

## Monday 01/06 - Sunday 01/12

<b>Monday, 01/06</b>	<b>*10:00 Walk, Issaquah Commons</b>
	<b>7:30 Prayer Group</b>
<b>Tuesday, 01/07</b>	<b>*10:00 Maruta Market</b>
	<b>*10:00-12:00 Computer Tutor</b>
	<b>11:00 Fitness With Alice</b> (Activity Room)
<b>Wednesday, 01/08</b>	<b>*10:00 Grocery Van, Whole Foods Totem Lake</b>
	<b>11:00 Yoga</b> (Activity Room)
<b>Thursday, 01/09</b>	<b>11:00 Coffee &amp; Current Events</b> (Activity Room)
	<b>7:30-9:30 Cajun Jammers</b> (Hilltop Lobby)
<b>Friday, 01/10</b>	<b>8:30 Koffee Klatsch</b> (Garden Café)
	<b>*10:00 Grocery Van QFC, Dravus St.</b>
	<b>1:00 Fitness With Alice</b> (Activity Room)
	<b>*1:30-3:30 Joy Ride: Ben &amp; Jerry's, Bellevue Square</b>
	<b>*1:30-3:30 Computer Tutor</b>
<b>Saturday, 01/11</b>	<b>2:00 Bingo</b> (Activity Room)
<b>Sunday, 01/12</b>	<b>10:15 SFBC Van</b>

### KEY

\*= Sign Up in Activity Book at Front Desk

## Garden Café Menu

<b>Monday, 01/06</b>	Roasted Chicken/ Roasted Squash
	With Stuffing OR Couscous AND Mixed Veggies
<b>Tuesday, 01/07</b>	Beef Goulash/ Spaghetti Squash Curry
	With Brown Rice OR Amarynth AND Cauliflower & Broccoli
<b>Wednesday, 01/08</b>	Bolognese/ Cream of Broccoli
	With Pasta OR Quinoa AND Corn
<b>Thursday, 01/09</b>	Salmon Piccata
	with Loaded Baked Potato OR Bulgur Wheat AND Steamed Peas
<b>Friday, 01/10</b>	Chicken Hand Pies/ Grilled Portobello
	With Chips & Dip OR Barley AND Sautéed Greens
<b>Saturday, 01/11</b>	
	Muffins and Waffles/Bacon/Eggs
<b>Sunday, 01/12</b>	
	Chili and Pancake/Sausage/ Eggs