



# FEBRUARY 2023 CLUB 90 MEAL CALENDAR



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2 Free Lunch	3
		Chicken Pot Pie 	Loaded Potato-Soup 	Cold Plate   Pancakes & Sausage
6	7 Free Lunch	8	9 Free Lunch	10
Chef Chester's Meat Pie 	Peameal Bacon Sandwich 	Chef Victor's Stir Fry 	Pulled Pork Sandwich with Cole-slaw 	Hot Hamburger & Fries   Turkey Bacon Roll up Wrap
13	14 Free Lunch	15	16 Free Lunch	17
Chef Chester's Chili & Toast 	Valentine's/ Friendship Brunch  <u>Sign up required</u>	Chef Denise's Surprise 	Fish & Chips with Coleslaw 	Chicken Dinner   Ham & Spinach Quiche
20	21 Free Lunch	22	23 Free Lunch	24
PAUSED for  See you Tomorrow!	Chef Laurent's Homemade Pizza 	Potato & Meatloaf Casserole 	Tortellini Soup 	Crepes with Fruit   Egg Roll Stir Fry
27	28 Free Lunch	Valentine's/ Friendship Brunch sign up before Friday February 10th		Contact Tammy to book a day & time with her in the Club 90 Kitchen 
Chef Chester's Pasta Surprise 	Teriyaki Chicken Rice 			

# February 2023 Club 90 Activity's

Monday	Tuesday	Wednesday 1	Thursday 2	Friday 3
<p>Come join our free antianxiety workbook Journaling every Monday! Daily Participation, Ted Talks and more!</p> 		<p><b>Wednesdays @ 2pm</b> there will be a meeting for the monthly steppingstones. Anyone Interested in the design of stepping stones or adding your, art, poems, or other ideas. Please let meet!</p>	<p>Self-Care talk with Melanie @ 1:30 Please sign Up at Club 90</p> <p><b>Music &amp; Jamming</b></p> 	<p><b>Cake Pop Making with Melanie.</b> Call to sign up!</p> 
<p><b>6</b></p> <p>Anxiety Workbook And Journaling @2pm</p> 	<p><b>7</b></p> <p><b>Bingo</b> Let's Teach our members how to Play!</p> 	<p><b>8</b></p> <p>Dice breaker Game Let's get to know each other!</p>  <p><b>Stepping Stones Meeting @ 2pm</b></p>	<p><b>9</b></p> <p><b>Music &amp; Jamming with Karaoke!</b></p> 	<p><b>10</b></p> <p><b>Chair Yoga with Patrick Guite</b> Please sign up! Starts at 1pm</p> 
<p><b>13</b></p> <p>Anxiety Workbook And Journaling @2pm</p> 	<p><b>14</b></p> <p>Valentines/Friendship Brunch Entertainment by Thor! @1:30</p> 	<p><b>15</b></p> <p><b>National Flag Day!</b> Make our own Flag!</p> <p><b>Stepping Stones Meeting @ 2pm</b></p>	<p><b>16</b></p> <p><b>Music &amp; Jamming</b></p> 	<p><b>17</b></p> <p><b>Movie &amp; Popcorn Day</b></p> 
<p><b>20</b></p> <p><b>Enjoy</b></p> 	<p><b>21</b></p> <p>Presentation by Phil Young regarding Internet Safety @ 1:30. Here at Club 90</p> 	<p><b>22</b></p> <p><b>Game Day!</b> Lets have some fun playing with the Switch. All Day!</p> <p><b>Stepping Stones Meeting @ 2pm</b></p>	<p><b>23</b></p> <p><b>Music &amp; Jamming with Karaoke!</b></p> 	<p><b>24</b></p> <p><b>Want to know how easy it is to make Bread. Sign up at Club 90! Starts @ 2pm!</b></p> 
<p><b>27</b></p> <p>Anxiety Workbook And Journaling @2pm</p> 	<p><b>28</b></p> <p><b>Selfie Scavenger hunt with Tablets @ 2pm</b></p> 	<p> We have Patrick Guite who is a certified Yoga instructor coming in to teach us how to do Chair Yoga. There are many benefits to Yoga such as improving your flexibility, decreases stress, and reduces inflammation to name a few. Make sure you come in or call to sign up at Club 90 before February 9<sup>th</sup> to save a spot. This is going to be amazing!!!</p>		