
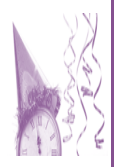


December 2016  
—Posen Center—

# Activities



Sun	Mon	Tue	Wed	Thurs	Fri	Sat
<p>Christmas is a time of joy, A time for love and cheer, A time for making memories, To last throughout the year</p>				1	2	3
4	<p>5 <b>CLOSED</b> Onaway &amp; Posen Centers MANDATORY Staff In-service</p>	6	<p>7 <i>Birthday</i> <i>Bingo 2-4</i> <b>4 MEAL DRAW</b></p>	<p>8 <b>CSFP Senior</b> Commodities 12-12:30 pm</p>	9	10
11	<p>12 <i>Bus Trip</i> Cheboygan  <b>Board Meeting</b> at Onaway 10 am</p>	<p>13 How to Start an Exercise Program-by Arika Kunath 3:30 pm</p>	<p>14 <i>BINGO 2-4</i></p>	<p>15 <i>Cookie</i> <i>Decorating</i> <i>Party \$3</i> <i>2pm</i></p>	<p>16 Alpena Bus Trip</p>	17
<p>18 <b>4 MEAL DRAW</b></p>	<p>19 Drug Storage &amp; Organization 3:30 pm</p>	20	<p>21 <i>BINGO 2-4</i> Ugly Sweater Contest 3 pm</p>	22	23	24
<p>25 Closed </p>	<p>26 Closed</p>	27	<p>28 <i>BINGO 2-4</i></p>	29	30	<p>31 </p>



# PICCOA December Menu



**Congregate meals served Sunday - Thursday.** Closed Friday & Saturday

Dinner is a suggested *donation* of \$3.00 for seniors **60 years and older.**

The meal cost is \$6.00 per person under 60.

## Sunday Congregate

Onaway Center: Soup at Noon, Meal at 1:00 pm

Posen Center: Soup at 3 pm, Meal at 4:00 pm

## Monday-Thursday Congregate

Both Centers: Soup at 3 pm, Meal at 4:30 pm

(\*) Denotes a substituted item




Sunday	Monday	Tuesday	Wednesday	Thursday
				<b>1</b> Country Fried Steak Gravy Mashed Potatoes Mixed Vegetables Mixed Fruit
<b>4</b> Pork Roast Mashed Potatoes Gravy Asparagus Pears w/w Roll	<b>5</b> <b>CLOSED</b> FOR STAFF IN-SERVICE ONAWAY & POSEN	<b>6</b> Oven Fried Chicken Sweet Potatoes French Style Green Beans Mixed Fruit w/w Bread	<b>7</b> Scalloped Potatoes & Ham Pickled Beets Carrots Cinnamon Applesauce Cornbread	<b>8</b> Shepherds Pie Waxed Beans Emerald Pears Biscuits w/w Roll
<b>11</b> Roast Beef Mashed Potatoes Gravy Italian Beans Candy Applesauce w/w Roll	<b>12</b> Baked Spaghetti Asparagus Beets Pears Garlic Bread Stix	<b>13</b> Fresh Cod Dinner Baked Potato Carrots Cinnamon Pears Corn Bread	<b>14</b> Pork Chops Stuffing Carrots Hot Fruit Salad w/w Roll	<b>15</b> Baked Chicken Roasted Potatoes Squash Applesauce w/w Bread
<b>20</b> Ham Sweet Potatoes Green Bean Casserole Apple Crisp w/w Roll	<b>21</b> Meat Loaf Scallop Potatoes Carrots Pear w/w Bread	<b>22</b> Turkey ala King Mashed Potatoes Mixed Vegetables Peaches Biscuit	<b>23</b> Max's Cabbage Rolls Boiled Potatoes Prince Charles Bled Tropical Fruit w/w Roll	<b>24</b> Breaded Pork Mashed Potatoes Harvard Beets Applesauce w/w Bread
<b>25</b> <b>CLOSED</b> 	<b>26</b> <b>CLOSED</b>	<b>27</b> Mexican Chicken Spanish Rice Tex Mex Corn Applesauce w/w Roll	<b>28</b> Fresh Cod Dinner Roasted Potatoes Broccoli w/ Cheese Spice Pears w/w Bread	<b>29</b> Sloppy Joe on a Bun Tator Tots Green Beans Pineapple & Bananas
All meals served with bread, margarine and milk according to guidelines. Menu subject to change due to food availability. <b>Federal and state grants cover only a portion of the meals we provide. Donations are important to PICCOA.</b>				

# December 2016

## —Onaway Center—

# Activities



SUN	MON	TUES	WED	THURS	FRI	SAT
<p>Christmas is a time of joy, A time for love and cheer, A time for making memories, To last throughout the year</p>				1  Exercise 10 am	2	3
4  50/50 Raffle	5  <b>CLOSED</b> Onaway & Posen Centers MANDATORY Staff In-Service	6 <i>Birthday Bingo 2-4</i>  <b>Onaway</b> Bus Trip See Page 2  Exercise 10 am	7  <b>4 MEAL DRAW</b>   Exercise 10 am	8  <b>CSFP Senior Commodities</b>  9-10 am  Exercise 10 am	9	10
11  50/50 Raffle	12 <i>BUS TRIP CHEBOYGAN</i>  <b>Board Meeting</b> at Onaway 10 am	13  Exercise 10 am	14 <i>Cookie Decorating Party \$3 12-Noon</i>  Exercise 10 am	15 <i>Blood Pressure Clinic 10 :15 am</i>  Drug Rx Storage & Organization 3:30 pm	16 <i>Alpena Bus Trip</i>	17
18  4 MEAL DRAW   50/50 Raffle	19  Exercise 10 am	20  <i>BINGO 2-4</i>  Exercise 10 am	21  Exercise 10 am	22  <i>Ugly Sweater Contest 3 pm</i>  Exercise 10 am	23	24
25  <b>CLOSED</b> 	26  <b>CLOSED</b>	27  <i>BINGO 2-4</i>  Exercise 10 am	28  Exercise 10 am	29  Exercise 10 am	30	31 