



JANUARY 2025

SENIOR CENTER MEALS FORSYTH, MONTANA

PLEASE CALL BY 9:30 A.M (406) 346-2878

ALL MEALS SUBJECT TO CHANGE-SUGGESTED SENIOR (60+) DONATION \$4.00 NON-SENIOR \$7.00- ALL MEALS SERVED WITH WATER, COFFEE, TEA, JUICE, AND/OR 2% MILK

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		HAPPY NEW YEARS! WE ARE CLOSED TODAY!	SLOPPY JOES TATOR TOTS FRUIT VEGGIES	HAMBURGER GRAVY OVER MASHED POTATOES VEGGIES FRUIT
6	7	8	9	10
CHICKEN ALFREDO BROCCOLI FRUIT	TATOR TOT CASSEROLE SALAD FRUIT	GRILLED HAM AND CHEESE SANDWICH TOMATO SOUP FRUIT VEGGIE TRAY	PORCUPINE MEATBALLS OVER RICE VEGGIES FRUIT	BEEF SALAD SANDWICH MACARONI SALAD FRUIT
13	14	15	16	17
BREAKFAST CASSEROLE FRUIT	TACO TUESDAY FRUIT	MEATLOAF BAKED POTATOES W/ SOUR CREAM FRUT/VEGGIES	GOULASH GARLIC BREAD CORN FRUIT	CHICKEN FRIED STEAK ROASTED POTATOES FRUIT
20	21	22	23	24
MARTIN LUTHER KING, JR DAY. WE ARE CLOSED TODAY!	BURGERS ON A BUN POTATO SALAD FRUIT	CHICKEN STRIPS FRIES FRUIT VEGGIES	CHEESY BROCCOLI SOUP ROLLS FRUIT	SCALLOPED CHICKEN GREEN BEANS FRUIT
27	28	29	30	31
SALISBURY STEAK MASHED POTATOES FRUIT VEGGIES	PINEAPPLE CHICKEN WITH RICE STEAMED VEGGIES FRUIT	TOMATO HAMBURGER MAC SOUP SALAD/BREADSTICK FRUIT	PANCAKE SAUSAGE EGGS FRUIT	BBQ CHICKEN BREAST COLESLAW FRUIT

JANUARY 2025 Forsyth Senior Center Activities

(Activities are subject to change)

Stop by to visit, engage in card games, exercise, listen to music, socialize, participate in monthly events, read and enjoy yourself!



Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		<u>*~! HAPPY NEW YEAR !~*</u> <u>WE ARE CLOSED TODAY!</u>	CHAIR EXERCISES 9 AM ARTHRITIS/YOGA 10 AM *BINGO 12:30-2*	S.A.I.L CLASS 9-10 AM WHEEL OF FORTUNE 12:30-2
6	BIRTHDAY DAY! 7	8	9	10
S.A.I.L CLASS 9-10 AM	DEBBIE FROM ACTION WILL BE HERE-CALL TO MAKE AN APPOINTMENT. CHAIR EXERCISES 9 AM	ARTHRITIS CLASS W/DEB 8:30 AM	CHAIR EXERCISES 9 AM NO YOGA TODAY! *BINGO 12:30-2*	S.A.I.L CLASS 9-10 AM MOVIE DAY 12:30
13	14	15	16	17
S.A.I.L CLASS 9-10 AM	CHAIR EXERCISES 9 AM	ARTHRITIS CLASS W/DEB 8:30 AM	CHAIR EXERCISES 9 AM ARTHRITIS/YOGA 10 AM *BINGO 12:30-2*	S.A.I.L CLASS 9-10 AM GAME DAY INSIDE 12:30 - 2
20	FOOT CLINIC! 21	22	23	24
<u>MARTIN LUTHER KING, JR DAY.</u> <u>WE ARE CLOSED TODAY!</u>	NO CHAIR EXERCISES TODAY! CRAFTS W/HEAVEN 12:30 PM	ARTHRITIS CLASS W/DEB 8:30 AM	CHAIR EXERCISES 9 AM ARTHRITIS/YOGA 10 AM *BINGO 12:30-2*	S.A.I.L CLASS 9-10 AM WHEEL OF FORTUNE 12:30-2
27	28	29	30	31
S.A.I.L CLASS 9-10 AM	CHAIR EXERCISES 9 AM	ARTHRITIS CLASS W/DEB 8:30 AM	CHAIR EXERCISES 9 AM ARTHRITIS/YOGA 10 AM *BINGO 12:30-2*	S.A.I.L CLASS 9-10 AM MOVIE DAY 12:30