

# This Week at Mountain Creek

## Recurring Activities

### **Mondays**

- 9:30 Summit - FL
- 9:30 DVD Exercise - FC
- 2:00 Shuffleboard - 2nd Floor
- 5:30 Wii Practice - 2nd Floor
- 5:30 Texas Hold em –Summit/FL
- 6:00 - 42 Club - BR
- 6:30 -Table Games - QR3

### **Tuesdays**

- 9:30 DVD Exercise - FC
- 1:00 Bridge Club - BR
- 2:00 Quarter Bingo - MPR
- 6:00 42 Club - BR
- 6:30 Table Games - QR3

### **Wednesday**

- 9:30 Kroger & Summit - FL
- 9:30 DVD Exercise - FC
- 10:00 BP Checks -FL
- 1:30 Dry Cleaners drop off /pickup
- 2:00 Shuffleboard - 2nd Floor
- 2:00 Walmart- FL
- 2:00 Bible Study –\*THEATER\*
- 5:30 Wii Practice - 2nd Floor
- 6:00 42 Club - BR
- 6:30 Table Games - QR3

### **Thursdays**

- 9:30 DVD Exercise - FC
- 2:00 Prize Bingo - MPR
- 6:00 Wii Bowling Tour. - 2nd Floor
- 6:30 Table Games - QR3
- 6:00 42 club –BR

### **Fridays**

- 9:30 DVD Exercise - FC
- 9:30 Summit - FL
- 2:00 Shuffleboard - 2nd Floor
- 6:00 42 Club - BR
- 6:30 Table Games - QR

Sunday January 26th

6:00 P.M. WORSHIP SERVICE IN THEATER

MONDAY JANUARY 27th

9:30 SENIORCIZE IN D.R.

10:00 a.m. Consortia Health

Bladder control seminar –F.L.

3:00 p.m. Dan Piazza –MPR



TUESDAY JANUARY 28th

BIRTHDAY PARTY –DURNING

LUNCHTIME

2:00 P.M. QUARTER BINGO



WEDNESDAY JANUARY 29th

2:00 BIBLE STUDY IN THEATER

3:00 P.M. Paul Anderson—F.L.

THURSDAY JANUARY 30th

2:00 P.M. PRIZE BINGO –MPR

FRIDAY JANUARY 31st

9:30 A.M. Seniorcize



SATURDAY FEBRUARY 1ST

2:00 P.M. WITH JEAN PEEL



# Mountain Creek Weekly Menu

**HOURS DAILY: 8:00 - 9:30 A.M., 11:30 A.M. - 2:00 P.M., & 4:00 - 5:30 P.M.**

**ALWAYS AVAILABLE AT BREAKFAST: COLD CEREAL OF CHOICE, OMELETS, EGGS TO ORDER, HASHBROWNS & GRAVY**

**ALL YOU CAN EAT SOUP AND SALAD ALWAYS AVAILABLE DURING LUNCH & SUPPER**

SUNDAY, January 26				
<b>BREAKFAST:</b> Sausage Oatmeal  Pancakes	<b>LUNCH:</b> BBQ Pork Ribs Herb Baked Chicken  Mashed Potatoes, Gravy, Bake Beans, Coleslaw & Roll	<b>SOUP OF THE DAY</b>  Chef's Choice	<b>SUPPER:</b> Pepperoni, Supreme or Cheese Pizza  Quiche w/ side cup of Fresh Fruit	<b>DESSERT:</b>  Cherry Cobbler
MONDAY, January 27				
<b>BREAKFAST:</b> Bacon Cream of Wheat  Lemon Poppy Seeds Muffins	<b>LUNCH:</b> Liver & Onions Maple Garlic Pork Loin  Scalloped Potatoes, Baby Carrots, Sautéed Spinach & French Bread	<b>SOUP OF THE DAY</b>  Minestrone	<b>SUPPER:</b> Trio Plate Salad (Chicken, Egg & Tuna) w/ Crackers  Soft Beef Tacos w/ Fixings & Black Bean Salad	<b>DESSERT:</b>  Chess Pie
TUESDAY, January 28				
<b>BREAKFAST:</b> Sausage Grits  Biscuits & Sausage Gravy	<b>LUNCH:</b> Spaghetti w/ Meat Sauce Stuffed Flounder  Roasted New Potatoes, Steamed Broccoli, Beets & Garlic Bread	<b>SOUP OF THE DAY</b>  French Onion	<b>SUPPER:</b> Patty Melt w/ French Fries  Chicken Bacon Ranch Casserole	<b>DESSERT:</b>  Birthday Cake
WEDNESDAY, January 29				
<b>BREAKFAST:</b> Bacon Oatmeal  French Toast	<b>LUNCH:</b> Chopped Steak w/ Mushrooms Lemon Butter Tilapia  Baked Potato, Steamed Brussel Sprouts, Corn Casserole & Bavarian Bread	<b>SOUP OF THE DAY</b>  Vegetable	<b>SUPPER:</b> BBQ Chicken Sandwich w/ Red Cabbage & Mango Slaw  Nacho Supreme w/ Fixings	<b>DESSERT:</b>  Blueberry & Raspberry Cobbler
THURSDAY, January 30				
<b>BREAKFAST:</b> Sausage Grits  Breakfast Burritos	<b>LUNCH:</b> Roast Beef w/ Carrots & Potatoes Lemon & Thyme Baked Chicken  Baked Sweet Potato, Seasoned Cabbage & Roll	<b>SOUP OF THE DAY</b>  Chicken & Rice	<b>SUPPER:</b> Grilled Monte Cristo Sandwich w/ Fries  Chicken Tacos w/ Fixings & side of Spanish Rice	<b>DESSERT:</b>  Vanilla Icing Cake
FRIDAY, January 31				
<b>BREAKFAST:</b> Bacon Cream of Wheat  Cinnamon Rolls	<b>LUNCH:</b> Fried or Baked Catfish Smothered Chicken  Fried Potatoes, Pinto Beans Turnip Greens, Hushpuppies, Cornbread & Garlic Bread	<b>SOUP OF THE DAY</b>  Chili	<b>SUPPER:</b> BLT Sandwich w/ Potato Chips  Sweet & Sour Meatballs w/ Steamed Rice	<b>DESSERT:</b>  Banana Split
SATURDAY, February 1				
<b>BREAKFAST:</b> Sausage Oatmeal  Bagel Sandwich w/ Egg & Cheese	<b>LUNCH:</b> Cheese Stuffed Chicken Parmesan Creamy Garlic Shrimp over Angel Hair Pasta  Baked Sweet Potato, Vegetable Medley & Garlic Bread	<b>SOUP OF THE DAY</b>  Navy Bean & Ham	<b>SUPPER:</b> Sloppy Joe Casserole  Cheese Ravioli w/ Alfredo Sauce & Garlic Bread	<b>DESSERT:</b>  Apple Pie w/ Ice Cream