

*Join the Fun!*

Rasmussen Senior Center - 115 East Roberts Lane - 392.2030

**VOLUNTEERS NEEDED!** Front sign in desks, servers, after lunch clean up, etc.

Please see office staff to inquire

Meals on Wheels - 392.2016

WE RESERVE THE RIGHT TO CHANGE MENU WITHOUT NOTICE.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b><i>Super Bowl Party! 7</i></b>
Chicken Posole Coleslaw Fruit Salad Corn Tortillas Milk	Spaghetti w/Meat Sauce Italian Green Beans Watermelon WW Roll Milk	Pork Stir Fry Stir Fry Vegetables Citrus Salad Steamed Rice WW Roll Bread Pudding	Scrambled Eggs Sausage Link Diced Potatoes Cantaloupe Biscuit Milk	Turkey Tamale Pie Green Beans Carrot Raisin Salad Cornbread Mixed Fruit Milk
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b><i>VALENTINE'S PARTY! 14</i></b>
Chicken Friend Steak Mashed Potatoes Zucchini Mixed Melon WW Roll Milk	Baked Potato w/Beef Chili Mixed Vegetables Fresh Fruit WW Roll Milk	Gumbo Soup Green Salad Carrot Salad WW Roll Vanilla Pudding Milk	Chicken & Pasta Broccoli Citrus Salad WW Roll Jello w/Fruit Milk	Chef's Salad Cantaloupe Saltine Crackers Milk
<b>17</b>	<b>18</b>	<b><i>HAPPY BIRTHDAY! 19</i></b>	<b>20</b>	<b>21</b>
<b>CLOSED PRESIDENT'S DAY</b>	Beef Stew Green Salad Mixed Fresh Fruit Corn Bread Milk	Roast Turkey Mashed Potatoes Broccoli WW Roll Cake Milk	Chili Beans Coleslaw Mixed Melon Corn Bread Milk	Baked Potato w/Chili Verde Mixed Vegetables Pinto Beans Sliced Orange WW Roll Milk
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
Kielbasa Sausage Red Potatoes Steamed Cabbage & Carrots Onion Cheese Roll Fruit Salad Milk	Baked Fish Zucchini Cantaloupe WW Roll Parm Garlic Pasta Milk	Chicken Fajita Fajita Vegetables Fresh Fruit Flour Tortilla Spanish Rice Pinto Beans Milk	Tuna Sandwich Carrot Salad Watermelon WW Bread Milk	Orange Chicken Broccoli Apricots WW Roll Steamed Rice Milk

# FEBRUARY

RASMUSSEN SENIOR CENTER 2025

*Join the Fun!*

\*2nd Wednesday of the month: Nutrition Meeting 1:00pm, Senior Alliance Meeting 1:30pm

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b><i>Super Bowl Party!</i> 7</b>
9:00: Exercise Class 9:00: Cards in the Library 9:30: Loteria 10:00: Live Music & Dancing 12:00: Lunch 12:15 Karaoke	9:00: Cards in the Library 9:00- Sewing /Quilting 9:00 Cards in the Library 9:00 Chair Yoga (\$6) 10:00: Live Music & Dancing 12:00: Lunch 1:00: Grocery Bingo	9:00: Exercise Class 9:00: Cards in the Library 9:00 Crafts 9:30: Loteria 9:30: Tech Savvy Seniors 10:00 Live Music & Dancing 12:00: Lunch	9:00: Cards in the Library 9:00: Crochet 9:00: Exercise with Music (\$6) 9:30: Loteria 10:00: Live Music & Dancing 10:30: Beginning Line Dance (\$6) 12:00: Lunch 12:15: Karaoke 1:30: Intermediate Line Dance Class (\$6)	9:00: Exercise Class 9:00: Cards in the Library 9:00: Painting 9:00: Cards in the Library 10:00: Live Music & Dancing 12:00: Lunch 1:00: Penny Bingo
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b><i>VALENTINE'S PARTY!</i> 14</b>
9:00: Exercise Class 9:00: Cards in the Library 9:30: Loteria 10:00: Live Music & Dancing 12:00: Lunch 12:15 Karaoke	9:00: Cards in the Library 9:00: Sewing /Quilting 9:00 Cards in the Library 9:00 Chair Yoga (\$6) 10:00: Live Music & Dancing 12:00: Lunch 1:00: Grocery Bingo	9:00: Exercise Class 9:00: Cards in the Library 9:00 Crafts 9:30: Loteria 9:30: Tech Savvy Seniors 10:00: Live Music & Dancing 12:00: Lunch 1:00: Senior Afternoon Movie - Rainman	9:00: Cards in the Library 9:00: Crochet 9:00: Exercise with Music (\$6) 9:30: Loteria 10:00: Live Music and Dancing: Country George 10:30: Beginning Line Dance (\$6) 12:00: Lunch 12:15: Karaoke 1:30: Intermediate Line Dance Class (\$6)	9:00: Exercise Class 9:00: Cards in the Library 9:00: Painting 9:00: Cards in the Library 10:00: Live Music & Dancing 12:00: Lunch 1:00: Penny Bingo
<b>17</b>	<b>18</b>	<b><i>HAPPY BIRTHDAY!</i> 19</b>	<b>20</b>	<b>21</b>
<b>CLOSED PRESIDENT'S DAY</b>	9:00: Cards in the Library 9:00: Sewing /Quilting 9:00 Cards in the Library 9:00 Chair Yoga (\$6) 10:00: Live Music & Dancing 12:00: Lunch 1:00: Grocery Bingo	9:00: Senior Marketplace 9:00: Exercise Class 9:00: Cards in the Library 9:00 Crafts 9:30: Loteria 9:30: Tech Savvy Seniors 10:00: Live Music & Dancing 12:00: Lunch	9:00: Cards in the Library 9:00: Crochet 9:00: Exercise with Music (\$6) 9:30: Loteria 10:00: Live Music & Dancing 10:30: Beginning Line Dance (\$6) 12:00: Lunch 12:15: Karaoke 1:30: Intermediate Line Dance Class (\$6)	9:00: Exercise Class 9:00: Cards in the Library 9:00: Painting 9:00: Cards in the Library 10:00: Live Music & Dancing 12:00: Lunch 1:00: Penny Bingo
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