

# DINING ~ EXERCISE Calendar ~ SOCIAL ENGAGEMENT ~ February 2023 FOR ELY AREA OLDER ADULTS

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: center;"><b>activities at the Ely Area Senior Center</b> 27 S 1<sup>st</sup> Ave E 218-365-4139</p>	<p style="text-align: center;"><b>Bingo, Smear Happy Toes, Tops Memories &amp; Movement Wednesday Wellness Clinic Caregiver Support Group</b></p>	<p style="text-align: right;">1</p> <p>Beef Pot Roast w/gravy, Mashed Potatoes, Baby Carrots, Roll, Ambrosia</p> <p>Memories &amp; Movement 10:30 – 11:30am</p> <p>Wednesday Wellness Clinic 10:30 – 12pm</p> <p style="text-align: center;">Bingo 1pm</p>	<p style="text-align: right;">2</p> <p>Fried Chicken, Macaroni &amp; Cheese, Corn, Dinner Roll, 3-Bean Salad, Pie</p> <p style="text-align: center;">Tops 7:45 – 9am</p> <p>Community Exercise Group 10:30 – 11:30am</p> <p>Ely Community Health Center 5:30 – 7pm</p>	<p style="text-align: right;">3</p> <p>Breaded Cod Roasted Red Potatoes Vegetable Blend Fruit Dinner Roll Cake</p>
<p style="text-align: right;">6</p> <p>Salisbury Steak Baby Bakers Italian Blend Vegetable Dinner Roll Fruit Lemon Meringue Pie</p> <p>Smear Tournament 6pm</p>	<p style="text-align: right;">7</p> <p>Ground Beef Fajita w/ Peppers &amp; Onions, Spanish Rice, Mexican Corn w/ Black Beans, Sour Cream, and Tortilla Strips, Fruit, Pudding w/topping</p> <p>Tai Ji Quan 10 – 11am</p>	<p style="text-align: right;">8</p> <p>Pork Choppette w/gravy, Dressing, Buttered Green Beans, Dinner Roll, Fruit, Peanut Butter Chocolate Dessert</p> <p>Memories &amp; Movement 10:30 – 11:30am</p> <p style="text-align: center;">Bingo 1pm</p>	<p style="text-align: right;">9</p> <p>Apricot Polish Sausage, Seasoned Rice, Brussel Sprouts, Roll, Lettuce Salad, Jell-O Poke Cake</p> <p style="text-align: center;">Tops 7:45 – 9am</p> <p>Tai Ji Quan 10 – 11am</p> <p>Community Exercise Group 10:30 – 11:30am</p> <p>ECHC 5:30 – 7pm</p>	<p style="text-align: right;">10</p> <p>BBQ Pork Buttered Potatoes Vegetable Blend Dinner Roll Fruit Chocolate Cup Cake</p>
<p style="text-align: right;">13</p> <p>Meatloaf Mashed Potatoes w/gravy Vegetable Blend Dinner Roll Fruit Pumpkin Cake</p> <p>Smear Tournament 6pm</p>	<p style="text-align: right;">14</p> <p style="text-align: center;"><b>Valentine's Day</b></p> <p>Sliced Roast Pork w/gravy, Sweet Potatoes, Peas, Roll, Fruit, Strawberry Dessert</p> <p style="text-align: center;">Happy Toes Tai Ji Quan 10 – 11am</p> <p style="text-align: center;">GRIEF SUPPORT GROUP 6:30 – 8 pm Call Cheryl for info 218-235-8357</p>	<p style="text-align: right;">15</p> <p>Ham, Mashed Potatoes, Buttered Corn, Dinner Roll, Fruit, Pudding w/topping</p> <p>Memories &amp; Movement 10:30 – 11:30am</p> <p>Wednesday Wellness Clinic 10:30 – 12pm</p> <p>Ely Area Food Shelf 11am – 5pm</p>	<p style="text-align: right;">16</p> <p>Beef &amp; Macaroni Goulash, Buttered Vegetable Blend, Dinner Roll, Fruit, Dessert Bar</p> <p style="text-align: center;">Tops 7:45 – 9am</p> <p>Tai Ji Quan 10 – 11am</p> <p>Community Exercise Group 10:30 – 11:30am</p> <p>Ely Community Health Center 5:30 – 7pm</p>	<p style="text-align: right;">17</p> <p>Swedish Meatballs Mashed Potatoes Peas &amp; Carrots Dinner Roll Fruit Triple Berry Shortcake</p>
<p style="text-align: right;">20</p> <p style="text-align: center;"><b>Presidents' Day</b></p> <p>Fried Chicken Macaroni &amp; Cheese Green Beans Dinner Roll Fruit Pudding Parfait</p> <p>Smear Tournament 6pm</p>	<p style="text-align: right;">21</p> <p>Beef Pot Roast, Parsley Buttered Potatoes, Honey Glazed Carrots, Dinner Roll, Fruit, Apple Turnover</p> <p>Tai Ji Quan 10 – 11am</p> <p>Tower Area Food Shelf 2:30pm – 5:30pm</p>	<p style="text-align: right;">22</p> <p>Glazed Ham, Au Gratin Potatoes, Broccoli &amp; Cauliflower, Dinner Roll, Fruit, Dessert</p> <p>Memories &amp; Movement 10:30 – 11:30am</p> <p style="text-align: center;">Bingo 1pm</p>	<p style="text-align: right;">23</p> <p>Chicken Cacciatore over Rotini, Vegetable, Garlic Bread, Salad, Fruit, Pineapple Upside Down</p> <p style="text-align: center;">Tops 7:45 – 9am</p> <p>Tai Ji Quan 10 – 11am</p> <p>Caregiver Support Group 10 – 11:30am</p> <p>Exercise Group 10:30am</p> <p>ECHC 5:30 – 7pm</p>	<p style="text-align: right;">24</p> <p>Tuna Noodle Hot Dish Mixed Vegetables Dinner Roll Pickled Beets Pie</p>
<p style="text-align: right;">27</p> <p>Stuffed Peppers Mashed Potatoes Mixed Vegetables Dinner Roll Tossed Salad Lemon Cake</p> <p>Smear 6pm</p>	<p style="text-align: right;">28</p> <p>Chicken Kiev, Rice Pilaf, Buttered Corn, Dinner Roll, Fruit, Pudding Parfait</p> <p style="text-align: center;">Happy Toes Tai Ji Quan 10 – 11am</p>	<p style="text-align: center;">This monthly Calendar is a collaborative effort of:</p> <div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;">  <p style="font-size: 8px;">Ely Community Health Center elycommunityhealth.org</p> </div> <div style="text-align: center;">  <p style="font-size: 8px;">To Deliver Affordable Health Care Services to Advance Individual and Community Health (218) 365-5678 111 South 4th Ave E. Ely, MN 55731</p> </div> <div style="text-align: center;">  <p style="font-size: 8px;">ely area food shelf</p> </div> <div style="text-align: center;">  <p style="font-size: 8px;">ARROWHEAD ECONOMIC OPPORTUNITY AGENCY</p> </div> </div>		