

# West Shore Senior Center

## Activity Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
			<b>1</b> <b>CLOSED</b> <b>New Years Day</b>	<b>2</b> <b>CLOSED</b> <b>Holiday</b>
<b>5</b> 9:00 am   Billiards 10:45 am   Chair Yoga 12:00 noon   Cards 12:00 noon   Dominos	<b>6</b> 9:00 am   Billiards 12:00 noon   Games/Cards 12:00 noon   Boomwhackers	<b>7</b> 9:00 am   Billiards 10:00 am   Bible Study 12:00 noon   Healthy Steps 12:00 noon   Card games	<b>8</b> 9:00 am   Billiards 10:00 am   Bingo 12:00 noon   Blood Pressure 12:00 noon   Card games 12:00 noon   Tai Chi	<b>9</b> 9:00 am   Billiards 10:45 am   Chair Yoga 12:00 noon   Cards 12:00 noon   Dominos 12:00 noon   Video Chair Zumba
<b>12</b> 9:00 am   Billiards 10:45 am   Chair Yoga 12:00 noon   Crafts w/ Judy, Loretta, and Sally 12:00 noon   Cards 12:00 noon   Dominos	<b>13</b> 9:00 am   Billiards 12:00 noon   Games/Cards 12:00 noon   Boomwhackers	<b>14</b> 9:00 am   Billiards 10:00 am   Bible Study 12:00 noon   Healthy Steps 12:00 noon   Card games	<b>15</b> 9:00 am   Billiards 10:00 am   Bingo 12:00 noon   Blood Pressure 12:00 noon   Card games 12:00 noon   Tai Chi	<b>16</b> <b>CLOSED</b> <b>Trip to the Farm</b> <b>Show bus leaves at</b> <b>9:30am</b>
<b>19</b> <b>CLOSED</b> <b>Martin Luther King</b> <b>Day</b>	<b>20</b> 9:00 am   Billiards 12:00 noon   Games/Cards 12:00 noon   Boomwhackers	<b>21</b> 9:00 am   Billiards 10:00 am   Bible Study 12:00 noon   Healthy Steps 12:00 noon   Card games	<b>22</b> 9:00 am   Billiards 10:00 am   Bingo 12:00 noon   Blood Pressure 12:00 noon   Card games 12:00 noon   Tai Chi	<b>23</b> 9:00 am   Billiards 10:45 am   Chair Yoga 12:00 noon   Cards 12:00 noon   Dominos 12:00 noon   Video Chair Zumba
<b>26</b> 9:00 am   Billiards 10:45 am   Chair Yoga 12:00 noon   Cards 12:00 noon   Dominos	<b>27</b> 9:00 am   Billiards 12:00 noon   Games/Cards 12:00 noon   Boomwhackers	<b>28</b> 9:00 am   Billiards 10:00 am   Bible Study 12:00 noon   Healthy Steps 12:00 noon   Card games	<b>29</b> 9:00 am   Billiards 10:00 am   Bingo 12:00 noon   Blood Pressure 12:00 noon   Card games 12:00 noon   Tai Chi	<b>30</b> <b>CLOSED</b> <b>Movie and Pizza</b> <b>Party</b>

# West Shore Senior Center

## Menu

January 2026

Monday	Tuesday	Wednesday	Thursday	Friday
			<b>1</b> <b>CLOSED</b> <b>New Years Day</b>	<b>2</b> <b>CLOSED</b> <b>Holiday</b>
<b>5</b> Pot Roast w/ Gravy Mashed Potatoes Coin Carrots Italian Bread Fresh Fruit Milk	<b>6</b> Grilled Chicken Salad Broccoli Soup Bread stick Fruited Gelatin Milk	<b>7</b> Stadium Hot Dog w Chili Roasted Sweet Potatoes Peas Pineapple and mandarin oranges Milk	<b>8</b> Open Faced Turkey Sandwich w/ Gravy Mashed Potatoes Corn White Bread Fresh Fruit /Choc Milk	<b>9</b> French Dip Sandwich w/ Au Jus Garlic Parsley Potatoes Green Beans Mandarin Oranges Milk
<b>12</b> Winter Beef Stew Green Beans Cornbread Apple Crisp Milk	<b>13</b> Fish Sandwich w/ Tartar Sauce Coleslaw Lemon Pepper Broccoli Diced Peaches Milk	<b>14</b> Roast Beef w/ Gravy Mashed Potatoes Coin Carrots Whole Wheat Bread Fresh Fruit Milk	<b>15</b> Turkey w/ Provolone Sandwich Corn Chowder Fresh Fruit Milk	<b>16</b> <b>CLOSED</b> <b>Trip to the Farm Show</b> <b>Bus leaves at 9:30am</b>
<b>19</b> <b>CLOSED</b> <b>Martin Luther King Day</b>	<b>20</b> Chicken Taco Salad Corn Yellow Rice Pineapple Milk	<b>21</b> Meatloaf w/ Gravy Baked Potato Carrots Wheat Bread Fresh Fruit / Milk	<b>22</b> Cheese Omelet Sausage Patty Breakfast Potatoes English Muffin Orange Juice / Milk	<b>23</b> Smokey BBQ Bacon Burger Cauliflower soup Fresh Fruit / Milk
<b>26</b> Sloppy Joe Country Greens Sweet Potato Bites Oatmeal Cream Pie Milk	<b>27</b> Roasted Honey Garlic Pork Loin Steamed Broccoli White Rice Dinner Roll Fruit Gelatin / Milk	<b>28</b> Kielbasa w Kraut Mashed Potatoes California Blend Vegetables Apple Sauce/ Milk	<b>29</b> Turkey Chef Salad Vegetable Soup Wheat Bread Piece of Cake / Milk	<b>30</b> <b>CLOSED</b> <b>Movie and Pizza Party</b>

# West Shore Senior Center

## Activity Calendar

February 2026

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>2</b>            9:00 am   Billiards            10:45 am   Chair Yoga            12:00 noon   Cards            12:00 noon   Dominos</p>	<p><b>3</b>            9:00 am   Billiards            10:00 am   Games/Cards            12:00 noon   Boomwhackers</p>	<p><b>4</b>            9:00 am   Billiards            10:00 am   Bible Study            12:00 noon   Healthy Steps            12:00 noon   Card games</p>	<p><b>5</b>            9:00 am   Billiards            10:00 am   Bingo            12:00 noon   Blood Pressure            12:00 noon   Card games            12:00 noon   Tai Chi</p>	<p><b>6</b>            9:00 am   Billiards            10:45 am   Video Chair Yoga            12:00 noon   Cards            12:00 noon   Dominos            12:00 noon   Video Chair Zumba</p>
<p><b>9</b>            9:00 am   Billiards            10:45 am   Chair Yoga            12:00 noon   Crafts w/ Judy, Loretta, and Sally            12:00 noon   Cards            12:00 noon   Dominos</p>	<p><b>10</b>            9:00 am   Billiards            10:00 am   Games/Cards            12:00 noon   Boomwhackers</p>	<p><b>11</b>            9:00 am   Billiards            10:00 am   Bible Study            12:00 noon   Healthy Steps            12:00 noon   Card games</p>	<p><b>12</b>            9:00 am   Billiards            10:00 am   Bingo            12:00 noon   Blood Pressure            12:00 noon   Card games            12:00 noon   Tai Chi</p>	<p><b>13</b>  <b>Closed for the Valentines Day Party</b></p>
<p><b>16</b>  <b>Closed Presidents Day</b></p>	<p><b>17</b>            9:00 am   Billiards            10:00 am   Games/Cards            12:00 noon   Boomwhackers</p>	<p><b>18</b>            9:00 am   Billiards            10:00 am   Bible Study            12:00 noon   Healthy Steps            12:00 noon   Card games</p>	<p><b>19</b>            9:00 am   Billiards            10:00 am   Bingo            12:00 noon   Blood Pressure            12:00 noon   Card games            12:00 noon   Tai Chi</p>	<p><b>20</b>            9:00 am   Billiards            10:45 am   Chair Yoga            12:00 noon   Cards            12:00 noon   Dominos            12:00 noon   Video Chair Zumba</p>
<p><b>23</b>            9:00 am   Billiards            10:45 am   Chair Yoga            12:00 noon   Cards            12:00 noon   Dominos</p>	<p><b>24</b>            9:00 am   Billiards            10:00 am   Games/Cards            12:00 noon   Boomwhackers</p>	<p><b>25</b>            9:00 am   Billiards            10:00 am   Bible Study            12:00 noon   Healthy Steps            12:00 noon   Card games</p>	<p><b>26</b>            9:00 am   Billiards            10:00 am   Bingo            12:00 noon   Blood Pressure            12:00 noon   Card games            12:00 noon   Tai Chi</p>	<p><b>27</b>            9:00 am   Billiards            10:45 am   Chair Yoga            12:00 noon   Cards            12:00 noon   Dominos            12:00 noon   Video Chair Zumba</p>

# West Shore Senior Center

## Menu

February 2026

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>2</b>                      Salisbury Steak                      Whipped Potatoes                      Peas                      Dinner Roll                      Fresh Fruit/ Milk</p>	<p><b>3</b>                      Pasta &amp; Meatballs                      Tossed Salad w/ Tomato                      Garlic Bread Stick                      Fresh Fruit                      Milk</p>	<p><b>4</b>                      Creamy Chicken Tortellini                      Green Beans                      Spiced Fruit/ Milk</p>	<p><b>5</b>                      Cheeseburger                      Tator Tots                      Tossed Salad                      Pineapple                      Choc- Milk</p>	<p><b>6</b>                      General Tso Chicken                      White Rice                      Garlic Broccoli                      Mandarin Oranges                      Milk</p>
<p><b>9</b>                      Sliced Ham w/ Pineapple Sauce                      Mashed Potatoes                      Peas                      Dinner Roll                      Cookie/ Milk</p>	<p><b>10</b>                      Chicken Philly Cheese                      Steak                      Cream of Spinach Soup                      Coleslaw                      Gelatin                      Milk</p>	<p><b>11</b>                      BBQ Ribette                      Ranch Cubed Potatoes                      Green Beans                      Fresh Fruit                      Milk</p>	<p><b>12</b>                      Shrimp Scampi                      Creamy Pasta                      Lemon Pepper Broccoli                      Bread stick                      Fresh Fruit /Choc- Milk</p>	<p><b>13</b>  <b>Closed for the                      Valentines Day Party</b></p>
<p><b>16</b>  <b>Closed Presidents                      Day</b></p>	<p><b>17</b>                      Meatball sub w/ Moz                      cheese                      Loaded Potato Soup                      Tossed Salad                      Fresh Fruit                      Milk</p>	<p><b>18</b>                      Potato Fish                      Mac &amp; Cheese                      Stewed Tomatoes                      Fresh Fruit                      Milk</p>	<p><b>19</b>                      Sweet &amp; Sour Pork                      White Rice                      Broccoli &amp; Cauliflower                      Fresh Fruit /Choc- Milk</p>	<p><b>20</b>                      Vegetable Lasagna                      Topped w/ Creamy Sauce                      Tossed Salad                      Garlic Bread Stick                      Fruit Cocktail / Milk</p>
<p><b>23</b>                      Pot Roast w/ Gravy                      Mashed Potatoes                      Coin Carrots                      Italian Bread                      Peach Crisp                      Milk</p>	<p><b>24</b>                      Grilled Chicken Salad                      Broccoli Soup                      Bread Stick                      Fruited Gelatin                      Milk</p>	<p><b>25</b>                      Open Faced Turkey Sandwich                      w/ Gravy                      Mashed Potatoes                      Corn                      White Bread                      Fresh Fruit / Milk</p>	<p><b>26</b>                      French Dip Sandwich w/ Au                      Jus                      Garlic Parsley Potatoes                      Green Beans                      Mandarin Oranges                      Choc Milk</p>	<p><b>27</b>                      Tuna Salad Sandwich                      Bean Soup                      Fresh Fruit                      Choc- Milk</p>