











**February 2019 Menu and Activity Calendar**  
**Central Square Bistro at the Community Church**  
**833 U.S. Rt. 11 Central Square**  
*Dining & Activity Center Phone No. 315 720-9732*  
*\$3.00 suggested contribution for seniors 60 and above*  
*Open Tuesday, Wednesday and Thursday from 10:00 to 1:00*



	Tuesday	Wednesday	Thursday
<p><b><u>Did you know?</u></b>  <i>We have a bus available on Thursdays to pick you up and take you home~</i></p> <p><b>There are also light evening meals available !</b>  <b>Just ask Deirdre for more information or call OCO Center Contacts at 315-598-4712</b></p> <p><i>Central Square 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">5</p> <p><i>Wii Sports Games /Puzzles w/ Roger</i></p>	<p align="center">6</p> <p>Bingo/ Puzzles w/Roger</p> 	<p align="center">7</p> <p>Blood Pressure Check with Nurse Kim</p> 
	<p align="center">12</p> <p><i>Flag Day Celebration! Wear your Red, White &amp; Blue and sing along to patriotic songs. /Bingo</i></p>	<p align="center">13</p> <p>Chair Exercises w/Joyce</p> 	<p align="center">14</p> <p>Valentine's Day Party Bingo!            Bring a friend to lunch (60&amp;over)!            Share a photo of someone you love.</p>
	<p align="center">19</p> <p><i>Word Search/ Puzzle</i></p> 	<p align="center">20</p> <p>Puzzles w/Roger and Bingo</p> 	<p align="center">21</p>  <p>Nutrition Newsletter by Chaya Charles, Registered Dietician</p>
	<p align="center">26</p> <p>Coloring Books for adults</p> 	<p align="center">27.</p> <p>Chair Exercises w/ Joyce            Wii Sports Your Choice of Game</p>	<p align="center">28</p> <p>Pajama Party w/Hot Chocolate &amp; bring a favorite stuffed animal!</p> 