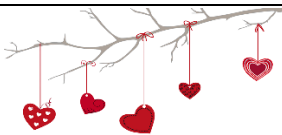






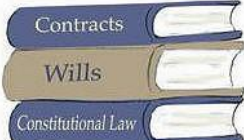




February 2019



SILVER STRANDS SENIOR CENTER

133 WEST STATE ST. PALMYRA, IL 62674 (217) 436-2497

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>THESE PROGRAMS BROUGHT TO YOU BY:</p> 		<p>YOU ARE WELCOME TO JOIN US FOR LUNCH AT 11:30AM PLEASE CALL IN ADVANCE FOR LUNCH ONLY</p>		<p>1 BRING A FRIEND</p> <p>BINGO 12PM</p>  <p>CHICKEN FRIED STEAK</p>
<p>4 HOMEMADE SOUP DAY</p>  <p>PEPPER STEAK</p>	<p>5</p> <p>BISCUIT & GRAVY</p>	<p>6</p> <p>MOSTACCIOLI</p>	<p>7</p> <p>POTATO SOUP</p>	<p>8 BRING A FRIEND</p> <p>BINGO 12PM</p>  <p>SWISS STEAK</p>
<p>11</p> <p>BBQ PORK ON BUN</p>	<p>12</p> <p>CLOSED</p> <p>LINCOLN'S BIRTHDAY</p> 	<p>13</p> <p>TUNA CASSEROLE</p>	<p>14</p> <p>♥ HAPPY Valentine's DAY ♥</p> <p>MINESTRONE SOUP</p>	<p>15 BRING A FRIEND</p> <p>BIRTHDAY DINNER</p>  <p>BINGO 12PM</p> <p>BEEF ROAST</p>
<p>18</p> <p>CLOSED ★ HAPPY Presidents' day! ★ USA</p>	<p>19</p> <p>LAND OF LINCOLN 1PM</p>  <p>POLISH SAUSAGE & KRAUT</p>	<p>20</p> <p>CHICKEN ALFREDO</p>	<p>21</p> <p>BEEF & NOODLES</p>	<p>22 BRING A FRIEND</p> <p>BINGO 12PM</p>  <p>FISH</p>
<p>25</p> <p>HAM & BEANS</p>	<p>26</p> <p>LEVI STRAUSS DAY</p>  <p>CHICKEN PATTY ON BUN</p>	<p>27</p> <p>CHILI</p>	<p>28</p> <p>BROCCOLI CHEESE SOUP</p>	<p>AMERICAN HEART MONTH</p> <p>DID YOU KNOW?</p> <p>IN A 70 YEAR LIFETIME, AN AVERAGE HUMAN HEART BEATS MORE THAN 2.5 BILLION TIMES.</p>

