Pinto Beans
7 oz. Chicken Flavored Rice & Vermicelli
Dozen Eggs
Dessert

\$30.00

ANGEL FOOD MINISTRIES SENIOR/CONVENIENCE BOX

For Seniors or People on the Go!

New Orleans Style Chicken over Savory Rice with Okra & Tomatoes and Diced Sweet Potatoes

Grilled Chicken Strips & Penne Pasta with Creamy Tomato Basil Sauce, Capri Blend Vegetables and Green Beans with Onions and Red Peppers

Beef & Bowtie Pasta with Herbed Tomato Sauce, Capri Blend Vegetables and Corn

Flame-Broiled Salisbury Steak with Brown Gravy, Sour Cream & Chive Potatoes and Mixed Vegetables

Cheesy Chicken and Broccoli Casserole with Rice, Green Beans and Squash Medley

Spaghetti with Meatballs, Green Beans and Cinnamon Applesauce

Chicken Parmesan with Whipped Potatoes and Capri Blend Vegetables

Flame-Broiled Beef Patty with Onion Gravy, Sour Cream & Chive Potatoes and Capri Blend Vegetables

Country Fried Steak with Cream Gravy, Red Skin Whipped Potatoes and Mixed Vegetables

Classic Chicken Tetrazzini with Diced Carrots and Green Peas

10 Desserts included with Senior/Convenience Meals

\$28.00

*****One or More Specials Available With the purchase of Any of the basic boxes *****

JANUARY SPECIAL #1

6 lb. Assorted Combo Box \$22.00

1.5 lb. Bone-In New York Strips (2 x 12 oz.)
1 lb. Sirloin Strips (2 x 8 oz.)
1.5 lb. Boneless Pork Chops -Thick Cut (4 x 6 oz.)
2 lb. Hamburger Steak (4 x 8 oz.)

JANUARY SPECIAL #2

4.5 lb. Bacon-Wrapped Meat Combo \$21.00

1.5 lb. Bacon-Wrapped Beef Filet (4 x 6 oz.)
1.5 lb. Bacon-Wrapped Pork Filet (4 x 6 oz.)
1.5 lb. Bacon-Wrapped Chicken Filet (4 x 6 oz.)

JANUARY SPECIAL #3

3.75 lb. T-Bone Special \$21.00

3.75 lb. T-Bone Steaks (5 x 12 oz.)

JANUARY SPECIAL #4

10 lb. Chicken Combo Box \$20.00

4.5 lb. (avg.) Whole Perdue Chicken
2 lb. Wings
2 lb. Chicken Nuggets
2 lb. Breaded Chicken Tenders

JANUARY SPECIAL #5

Fresh Fruit and Veggie Box \$21.00

4 lb. New Crop Idaho Baking Potatoes
3 lb. New Crop North Carolina Sweet Potatoes
2 lb. Western Grown Medium Yellow Onions
4 lb. Tree Ripened Navel Oranges
½ lb. New Crop Georgia Grown Pecan Halves
2 ea. Tree Ripened Florida Red Grapefruit
1 head New Crop Florida Green Cabbage
1 lb. Western Grown Carrots (cello packed)
4 ea. Tree Ripened Florida Tangerines
4 ea. Washington State Bosc Pears

ORDERS DUE BY: WED, JANUARY 7TH

**WILL BE TAKING ORDERS FROM JAN. 5TH
THROUGH JANUARY 7TH AT THE MAINTENANCE
OFFICE. CALL NITA FOR QUESTIONS 808-4177.**