

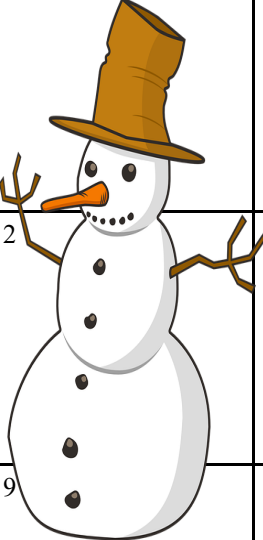
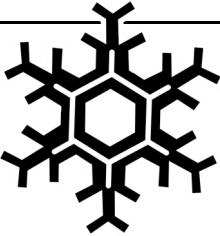

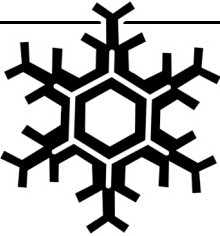


January 2025

(218) 736-6842

Building Hours: Monday - Thursday 7:30 a.m. - 4:00 p.m., Friday 7:30 a.m. - 3:00 p.m. Office Hours: Monday - Thursday 7:30 a.m. to 1:00 p.m., Fridays 7:30 a.m. - 11:00 a.m.

Web Site: www.ffsenior.org E-Mail: senior@prtcl.com

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
<p>Remember to Renew Your Membership! Everyone's membership is January 1 - December 31</p> 			<p>1</p> 	<p>2</p> <p>10:00 Circuit Training 11:30 Red Hats to 12:45 Pinochle 2:45 Circuit Training</p>	<p>3</p> <p>8:45 Duplicate Bridge 12:45 Bingo</p>	<p>4 MENU W-CLOSED TH-Waffles F-Soup/Grilled Cheese</p>	
<p>5</p> 	<p>6</p> <p>9:30 Crafts & Quilts 10:00 Circuit Training 11:00 Nutrition & Wellness Seminar 12:45 Movie 12:45 Party Bridge 2:45 Circuit Training</p>	<p>7</p> <p>8:45 Duplicate Bridge 12:45 Whist</p>	<p>8</p> <p>9:00 Coffee w/Board 9:30 Board Meeting 10:00 Line Dancing 10:00 Women's Pool 12:45 Games</p>	<p>9</p> <p>9:30 Muffins for Men 10:00 Circuit Training 12:45 Pinochle 2:45 Circuit Training</p>	<p>10</p> <p>8:45 Duplicate Bridge 12:45 Bingo</p>	<p>11</p> <p>M-Cook's Choice T-Baked Ham W-Chili TH-Chicken F-Tater Tot Hotdish</p>	
	<p>12</p> <p>9:30 Crafts & Quilts 10:00 Circuit Training 12:45 Movie 12:45 Party Bridge 2:45 Circuit Training</p>	<p>13</p> <p>9:30 Crafts & Quilts 10:00 Circuit Training 12:45 Movie 12:45 Party Bridge 2:45 Circuit Training</p>	<p>14</p> <p>8:45 Duplicate Bridge 12:45 Whist</p>	<p>15</p> <p>10:00 Line Dancing 10:00 Women's Pool 12:45 Games</p>	<p>16</p> <p>10:00 Circuit Training 11:30 Birthday Celebration 12:45 Pinochle 2:45 Circuit Training</p>	<p>17</p> <p>8:45 Duplicate Bridge 12:45 Bingo</p>	<p>18</p> <p>M-Chicken/Bun T-Liver or Sausage W-Soup/Sandwich TH-Pork Roast F-Cook's Choice</p>
<p>19</p> 	<p>20</p> 	<p>21</p> <p>8:45 Duplicate Bridge 12:45 Whist</p>	<p>22</p> <p>10:00 Line Dancing 10:00 Women's Pool 12:45 Games</p>	<p>23</p> <p>10:00 Circuit Training 12:45 Pinochle 2:45 Circuit Training</p>	<p>24</p> <p>7:30 Foot Care 8:45 Duplicate Bridge 12:45 Bingo</p>	<p>25</p> <p>M-Cntry Fried Steak T-BBQ Chicken W-Swiss Steak TH-Meatloaf F-Chix over Biscuit</p>	
<p>26</p> 	<p>27</p> <p>9:30 Crafts & Quilts 10:00 Circuit Training 12:45 Movie 12:45 Party Bridge 2:45 Circuit Training</p>	<p>28</p> <p>8:45 Duplicate Bridge 12:45 Whist</p>	<p>29</p> <p>10:00 Line Dancing 10:00 Women's Pool 12:45 Games</p>	<p>30</p> <p>10:00 Circuit Training 12:45 Pinochle 2:45 Circuit Training</p>	<p>31</p> <p>8:45 Duplicate Bridge 12:45 Bingo</p>	<p>M-Salisbury Steak T-Potatoes/Ham W-Chicken Stir Fry TH-Baked Fish F-Cook's Choice</p>	