




Garden Valley Senior Center

January 2025

<p>Tuesday Lunches</p> <p>11:30am-12:30pm by donation</p> 	<p>JAN 7 – Pork roast w/ potatoes and carrots, roll, salad bar, fresh fruit, dessert</p> <p>JAN 14 – Meatloaf w/ scalloped potatoes, green beans, roll, salad bar, fresh fruit, dessert</p> <p>JAN 21 – Spaghetti in meat sauce, garlic bread, salad bar, fresh fruit, dessert</p>	<p>JAN 28 – Sparerib w/ sauerkraut, baked beans, Cole slaw, roll, salad bar, fresh fruit, dessert</p> <p><i>**Anyone, any age can come and enjoy a meal and good conversation!!</i></p>
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GAMES/PUZZLE DAY will continue Thursdays at 11:30-2:00pm. Play cards, board games, or work on puzzles. You can bring lunch items to share too!

FOOD BOXES - Boxes will be distributed on **JANUARY 2ND** and **JANUARY 16TH** from 9:30am-11:30am at the Senior Center. Boxes are available for anyone/any age. A special thank you goes to the volunteer team who put the boxes together for those in need.

NO BINGO NIGHT IN JANUARY!! The BINGO team needs to rest and restock supplies, BINGO will resume in February.

MONTHLY GVSSC BOARD MEETING – The meeting will take place on **MONDAY, JANUARY 13th at 6:00pm**. Please attend and share ideas for upcoming events at the Garden Valley Senior Center, comment on needed services, and support the Board. Your input is vital to the ongoing success of the Center!!

LOW IMPACT AEROBICS CLASS – NEW EXERCISE VIDEOS!! What a fun way to get some exercise! The 30-minute session is every Tuesday and Thursday from 10:30am-11:00am.

GARDEN VALLEY RESOURCE GUIDE is available on our website www.gvseniorcenter.org If you would like additional resources added, please contact the Senior/Social Center and we will get a message to John Cottingham.

SENIOR CENTER OFFICE HOURS are Mondays, Tuesdays, and Thursdays from 10am-12pm. The phone number is 208-462-3943. **Note: The center will be closed December 20th through January 1st for the Holidays. Merry Christmas to All!**