

# JANUARY ~ FEBRUARY 2026

## LUNCH AT NOON



# lunch and fun

at the Hilton Senior Center

TUES 1/6

Chicken Breast over  
Salad with Ranch  
Dressing  
Dinner Roll  
Fresh Orange  
Cherry Pie

TUES 1/13

Slice Pizza  
Fruit  
Salad

TUES 1/20

Chicken Patty  
on a Bun with  
Lettuce and Mayo  
Peas & Carrots  
Mandarin Oranges

TUES 1/27

Chicken and Gravy  
Mashed Potatoes  
Dinner Roll  
with Butter  
Green Beans  
Fresh Apple  
Mini Eclairs

TUES 2/3

Sweet and  
Sour Pork  
over Rice  
Stir Fry Vegetables  
Fresh Banana

TUES 2/10

Sloppy Joe  
on a Bun  
Peas & Carrots  
Mixed Fruit Cup  
Strawberry Ice  
Cream Cup

TUES 2/17

Meatloaf  
with Gravy  
Mashed Potatoes  
Prince William  
Vegetables  
Pear Cup  
Cream Puffs

TUES 2/24

Vegetarian Chili  
Baked Potato  
with Cheese and  
Sour Cream  
Broccoli  
Fresh Apple

All meals served with milk (1% or Fat-Free Chocolate) and fortified juice

# Hello



# January & February

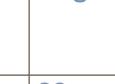


Some items may be subject to change based upon availability call 585-392-9030 to reserve a spot - 10 days notice needed; \$3.50 suggested contribution -Certified by Michelle Koch Blood, RD



# MONTHLY CALENDAR ~JANUARY/FEBRUARY 2025

J  
a  
n  
u  
a  
r  
y

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5 Mahjong 12p-4p Bridge 1p Line Dance 615p 	6 Chair Yoga 930a Caseworker 10a-1p Lunch (Chicken Breast over salad) 12p Bingo 1p	7 Senior Express - 930a to Walmart Bport 	8 Computer - Online Shopping 9a Euchre 1p 	9 Time to borrow a jigsaw puzzle? 
12 Mahjong 12p-4p Bridge 1p Chair Vball 130p Line Dance 615p	13 Chair Yoga 930a QUEST kids 1145-1245 Lunch (Pizza) 12p Bingo 1p 	14 Senior Express - 930a to Aldi Feature Film - Wicked, Part 1 2p  	15 Euchre 1p Chair Vball 130p 	16 Get your jigsaw puzzle today! 
19 Martin Luther King Day - CLOSED Line Dance 615p 	20 NO CHAIR YOGA Lunch (Chicken Patty on bun) 12p Bingo 1p 	21 Senior Express - 930a Walmart Bport 	22 Euchre 1p Chair Vball 130p 	23 It's Puzzle Day - pick one up today! 
26 Pres w/Pizza - Flight Deck Senior Ctr 1030a Mahjong 12p-4p Bridge 1p Chair Vball 130p Line Dance 615p 	27 Chair Yoga 930a QUEST kids 1145-1245 Lunch(Chicken & Gravy) 12p Bingo 1p	28 Senior Express - 930a Wegmans Plaza Bport(No lunch) Evening Meal 1p Chix French w/Rev. Mother	29 Chair Yoga 930a Euchre 1p Chair Vball 130p 	30 Time to try a jigsaw puzzle? 

F  
e  
b  
r  
u  
a  
r  
y

2 Mahjong 12p-4p Dish w/ Deputy 1030a Bridge 1p Chair Vball 130p Line Dance 615p 	3 Chair Yoga 930a Lunch (Sweet & Sour Pork) 12p Bingo 1p	4 Senior Express - 930a to Walmart Bport 	5 Chair Yoga 930a Euchre 1p Chair Vball 130p 	6 Get puzzled - borrow a jigsaw puzzle today! 
9 Mahjong 12p-4p Bridge 1p Chair Vball 130p Line Dance 615p	10 Chair Yoga 930a Caseworker 10a-1p QUEST kids 1145-1245 Lunch(Sloppy Joe on bun) 12p Bingo 1p	11 Senior Express - 930a to Boscovs Film - Nyad 	12 Computer Class - Understanding the Internet 9a Chair Yoga 930a Euchre 1p Chair Vball 130p 	13 Get your Jigsaw Puzzle soon! 
16 President's Day - CLOSED Line Dance 615p 	17 Chair Yoga 930a Lunch(Meatloaf w/gravy) 12p Bingo 1p	18 Senior Express - 930a Walmart Bport 	19 Chair Yoga 930a Euchre 1p Chair Vball 130p 	20 Time to borrow a Jigsaw Puzzle! 
23 Pres w/Pizza - Crime Vict Spec. Mary D 1030a Mahjong 12p-4p Bridge 1p Chair Vball 130p Line Dance 615p	24 Chair Yoga 930a Lunch(Vegetarian Chili) 12p Bingo 1p	25 Senior Express - 930a Dollar Tree/Ollie's Evening Meal 4p - Shep Pie w Rick & Bob 	26 Chair Yoga 930a Euchre 1p Chair Vball 130p 	27 It's Puzzle Day! Did you get yours? 
Did you know that January is National Blood Donor Month? 	And... February is American Heart Month? 	Call 585-392-9030 if you have any questions 		lunch menu 



Hilton-Parma  
Parks & Recreation