

LITTLE HOUSE

THE ROSLYN G. MORRIS ACTIVITY CENTER



800 Middle Avenue, Menlo Park, CA 94025
650-272-5000 • www.penvol.org/littlehouse

February 2020

THIS MONTH AT LITTLE HOUSE



Little House Hours of Operation

Monday	8:00 am - 8:00 pm
Tuesday	8:00 am - 8:00 pm
Wednesday	8:00 am - 8:00 pm
Thursday	8:00 am - 8:00 pm
Friday	8:00 am - 4:00 pm

Little House Holiday Hours*

Monday, February 17 – Presidents' Day – Closed

* *The Lyft Transportation Program will not be available outside of these hours.*

Little House Policies

Cancellations: If you wish to cancel an appointment or class reservation, it must be done 24 hours in advance or you will be charged.

Expirations:

Appointments: Expire 6 months after purchase

Class Passes: 5 Class-Passes expire 60 days after purchase; 10 Class-Passes expire 90 days after purchase

Refunds:

Classes and appointments are generally non-refundable. In the case of serious illness or injury, a refund for the remaining classes or appointments may be requested in writing, accompanied by a doctor's note.

Membership is non-refundable and non-transferable.

Volunteer With Us!

Volunteers are the heart of our organization. They support all our programs from our headquarters in Menlo Park and enhance our services in the mid-Peninsula. Whether it's Meals on Wheels, Rosener House or Little House, Peninsula Volunteers, Inc. has many ways for you to get involved!

Current Opportunities

- Transportation Coordinator
- Little House Front Desk Reception
- Meals on Wheels Drivers
- Meals on Wheels Packers
- Technology Tutors

To learn more, visit www.penvol.org/volunteer.

FEBRUARY EVENTS

Open Heart, Open House

Week of Feb 10 - 14

Celebrate healthy heart month by joining us during the week of Feb 10- 14 for an Open House at Little House. This weeklong event will include free fitness classes*, open gym, chair massage, and more. Or, get creative in our ceramics studio, attend a movie, lecture or visit our tech center.

Help spread the love of all that Little House has to offer and bring a friend. If your friend joins by 2/28, you will receive 3 free fitness classes and your friend will receive 5 free fitness classes.

** certain restrictions apply.*



WELLNESS SERVICES

New Massage Client Special

\$60 for One-hour Massage treatment
(Savings of \$19)

Mention "New Client Special" when booking

Massage has been shown not only to help relieve stress but also to boost function of the immune system, speed recovery from surgery and some illnesses as well as lower blood pressure. We currently offer traditional Swedish and Therapeutic Massage. Services are available for 30, 60 or 90 minutes as well as 15-minute neck and shoulder chair massage.

Cancellations: If you wish to cancel an appointment or class reservation, it must be done 24 hours in advance or you will be charged.

Blood Pressure Screenings

Tuesday, February 11

10:00 am - 11:30 am

Free / No appointment necessary

Monthly screenings are provided by Dignity Health Sequoia Hospital and performed by an RN.



Massage Program

30-Minute Service \$ 44 (M) / \$50 (NM)

60-Minute Service \$ 79 (M) / \$90 (NM)

90-Minute Service \$115 (M) / \$131 (NM)

15-Minute Chair \$20 (M) / \$23 (NM)

By appointment only

*Packages are available in 3 or 5 services.



Acupuncture

Dr. Miyashita

Thursdays, 9:00 am - 12:00 pm

\$35 (M) / \$40 (NM) per treatment

By appointment only

*Packages are available in 3 or 5 services.

Acupuncture is a technique in which practitioners stimulate specific points on the body by inserting thin needles through the skin. It is one of the practices used in traditional Chinese medicine. Studies suggest that acupuncture may help ease low-back pain, neck pain, and osteoarthritis/knee pain.

For more information about our Wellness Services or to book an appointment, contact Guest Services at 650-272-5000 or email nazoulay@penvol.org

FITNESS

Fitness Assessments

By Appointment Only

Free

Fitness assessments are required for anyone interested in our Personal Training program or who choose to use our open gym. Assessments are free and by appointment only. Lasting 30 minutes, each appointment includes an orientation to the gym as well as an evaluation of your personal fitness goals. To schedule your appointment, contact member services 650-272-5000 or nazoulay@penvol.org.

Personal Training Program

By Appointment Only

Our Personal Training program is a customized exercise session tailored to each individual's physical abilities. It is beneficial for all levels of fitness including those with physical limitations or post-rehab therapy. Our program offers you a personalized web-based exercise set to assist you with continuation of training. Sessions are available in either 30- or 60-minute increments. All sessions are by appointment only, Monday - Friday. To book an appointment or for pricing information, contact member services at 650-272-5000 or nazoulay@penvol.org.



Open Gym Program

Open Gym is a monthly fee-based program ideal for individuals preferring to work out on their own. Enjoy unlimited visits per month.

Open Gym Price Options

Annual	\$240 Member
	\$360 Non-Member
6-Month	\$132 Member
	\$192 Non-Member
Monthly	\$ 25 Member
	\$ 35 Non-Member

Gym Hours

Mon/Tues/Wed/Fri

8:30 am - 2:30 pm

Thursdays

9:15 am - 2:30 pm

Cancellations: If you wish to cancel an appointment or class reservation, it must be done 24 hours in advance or you will be charged.

- ◇ *All open gym users must check in at Member Services.*
- ◇ *Clients are not permitted to use the gym unattended.*
- ◇ *Open Gym Rates only apply if you are not a current fitness class pass holder or not a current personal training client.*

GROUP FITNESS AND WELLNESS CLASSES

Class Pass Fees

Silver Class Pass

	Drop-in	5 Classes	10 Classes
Members	\$10	\$35	\$65
Non-Members	\$13	\$45	\$75

Gold Class Pass

	Drop-in	5 Classes	10 Classes
Members	\$20	\$70	\$130
Non-Members	\$24	\$85	\$150

Body Conditioning Classes

Women's Chair Conditioning This seated class combines a variety of upper and lower body exercises with the use of resistance bands and balls to strengthen and tone muscles. Standing balance exercises may be performed. Beginner level. (SP)



MELT Method/Body Rolling This class is a rehydration of the body's connective tissue and deep tissue massage rolled into one! You will let go of unproductive muscle patterns in your body. Body rolling allows you to work specific muscles in detail. Participants should be able to get up and down from the floor with ease. Bring your own mat. All levels. (GP)

Pilates

Beginner Mat Pilates The Pilates Method is structured around your body's powerhouse—working the abdominals, pelvic floor, hip joints and lower back. Beginner level. (GP)

Pilates MVe (maximum versatility exercise) Using the MVe chair unit, this Pilates-based program focuses on improving core and lower back strength, flexibility, upper/lower body strength, and balance. Intermediate/Advance level. (GP)

Pilates-Based Neuro Movement Explore ways to instantly improve your mobility, balance, coordination, focus, and reaction time. This class teaches movement based on the key Pilates principles of centering, concentration, control, precision, breath, and flow and enhances it by including brain exercises to stimulate the visual and vestibular (inner ear) systems. Have fun while improving the fitness of your body and your brain! All levels. (GP)



WELLNESS - NEW CLASSES

Strength and Balance Level 1

Tues 12:00 pm - 1:00 pm

This Level 1 class is designed for individuals who have fallen more than once, use a walker or wheelchair for mobility.

Strength and Balance Level 2

Tues 10:30 am - 11:30 am

This Level 2 class involves low impact full body movements to improve balance and increase strength. Gain confidence in doing everyday activities while reducing pain and limitations. Suitable for anyone who has fallen or would like to prevent falls.

Both classes require a Gold Class Pass

NEW CLASS!

Yoga/Qi Active Meditation

Thursdays, 8:30 am

This class offers elements of light yoga, qigong, and meditation in various proportions to a wake up / work-out stretch and breathe session designed to vitalize your body and mind. Classes will vary, so expect the unexpected!



GROUP FITNESS AND WELLNESS CLASSES

Mind and Body Classes

Hatha Yoga Traditional yoga postures and breathing exercises are taught with the aid of a chair. Participants can experience the many benefits of yoga without having to get up or down from the floor. All levels welcome. (GP)

Hatha Yoga With the use of props such as blocks, bolsters, blankets, straps and chairs, practice traditional yoga poses with ease and comfort regardless of physical limitations or age. All Levels welcome. (GP)

Tai Chi Chinese exercise meditation system that uses slow, smooth body movements to achieve a state of relaxation of both body and mind. With practice you will develop self-awareness of body alignment and movement. (GP)



Rosen Method Movement This class works with the body's natural structure and engages the core, improves balance and coordination, and increases range of motion in the joints. All levels welcome. (Free for members/\$5 Non Members)

One Heart Kundalini Yoga A powerful yoga class that combines meditation, physical practice and breathing exercises. Kundalini Yoga expands your awareness to your unlimited self. Great for beginners of all ages and physical capacities. For more information, visit www.OneHeartYoga.com. Registration and fees are collected by the instructor. (\$-PP)

Yoga/Qi Active Meditation This class offers elements of light yoga, qigong, and meditation in various proportions to a wake up / work-out stretch and breathe session designed to vitalize your body and mind. Classes will vary, so expect the unexpected! All levels welcome. (GP)



Tai Chi for Mobility and Balance Winter II Sessions

Mondays/Wednesdays

9:45 am - 10:45 am

Jan 6 - Mar 3

* No Classes 1/20, 1/29 & 2/17

Tuesdays/Thursdays

12:00 pm - 1:00 pm

Jan 7 - Feb 20

\$ 182 Member / \$ 280 Non-Member
Per Class Drop-In \$13 (M)/\$20 (NM)

Tai Chi is proven to improve balance and has the potential to restore the physical functioning of our bodies. Movements taught are easy to learn and a joy to practice. Beginners are welcome.

GROUP FITNESS AND WELLNESS

Cardio Fitness Classes

Active and Fit 20/20/20 This class incorporates 20 minutes of cardio moves, 20 minutes of strength and abdominal exercises and 20 minutes of stretching and flexibility exercises. Beginner to intermediate level. (SP)

Fun with Fitness Increase your strength, mobility, flexibility, and reduce your fear of movement. Class includes cardio movements and strengthening exercises using small hand weights and bands. All levels. (GP)

NEW! Zumba Gold Latin-dance inspired music taught at a lower intensity, Ideal for beginners or anyone needing modifications to their exercise routine. Builds cardiovascular strength, tones muscles and helps with brain health. All levels. (GP)



Lifetime Fitness Designed to strengthen, stretch and shape specific muscle groups. Learn body mechanics while building strong bones and accelerating your metabolism using hand weights and bands. Bring mat to class. All levels welcome. (SP)

Line Dancing No partner needed! Traditional line-dance moves to all genres of music: Country, Rock and Roll, Pop, Latin, Big Band, and a tiny bit of Rap! A new dance move is taught each week and builds on the previous weeks' moves. All levels welcome. (SP)

Jazzercise Every Jazzercise class starts with a warm up, followed by choreographed dance routines that are easy to learn and follow. The class ends with strength training and stretching. Register at www.jazzercise.com.

Therapeutic Programs

Joints in Motion This class combines gentle strengthening with active range of motion exercises to promote life-long joint health. Most exercises will be done seated, making a perfect routine for all ability levels. Specifically geared to ease pain and address limitations associated with osteoarthritis, but will be beneficial for everyone's joints. (GP)

Strong for Life This is a free muscle strengthening exercise program for older adults. This program is offered through Aging Adult Services of Stanford Health Care. Utilizing Thera-Bands, it is an easy to follow exercise routine designed to improve strength, function and balance in older adults without limitations. To register call (650) 723-1303 (F-PP).

Strength and Balance Levels 1 & 2

This low impact class uses full body movements to improve balance and increase strength. Gain confidence in doing everyday activities while reducing pain and limitations. (GP)

- ◆ **Level 1** - Suitable for walkers and wheel-chairs. Exercises will be done seated, standing, and walking.
- ◆ **Level 2** - Suitable for anyone who has fallen or would like to prevent falls.

Group Fitness and Wellness Classes

Monday	Tuesday	Wednesday	Thursday	Friday
8:30 am Lifetime Fitness Mary / SP	8:00 am Pilates Based Neuro Movement Elaine / GP	8:30 am Lifetime Fitness Mary / SP	8:00 am Pilates Based Neuro Movement Elaine / GP	8:30 am Lifetime Fitness Mary / SP
8:30 am Beginner Pilates Fran / GP	9:30 am Fun with Fitness Vicky / GP	8:30 am Beginner Pilates Fran / GP	NEW CLASS- Yoga/ Qi Meditation John/ GP	8:30 am Pilates MVe Chair Fran / GP
9:45 am Tai Chi Jason / \$\$	10:30 am Strength and Balance L-2 Stephanie /GP	9:45 am Tai Chi Jason / \$\$	9:30 am Fun with Fitness Vicky / GP	9:45 am Melt/ Body Rolling Fran / GP
9:45 am Active & Fit 20/20/20 Mary / SP	10:45 am Strong for Life Stanford Health Care F- PP	9:45 am Active & Fit 20/20/20 Mary / SP	10:45 am Strong for Life Stanford Health Care F- PP	9:45 am Active & Fit 20/20/20 Mary / SP
10:30 am Matter of Balance Stanford Health Care F-PP Ends 3/23	11:00 am NEW CLASS - Zumba Gold Sonia/GP 11:45 am Rosen Movement Heidi / F- \$-PP	10:00 am Line Dancing Evelyn / SP	11:00 am Chair Yoga Nicole/ GP	11:00 am Zumba Gold Nicole / GP
	12:00 pm Tai Chi Jason / \$\$	11:00 am Hatha Yoga Keyko / GP	1:15 pm Women's Chair Condition Dana / SP	
	12:00 pm Strength and Balance L-1 Stephanie / GP	11:15 am Joints in Motion Jamie / GP	12:00 pm Tai Chi Jason / \$\$	
6:00 pm Jazzercise / \$-PP	1:15 pm Women's Chair Condition Dana / SP	6:00 pm Jazzercise / \$-PP	5:40 pm Jazzercise \$\$ / PP	
	6:00 pm Jazzercise / \$- PP		7:00 pm Tai Chi Lisette / GP	
	7:00 pm One Heart Yoga / \$-PP			

GP = Gold Class Pass
 SP = Silver Class Pass
 \$\$ = Enrollment Class
 \$- PP= Fee Based Partner Program
 F-PP= Free Partner Program
 To register for classes,

COMMUNITY RESOURCES

AARP Tax Preparation

Tuesdays, February 4 – April 14

9:00 am–2:30 pm

Tax season is here now and AARP is here to help you take the hassle out of doing your yearly taxes. Simply call 650-272-5000 to make an appointment to get free one-on-one personalized assistance filing your 2019 taxes.



Health Insurance Counseling & Advocacy Program (HICAP)

Mondays, 1:00 pm - 3:00 pm

By appointment only

Medicare questions?? Contact HICAP directly at 650-627-9350 to schedule an appointment.



The Nurse Is In

Thursdays

11 :00 am - 1:30 pm

Our partnership with Samuel Merritt nursing program will continue through the fall. The nurse interns will be here on Thursdays to answer your health questions, offer nutritional advice, and even share their favorite healthy snacks.



For the month of February, we will be celebrating healthy heart month covering topics such as oral health and your heart, stroke awareness, blood pressure and your heart and the power of friendship and your heart

Valentine Card Making Workshop

Tuesday, Feb. 11 11:30 am

Come and make your sweetheart or loved one a special card from the heart. Or write a special note to our valued military personnel. Workshop led by Bonnie DeLeuw.



Refreshments served

Please RSVP at Guest Services

Sponsored by Liliana Perazich and Beth Leathers / Senior Real Estate Specialists Coldwell Banker

TECHNOLOGY ASSISTANCE

Tech Tutoring

Do you have a smartphone or computer, but you are having technical issues? Let our Tech experts help. Tutors are available Tuesday - Thursday, 10:00 am - 3:00 pm by appointment only. For questions or scheduling, call 650-272-5000.

Tutoring Prices

	Single	5 Sessions	10 Sessions
Member	\$12	\$40	\$55
Non-Member	\$15	\$50	\$65

Technology Center

Visit our Technology Center to check your email, print a document, and more. Center use is free for members.

Hours: Monday - Thursday, 9:00 am - 4:00 pm / Friday 9:00 am - 3:00 pm

Email Clinic is held on Fridays 1:00pm - 2:30pm.

Document printing is limited to 10 pages—additional pages are 10 cents each.

Cancellations: If you wish to cancel an appointment or class reservation, it must be done 24 hours in advance or you will be charged.

Social Activities

February Member Birthday Lunch

Thursday, Feb. 13 11:30am

Little House members with a February birthday are invited to join us for a free lunch and treat.



RSVP with Guest Services for your lunch ticket.

Mah Jongg Lessons

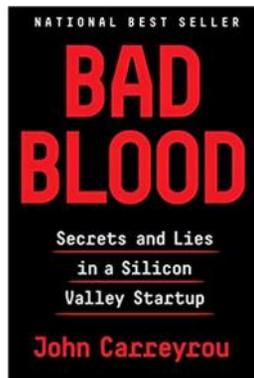


Meet new friends and keep your mind sharp with this traditional Chinese game. Similar to the card game Rummy, Mah Jongg is a game of skill, strategy, and calculation and involves a degree of chance. If you're new to Mah Jongg, join us for free lessons. Call Sylvia Jeans, expert Mah Jongg instructor, at 650-327-6216 to schedule an appointment.

Book Club

Wednesday, Feb 5
12:30 pm - 2:00 pm

The February book is *Bad Blood* by John Carreyrou



The book club meets on the first Wednesday of the month. The Club will be reading the following books:

March - *"The Silent Patient"*
by Alex Michaelides

April - *"The Johnstown Flood"*
by David McCullough

Backgammon

Backgammon is one of the oldest known board games. Its history can be traced back nearly 5,000 years. Looking for a partner? Choose your day and time. Contact Kamilah at 650-272-5006



Distinguished Lecture Series

Staying Connected and Staying Happy: Avoiding Social Isolation

Monday, Feb. 10 11:00am—12:00pm



Social isolation and loneliness are at epic proportions in America in all age groups. Join Taun Relihan to discuss the causes and prevention of social isolation. She will also discuss the myths of aging, enhancing resilience and ways to improve your quality of life.

Taun Relihan is an R.N with 30+ years experience in caring for elders. She has been a Director of Nursing, Staff Developer, Consultant, and Hospice Educator. Taun has an MS in Community Mental Health and a Ph.D. in Transdisciplinary Studies.

Please RSVP at 650-272-5000 or Guest Services

CERAMICS

Ceramics for Fun

Come find your artistic niche with our exciting ceramics classes! Whether ceramics is a new hobby or a long-time passion, the Little House studio is open to artists of all caliber.

Monday/Thursday 10:00 am - 3:00 pm



Daytime	Drop-in	5 Classes	10 Classes
Member	\$ 26	\$115	\$165
Non-Member	\$ 30	\$130	\$185

Thursdays

5:30 pm - 8:30 pm

Evening	Drop-in	5 Classes	10 Classes
Member	\$ 23	\$100	\$150
Non-Member	\$ 26	\$115	\$170

Beginning Teen/Adult Ceramics

Wednesdays 5:30 pm–8:00 pm

*Evening Price applies

In this beginning class you will learn to navigate the ceramics studio. The basics of hand-building and slab work will be covered.



Clay and Chardonnay

Tuesdays, February 11 and 25

6:00 pm - 8:00 pm

\$30 Member/\$35 Non-member per session

Join us for a fun evening that will help you unwind and release your inner artist. As you sip on wine, the instructor will guide you on a step-by-step artistic adventure to create your own clay masterpiece. Supplies, aprons, and wine are all included. Come enjoy a night out with your friends!

Open Studio

The Ceramic Studio is available for currently enrolled students to work independently.

Open Studio Hours and Fees

Tuesdays and Wednesdays

8:00 am - 4:00 pm

Open Studio	Drop-in	5-Pack	10-Pack
Member	\$15	\$50	\$80
Non-Member	\$18	\$60	\$90

Ceramics for Kids

Mondays, 4:00 pm - 5:30 pm

Jan. 13 – Feb. 24 (no class 1/20, 2/17)

\$85.00

Introduce your kids to the wonderful world of ceramics. In this class, kids will learn basic skills like stamping, wedging clay, glazing, pinch pot figures, and more from our patient and experienced instructors. Participants are encouraged to express their individuality and create pieces that reflect their own interests and personality. Class is suitable for kids ages 5 years and older.

**Ride the Rails to Reno**

March 9 - 11, 2020

All aboard the Zephyr train to Reno where you will spend 2 nights at the El Dorado Hotel and Casino. Includes daily breakfast. \$ 352 Single/\$ 292 Double occupancy.

Tulip Time in Holland

April 17 - 27, 2020

Celebrate spring in the Netherlands and Belgium with guided sightseeing in Amsterdam, Middelburg, Ghent, Antwerp and Rotterdam.

For more information on trips, call
650-272-5018

TRANSPORTATION



within a few minutes. When you're ready to return, call us back and we will get you a ride home.

To register or request a ride, call 650-272-5040.

*Hours: Monday - Thursday, 8:15 am - 7:45 pm
Fridays, 8:15 am - 3:45 pm*

***New Rates effective Jan 1st
\$5 Zones 1 - 2 and \$ 9 for Zones 1- 3.**

Need a Lyft?

If you need a ride from your home to Little House, the doctor or dentist, call the transportation number and we will arrange for a Lyft Driver to pick you up

You must live within the following cities to qualify for the discounted rates: East Palo Alto, Portola Valley, Menlo Park, Redwood City, Atherton, Woodside, San Carlos, Belmont, and select parts of Foster City and San Mateo (Call 650-272-5040 for more information)

Lyft Zones and Fees			
One Zone	Neighboring Zones (i.e. Zone 1-Zone 2)	Non-Neighboring Zones (i.e. Zone 1-Zone 3)	*Outside Program Boundaries
\$5.00	\$5.00	\$9.00	Standard Lyft Rates
Subsidized Zone Coverage Areas			
Zone 1 - East Palo Alto, Stanford, Portola Valley, Palo Alto			
Zone 2 - Menlo Park, Redwood City, Atherton, Woodside			
Zone 3 - San Carlos, Belmont, Foster City, San Mateo			

GAMES, CLUBS, AND SOCIAL ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
12:30 pm Duplicate Bridge	9:00 am Knitting Club	10:00 am Knitting Group	10:00 am Hand & Foot Canasta	11:45 am Social Bridge
1:00 pm Mah Jong	1:00 pm Mah Jong	10:30 am Beginning Bridge	1:00 pm Mah Jong	12:30 pm Bingo
1:00 pm Eclectic Movie		12:30 pm Pinochle		
		1:00 pm Culture Movie		

MOVIES

Eclectic Movies

Mondays 1:00pm

Free for Members / \$3 Non-Members

Feb 3 [The White Crow](#)

127 min R 2019

Biopic charts the early years of Soviet ballet star Rudolf Nureyev, from his birth to the life altering decision he makes while in Paris in 1961.

Feb 10 [After the Wedding](#)

112 min PG13 219

Theresa, a media mogul, invites Isabel, an American living in India, to meet her in New York, supposedly to discuss a donation, but ending at a daughter's wedding, where a revelation upends the lives of both women.

Feb 17 Presidents' Day – LH Closed

*No Movie

Feb 24 [Harold and Lillian](#)

101 min NR 2017

Rarely credited on-screen for their work, storyboard artist Harold and his wife film researcher Lillian, had a profound impact on 60 years of filmmaking.



Culture Movies

Wednesdays 1:00pm

Free for Members / \$3 Non-Members

February 5th [Nowhere Boy](#)

98 min 2019 R

Raised by his aunt since he was a young boy, charismatic teen John Lennon is reunited with his mother, which ignites a bitter battle between the two sisters for John's affections. Along the way, John befriends fellow Liverpool lad Paul McCartney.

February 12th [Ray](#)

152 min PG-13 2004

Jamie Foxx portrays rhythm and blues legend Ray Charles, who rose from obscurity to become world famous despite losing his eyesight at age 6, a hardscrabble upbringing, repeated struggles with racism, romantic letdowns and his own heroin abuse.

February 19th [The Salt of the Earth](#) Cinema, Conversation and Coffee

As this artfully crafted documentary proves, legendary Brazilian photographer Sebastião Salgado has created a spectacular body of work during his long career, capturing both the planet's stunning beauty and human-kind's heartbreaking atrocities.

February 25th [Stan and Ollie](#)

97 min PG 2018

With their glory days as Hollywood's premier comedy team long behind them, Stan Laurel and Oliver Hardy begin a 1953 farewell tour of England and Ireland, reminding audiences – and themselves – of the magic of their partnership.

FEBRUARY CAFÉ MENU

Monday	Tuesday	Wednesday	Thursday	Friday
3 Pot Roast w/ Herbed Red Potatoes	4 Oven Roasted Salmon w/ Pineapple Chutney	5 Chicken Pot Pie	6 Cheese Lasagna Marinara	7 Salisbury Steak
10 Turkey Mediterranean over Penne Pasta	11 Honey Mustard Chicken	12 Hot Roast Beef Sandwich	13 Sweet & Sour Fish w/ Brown Rice Member Birthday Lunch 	14 Valentine's Day—TBD 
17 Little House Closed 	18 Turkey Shepherd's Pie	19 Beef Stroganoff w/ Egg Noodles	20 Oven Fried Chicken	21 Baked Mac & Cheese
24 Chicken Parmesan	25 Corn Meal Breaded Fish	26 Lemon Chicken Stir Fry	27 Pork Picadillo	28 Spaghetti w/ Meatballs
			Café Hours Mon - Fri 11:30 AM -1:00 PM	Café Prices Entrée: \$5.50 Salad: \$3.75 Soup: \$2.75 1/2 Sandwich: \$2.75