



February 2012
Heritage Park Senior Facility
300 S. Racetrack Rd.
702-267-2950

Meals served 11:00 a.m. to 1:00 p.m., Monday through Sunday
60 years+ suggested donation of \$1.50/under 60 years \$3
Weekend meals: Saturday \$2/Sunday \$3

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Open-faced turkey sandwich Mashed potatoes Gravy Green beans Mixed salad Peaches Cake	2 Spare ribs Potato salad Broccoli Green salad Orange wedges	3 Salisbury steak Smashed potatoes Gravy Sliced carrots Coleslaw Applesauce Or Asian chicken salad	4 Saturday brunch Cheese omelet Sausage Hash browns Biscuits & gravy Orange juice
5 Pot roast Vegetables Mashed potatoes Salad Fruit	6 Barbecued chicken Wild rice California blend Garden salad Pineapple Pudding	7 Roast pork Mashed potatoes Gravy Peas & carrots Colorful salad Pears	8 Potato bacon chowder Crackers Mixed vegetables Carrot & raisin salad Dinner roll Banana	9 Meatloaf Smashed potatoes Gravy Brussels sprouts American salad Mandarin oranges	10 Tortilla-crust fish Spanish rice Zucchini Spinach salad Fruit cocktail Or Cobb salad	11 Saturday brunch Scrambled eggs French toast Sausage Hash browns Biscuits & gravy Orange juice
12 Pulled-pork sandwich Vegetables Salad Fruit	13 Chicken parmesan Fettuccini noodles Peas Caesar salad Garlic bread Tropical fruit	14 Valentine's Day Rib roast Roasted potatoes California blend Broccoli salad Peaches Cherry bliss brownie	15 Sweet & sour chicken Rice Peppers & onions Asian salad Banana Fortune cookie	16 Oven-fried chicken Smashed potatoes Gravy Broccoli Mixed salad Applesauce	17 Pot roast Potatoes & carrots Garden salad Dinner roll Pineapple Or Tuna salad	18 Saturday brunch Sausage frittata Biscuits & gravy Orange juice
19 Meat loaf Vegetables Loaded mashed potatoes Gravy Salad Fruit	20 Pulled-pork sandwich Corn Green beans Colorful salad Fruit cocktail	21 Beef stroganoff Noodles Sliced carrots American salad Mandarin oranges	22 Baked chicken Mashed potatoes Gravy Peas Lettuce wedge salad Banana	23 Chili & fixings Santa Fe blend Spinach salad Cornbread Pears Chocolate cookie	24 Tilapia Rice pilaf Spinach Green salad Peaches Or Chef salad	25 Saturday brunch Scrambled eggs Waffles Hash browns Sausage Biscuits & gravy Orange juice
26 Sliced turkey Vegetables Salad Fruit	27 Swedish meatballs Rice Peas & carrots Mixed salad Dinner roll Tropical fruit	28 Chuck wagon steak Mashed potatoes Gravy Mixed vegetables Garden salad Apple	29 Leap Year Barbecued wings Potato gems Green beans Colorful salad Banana Crème brulee			

Food allergy notice: Food items may contain these or other allergy-causing ingredients: nuts, milk, eggs, wheat, soybeans, peanuts, fish and shellfish.

Menu items are subject to change.

Milk is available with all meals Monday through Friday upon request.

Free ongoing activities

*Sign up at the front desk

February 2012

Mondays

- Chair Exercise*** • 8:00-8:45 a.m.
- Woodcarving** • 8:00-10:30 a.m.
- Bridge** • 8:00-11:00 a.m.
- Chess, Checkers, & Backgammon**
• 9:00-11:00 a.m.
- Sewing** • 9:00 a.m.-noon
- Line Dance** (first and second Mondays)
• 5:30-7:30 p.m.
- Line Dance** (third and fourth Mondays)
• 3:30-5:30 p.m.

Wednesdays

- Line Dance** (second, third and fourth Wednesdays) • 8:30-10:15 a.m.
- Knitting & Crochet** • 8:30-11:00 a.m.
- Birthday Party** (Feb. 1) • 9:30 a.m.
- Book in the Bag**
(third Wednesday) • 1:00-2:00 p.m.
- Asian Mah Jongg** • 1:00-4:00 p.m.
- Pinochle** • 5:00-7:45 p.m.
- Bunco** • 6:15-7:45 p.m.

Fridays

- Bunco** • 8:45-10:45 a.m.
- Crafty Crew** (first and second Fridays)
• 9:00-11:00 a.m.
- Bridge** • noon-3:00 p.m.
- Asian Mah Jongg** • 1:00-4:00 p.m.
- Canasta** • 1:00-4:00 p.m.
- Beginners Pinochle** • 4:30-7:30 p.m.

Tuesdays

- Book Cleaning** • 9:00-11:00 a.m.
- Scrabble** • 9:00-11:00 a.m.
- Tuesday Topics** • 9:30-10:15 a.m.
- Canasta** • 1:00-4:00 p.m.
- Table Tennis** • 4:00-7:00 p.m.

Thursdays

- Bridge** • 8:00-11:00 a.m.
- Bingo** • 9:00-10:00 a.m.
- Scrabble** • 9:00-11:00 a.m.
- Quilting** • 9:00 a.m.-noon
- Chair Exercise*** • 9:45-10:45 a.m.
- Computer Orientation*** • noon-2:00 p.m.
- Spinners** • 12:30-3:30 p.m.
- Watercolor** • 1:00-3:00 p.m.
- Woodcarving** • 5:00-7:30 p.m.
- Pinochle** • 5:00-7:45 p.m.
- Duplicate Bridge** • 5:00-7:45 p.m.
- Loom Knitting** • 5:30-7:00 p.m.

Saturdays

- Watercolor** • 10:00 a.m.-1:00 p.m.
- Movies** • 2:00-4:30 p.m.

Sundays

- Table Tennis** • 10:00 a.m.-1:00 p.m.
- Bingo** • 10:30-11:45 a.m.

All day • Puzzles, billiards and bocce ball
Activities are subject to change without notice.

Special event

Social Line Dancing -5:00-7:30 p.m., Friday, Feb. 24
\$5 if registered in advance; \$6 at the door

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