

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Center Hours: M-Thurs. 9-3, Fri.9-1 Lunch served at 11:30 M-F Suggested lunch donation-\$4.00 Transportation: \$3 each way Fremontne.gov Like us on Facebook: Fremont Friendship Center</p> 			<p>1</p>  <p>2020!! Center is Closed</p>	<p>2 9:00 Rummikub 9:15 Tai Chi 9:15 Exercises 10:30 Bingo 12:30 Sheepshead 12:30 Pinochle Beef and Bean Chili Crab & Shrimp Macaroni Salad</p>	<p>3 9:00 Hand and Foot 9:30 Chair Volleyball 10:00 UNO Attack 10:00 Bohemian Pitch 10:30 Fish Bowl (it's a new game!!) Center closes at 1pm Chicken Tenders Roast Beef and Cheese Sandwich</p>	<p>4</p>
<p>5</p>	<p>6 9:00 Rummikub 9:00 Hand and Foot 9:00 Skip Bo 9:30 Chair Volleyball 10:30-11:15 Funny \$ Bingo Save your fun \$\$ for a prize! 12:30 Pitch Tournament Hawaiian BBQ Chicken Three Meat Hoagie</p>	<p>7 9:15 Tai Chi 9:30 Chair Volleyball 10:00 Coloring w/ Paulette 10:00 Corn Hole 10:00 Bunco 12:30 Bingo-Fremont Audiology 1:30 Manipulation Card Game Crabmeat Mac. Salad Pecan Cranberry Chicken Salad</p>	<p>8 9:00 Line Dancing 9:30 Exercises 9:30 Hand and Foot 10:00 Special Music THE LINKS 11:30 Monthly Birthday Party 12:30 Pitch Tournament Roasted Pork Loin w/ Apple Relish Roast Beef Chef Salad</p>	<p>9 9:00 Rummikub 9:15 Tai Chi 9:15 Exercises 9:30 Hand and Foot 10:30 Poker Bingo 12:30 Sheepshead 12:30 Pinochle 10 Grain Fish Filet Creamy Cheese Tortellini over Lettuce</p>	<p>10 9:00 Rummikub 9:30 Chair Volleyball 10:00 Corn Hole 10:00 Dominoes 10:00 Farkle 10:30 Bingo with Pro-Med Care Center closes at 1pm Pizza Joe Sandwich Teriyaki Chicken Strips over Lettuce</p> 	<p>11</p>
<p>12</p> 	<p>13 9:00 Rummikub 9:00 Hand and Foot 9:00 Skip Bo 9:30 Chair Volleyball 10:30-11:15 Funny \$ Bingo Save your fun \$\$ for a prize! 12:30 Pitch Tournament Beef Stew w/ Vegetables Egg Salad on Croissant</p>	<p>14 9:15 Tai Chi 9:30 Chair Volleyball 10:00 Coloring w/ Paulette 10:00 Corn Hole 10:00 Bunco 12:30 Bingo w/ Shalimar 1:30 Manipulation Card Game Breaded Chicken Sandwich BLT Salad</p>	<p>15 8:45 Homemade Rolls from Nye 9:00 Line Dancing 9:30 Exercises 9:30 Hand and Foot 10:30 Special Music with Teresa Orr 12:30 Pitch Tournament Italian Meatballs Classic Chef Salad</p>	<p>16 9:00 Rummikub 9:15 Tai Chi 9:15 Exercises 10:00 Surviving Seasonal Depression 10:30 Bingo 12:30 Sheepshead 12:30 Pinochle Turkey Breast with Gravy Ham and Cheese Sandwich</p>	<p>17 9:00 Rummikub 9:30 Chair Volleyball 10:00 UNO Flash 10:00 Scrabble 10:00 Corn Hole 10:30 Bingo with Fremont Therapy Center closes at 1pm Baked Cod Loin Greek Chicken Salad</p>	<p>18</p>
<p>19</p>	<p>20</p>  <p>Center is Closed</p>	<p>21 9:15 Tai Chi 9:30 Chair Volleyball 10:00 Coloring w/ Paulette 10:00 Corn Hole 12:30 Bingo w/ Mosaic 1:30 Manipulation Card Game Cheesy Chicken Rice Casserole Roast Beef and Swiss Sandwich</p>	<p>22 9:00 Coffee Time 9:00 Line Dancing 9:15 Board Meeting 10:30 Special Music with John Worsham 12:30 Pitch Tournament Soft Shell Taco Turkey Chef Salad</p>	<p>23 9:15 Tai Chi 9:15 Exercises 9:30 Bunco 10:30 Mystery Bingo 12:30 Sheepshead 12:30 Pinochle Pork Fritter Chicken Pasta Salad</p>	<p>24 9:00 Rummikub 9:00 Farkle 9:00 Scrabble 9:30 Chair Volleyball 10:30 Group Game Catch Phrase Center closes at 1pm Salisbury Steak Turkey and Cheese on Ciabatta Bun</p>	<p>25</p> <p>Opposite Day! You say right-go left You say up-go down You say no but mean yes</p>
<p>26</p> 	<p>27 9:00 Rummikub 9:30 Chair Volleyball 10:00 Marv's Marvelous Popcorn 10:30 Funny Money Bingo 11:00 Funny Money Auction 12:30 Pitch Tournament Teriyaki Meatballs Chicken Caesar Salad</p>	<p>28 9:15 Tai Chi 9:30 Chair Volleyball 10:00 Coloring w/ Paulette 10:00 Corn Hole 12:30 Bingo w/ Pathfinder 1:30 Manipulation Card Game Roast Beef with Gravy Chicken and Cheese Sandwich</p>	<p>29 9:00 Coffee time! 9:00 Line Dancing 9:30 Hand and Foot 10:30 Special Music with Pam Kragt 12:30 Pitch Tournament Cheese Omelet Ham and Cheese Sandwich</p>	<p>30 9:15 Tai Chi 10:00 Kubat Presentation The need for medication reviews and other questions you have. 10:30 Bingo 12:30 Sheepshead/Pinochle Ham and Beans Roast Beef Chef Salad</p>	<p>31 9:00 Rummikub 9:00 Farkle 9:00 Scrabble 9:30 Chair Volleyball 10:30 Trivia Center closes at 1pm Cheeseburger on a Wheat Bun Ham Chef Salad</p> 	

JANUARY 2020

FREMONT FRIENDSHIP CENTER

402-727-2815