



# February



Monday	Tuesday	Wednesday	Thursday	Friday
2 10:00-11:15 Tu B'Shvat Seder and Activities Tu B'Shvat is the Holiday of the Trees 11:45-12:30 Lunch	3 10:00-10:45 Chair Exercise with Sue 10:45 Bingo	4 10:00-11:15 Mahjong and Other Games	5 10:00-10:45 Exercise with Brian 10:45 Bingo	6 10:00-11:15 Google Tips
9 10:00-11:15 Bell Choir 11:45-12:30 Lunch	10 10:00-10:45 Chair Exercise with Sue 10:45 Bingo	11 10:00-12:30 Monthly Movie with Popcorn and Pizza RSVP by Feb 3	12 10:00-10:45 Exercise with Brian 12:00-2:00 ElderClass: Beachwood Band/Choir/Orchestra RSVP by Feb 3	13 10:30-11:30 Rosh Chodesh with Cantor Sager 11:45-12:30 Lunch 2:00-3:00 Debbie Darling concert at the Beachwood Library: Music of Richard Rodgers Space is Limited! RSVP by Feb 3
16 No Program 	17 10:00-10:45 Chair Exercise with Sue 10:45 Bingo 11:45-12:30 Lunch	18 10:00-11:15 Mahjong and Other Games	19 10:30-12:00 Siegal Lifelong Learning: The Art of Kadishman RSVP by Feb 10 12:15-1:00 PM Lunch	20 10:00-11:00 Cardio Drumming 11:45-12:30 Lunch
23 Lynne's Birthday Party! NO GIFTS! 11:45-12:30 Lunch	24 10:00-10:45 Exercise with Sue 10:45 Bingo 11:45-12:30 Lunch	25 10:00-11:15 Knitting and Crafts/Games	26 10:00-10:45 Exercise with Brian 10:45 Bingo 11:45-12:30 Lunch	27 10:00-11:15 BINGO Tournament 11:45-12:30 Lunch

- All program and class schedules are subject to change or cancellation.
- All program classes, transportation & lunch must be registered by Tuesday for the following week, unless otherwise noted.
  - Free transportation is available for LunchPlus registered participants.
  - LunchPlus is held in the Ante Room (near Stonehill Auditorium).
  - Participants must be registered through LunchPlus to join programs.
    - LunchPlus is free with a suggested donation of \$2
    - Cancel with STC at 216-265-1489 and with ACE Taxi at 216-361-4700

Monday	Tuesday	Wednesday	Thursday	Friday
Feb 2  <b>Plov</b> (4 oz beef, $\frac{1}{2}$ cup rice, $\frac{1}{2}$ cup vegetables) <b>Corn salad</b> , $\frac{1}{2}$ cup <b>Banana</b> , 1 medium <b>Whole wheat bread</b> , 1 oz <b>Margarine</b> , 1 PC	Feb 3  <b>Chicken Ceasar Salad</b> , 3oz chicken, 1 cup spring mix, 1 cup fresh vegetables, 1 oz croutons <b>Salad Dressing</b> , 1 PC Orange, 1 medium Oatmeal cookie 2oz	Feb 4  <b>Chicken</b> , 3 oz <b>Mashed potato</b> , $\frac{1}{2}$ cup <b>Grilled Veggies</b> , $\frac{1}{2}$ cup <b>Corn salad</b> , $\frac{1}{2}$ cup <b>Banana</b> , 1 medium <b>WG tortilla Chips</b> , 2 oz	Feb 5  <b>Grilled Turkey</b> , 3oz <b>Peas</b> , $\frac{1}{2}$ cup <b>Potato Bureka</b> , $\frac{1}{2}$ cup <b>Fruit Juice</b> , 4oz <b>Whole wheat bread</b> , 2 oz <b>Margarine</b> , 1 PC	Feb 6  <b>WG Spaghetti</b> , 1 cup <b>Meatballs</b> , 3oz <b>Marinara</b> , $\frac{1}{2}$ cup <b>Ratatouille</b> , $\frac{1}{2}$ cup <b>Apple sauce</b> , $\frac{1}{2}$ cup
Feb 9  <b>Chili</b> , 3oz beef <b>Beans</b> , 1 cup <b>Buckwheat</b> , 1 cup <b>Sauce</b> , 4oz <b>Apple</b> , 1 medium	Feb 10  <b>Cobb Salad</b> 1 cup spring mix, 1 cup fresh vegetables, 4 oz chicken <b>Fruit cup</b> , 1 cup <b>WG tortilla Chips</b> , 2 oz	Feb 11  <b>Crispy chicken</b> , 3oz <b>Quinoa salad</b> $\frac{1}{2}$ cup quinoa $\frac{1}{2}$ cup veggies <b>Cabbage salad</b> , 1 cup <b>Fruit Juice</b> , 4oz <b>Whole wheat bread</b> , 1 oz	Feb 12  <b>Grilled chicken</b> , 3oz <b>Bun</b> , 2 oz <b>Fresh veggies</b> , 1 cup <b>Fried eggplant and onion</b> , $\frac{1}{2}$ cup <b>Banana</b> , 1 medium <b>Oatmeal cookie</b> , 2oz	Feb 13  <b>Goulash</b> , 3oz beef <b>Majadra</b> , $\frac{1}{2}$ cup rice, Lentils, $\frac{1}{2}$ cup <b>Beet salad</b> , $\frac{1}{2}$ cup <b>Orange</b> , 1 medium <b>Whole wheat bread</b> , 1 oz <b>Margarine</b> , 1 PC
Feb 16  <b>President's Day Site Closed</b>	Feb 17  <b>Chickpea salad</b> (2.5 oz protein equivalent, 1 cup fresh vegetables) <b>Grilled Chicken</b> , 2oz <b>Fruit cup</b> 1 cup <b>Roasted Yams</b> , $\frac{1}{2}$ cup <b>Whole wheat bread</b> , 2oz <b>Margarine</b> , 1 PC	Feb 18  <b>Chicken cacciatore</b> , 3oz chicken, $\frac{1}{2}$ cup veggies <b>Roasted potato</b> , $\frac{1}{2}$ cup <b>Fruit Juice</b> , 4oz <b>Oatmeal cookie</b> , 2oz	Feb 19  <b>Falafel</b> , 4 oz protein equivalent <b>Pita</b> , 2 oz <b>Fries</b> , 1 cup <b>Ketchup</b> , 1 PC Orange, 1 medium	Feb 20  <b>Chicken soup</b> , 3oz chicken, $\frac{1}{2}$ cup veggies <b>Fattoush</b> , 1 cup fresh veggies <b>Banana</b> , 1 medium <b>WG tortilla Chips</b> , 2 oz
Feb 23  <b>Arrais</b> , 3oz ground beef, Cooked vegetables, $\frac{1}{2}$ cup <b>Carrot salad</b> , 1 cup <b>Apple</b> , 1 medium <b>Whole wheat pita</b> , 2 oz	Feb 24  <b>Grilled chicken salad</b> (4oz chicken, 1 cup spring mix, 1 cup fresh vegetables) <b>Fruit cup</b> , 1cup <b>Israeli couscous</b> , 1 cup <b>Whole wheat bread</b> , 1oz <b>Margarine</b> , 1 PC	Feb 25  <b>General Tso's chicken</b> , 3oz chicken Rice, 1 cup <b>Vegetable stir fry</b> , 1 cup <b>Whole wheat bread</b> , 1 oz	Feb 26  <b>Roasted Beef</b> , 3 oz <b>Roasted Potato</b> , $\frac{1}{2}$ cup <b>Green beans</b> , $\frac{1}{2}$ cup <b>Couscous</b> , 1 cup <b>Orange</b> , 1 medium <b>Oatmeal cookie</b> , 2oz	Feb 27  <b>Beef</b> , 3oz ground beef <b>Kasha</b> , $\frac{1}{2}$ cup <b>Pasta</b> , $\frac{1}{2}$ cup <b>Roasted Butternut Squash</b> , 1 cup <b>Banana</b> , 1 medium

Choose daily menu or Alternate meal. Alternate meal is: Falafel (3 oz), Pita 2 oz, 1 cup spring mix salad,  $\frac{1}{2}$  c hummus, 1 orange, and milk alternative 8 oz