



# February

# 2019

Color of the Month:  
Red or pink

Monday	Tuesday	Wednesday	Thursday	Friday
				01 10:00am 
04 10:00am	05. 10:00am 12:00pm Exercise	06.10:00AM 	7 10:00 	8 10:00am
11. 10:00AM 	12. 10:00am 12:00pm Exercise	13. Party 	14. 10:30 	15 @ 9AM HEALTHY Cooking Demonstrations  
18.. Bunco @ 12:00pm	19. Let's Celebrate February Birthdays  	20 10:00am	21. Shed Aquarium Trip 	22. 10:00am
25 	26 10:00  12:00pm Exercise	27. 10:00am	28. 10:30 	New to the Café? Your First 3Lunches are FREE!

Menu subject to change due to availability of items. Funds in whole or in part for this publication were provided through an award from Age Option under title 111 of the Older Americans Act as administered through the Illinois Department on Aging and federal administration on Aging. Community Nutrition Network does not discriminate in admission to programs or treatment of employment in programs or activities in compliance with the Illinois Human Rights Act; the U.S. Civil Rights Act; Section 504 of the Rehabilitation Act; the Age Discrimination Act; the Age Discrimination in Employment Act; and the U.S. and Illinois Constitutions. If you feel you have discriminated against, you have the right to file a complaint. For information dial [1-800-252-8965](tel:1-800-252-8965) (Voice and TDD)