



January. 2019 Menu and Activity Calendar
Central Square Bistro at the Community Church on US 11
Senior Center Phone No. 315 720-9732

\$3.00 suggested donation for seniors 60 and above

We are open 3 days a week Tues. Wed. and Thursday from 10:00 to 1:00




OCO also has a food pantry in Mexico, if you are short of food let Deirdre know.

Tuesday

Wednesday

Thursday



<p align="center"><u>Did you know?</u> <i>We have a bus available on Thursdays to pick you up and take you home~</i> You can get weekend meals! There are also light evening meals available ! Just ask Deirdre for more information or call OCO Center Contacts at 315-598-4712 <i>Central Square Bistro 315-720-9732</i> <i>Fulton 315-592-3408</i> <i>Hannibal 315-564-5471</i> <i>Mexico 315-806-1917</i> <i>Parish 315-625-4617</i> <i>Phoenix 315-695-4841</i></p>	<p align="center">1 <i>Center Closed today for New Years Day!</i></p>	<p align="center">2 <i>Happy New Year! Come Celebrate with us at our party today! Share The Love!</i></p> 	<p align="center">3 Blood Pressure Check with Nurse Kim Bingo Puzzle and a Round Table Discussion: How to stay mentally happy during the dark days of winter.</p>
	<p align="center">8 <i>Wii Sports Your Choice of Game</i></p>	<p align="center">9 Puzzle/Cards/ Chair Exercises w/Joyce</p> 	<p align="center">10 Game Day! Phase 10/Cards/ Tri-Ominoes</p>
	<p align="center">15 <i>Word Search/ Puzzle</i></p>	<p align="center">16 Bingo</p>	<p align="center">17 Feed The Birds Craft: Pine cones, peanut butter, seeds.</p>
	<p align="center">22 <i>Coloring Books for adults</i></p>	<p align="center">23 Wii Sports Your Choice of Game</p>	<p align="center">24 Nutrition Newsletter by Chaya Charles /Wii Sports</p>
	<p align="center">29 <i>Bingo</i></p> 	<p align="center">30 Puzzle/ Cards w/Jeanine</p>	<p align="center">31 Craft: Stamping Birthday Cards</p>

