

10:00-3:00 Wed., FEB 6 BOARD ELECTION	11:30 Wed., FEB 6 TOM LANCASTER	11:30 Tues., FEB 12 MICHAEL JOHNSON	11:30 Wed., FEB 20 MV GEM FIDDLERS	11:30 Every Thur. PAT BLESSIN	11:30 Wed., FEB 27 BILL PARTIN	8:00 am Sat., FEB 9 Breakfast/MARLA GARRETT
FEB 2019		Minimum Daily Serving Size - 2 oz of Meat/Protein, 1/2 cup of cooked/canned fruit and vegetables, or 1 cup fresh fruit and fresh vegetables, 1/3 to 1/2 cup of grains & 1 slice of bread (half to be whole grain), 1 cup of milk or dairy, dessert is an optional - minimum 1 oz serving				FEB 2019
TWIN FALLS SENIOR CENTER  208-734-5084  530 SHOSHONE ST. W., TWIN FALLS, ID. 83301 CENTER OFFICE HOURS Mon-Fri 8:00 am to 5:00 pm Website - www.tfseiorcenter.com Facebook - Twin Falls Senior Center CENTER VOLUNTEERS & DRIVERS NEEDED!!!		9:00 am- Noon 1:00-4:00 pm AARP TAX Appts (CFR) Every Tuesday & Thursday beginning Tues, Feb 5th Call today for your appt!!	TWIN FALLS SENIOR CENTER BOARD ELECTION 10 am to 3:00 pm February 6, 2019 <i>Only TFSC Congregate members are allowed to vote</i>	Room Codes QR - Quilting Room CR - Card Room CFR - Conference Room MPR - MultiPurpose Room RR - Relaxation Room MH - Main Hall	Friday 2019-02-01 Beef Stroganoff 9:00 Quilting (QR) 10:30 Fit & Fall Proof (MH) 11:45 Lunch BINGO (MH) 1:30 Art Class (CFR) 4:00 Art Class (CFR)	Saturday 2019-02-02 SMILE FOR SENIORS DENTAL FAIR Saturday - FEB 9th 8-10 AM FREE Oral Cancer Screening Senior Dental Home Care Education Denture Care Education Nutrition Consultation Free Dental Kits or Denture Kits Prizes In conjunction w/Breakfast ↓
Sunday 2019-02-03	Monday 2019-02-04 Sweet & Sour Pork	Tuesday 2019-02-05 Meat Loaf w/gravy	Wednesday 2019-02-06 Spaghetti w/meat sauce	Thursday 2019-02-07 Lemon Pepper Tilapia	Friday 2019-02-08 Augratin Sausage Skillet	Saturday 2019-02-09 \$8 Fundraising Breakfast
	9:00 Quilting (QR) 10:30 Fit & Fall Proof (MH) 11:45 Mega Monday Game (MH) 12:15 City of Twin Falls (MH) Senior Citizens Advisory Forum 1:00 Monday Bridge (MPR) 1:30 & 4:00 Art Class (CFR) 4:30 TOPS Meeting (RR)	9:00 am- Noon 1:00-4:00 pm AARP TAX Appts (CFR) 10:00 Oigong/Chi Gong(RR) 10:00 Harrison's Hope (MH) Grief Recovery/Support Group (CR) 11:45 Ticket Tues Game (MH) 1:00 Hand & Foot Canasta (CR) 1:30 & 4:00 Art Class (RR) 6:30pm - Tues Pinochle (CR)	Cinnamon Rolls for Sale - \$3.00 9:00 Quilting (QR) 10:00 - 3:00 TFSC Board Election 10:30 Fit & Fall Proof (MH) 11:30 Tom Lancaster (MH) 1:00 Duplicate Bridge (MPR)	9:00 am- Noon 1:00-4:00 pm AARP TAX Appts (CFR) 10:00 Oigong/Chi Gong(CFR) 10:00 Horizon - Foot Clinic (RR) 11:30 Pat Blessin/Organ Music (MH) 11:55 Thunder Thurs Game (MH) 12:15 Idaho Home Health & Hospice (MH) Keeping your Heart & Mind Healthy 1:00 Thursday Pinochle (CR) 1:00 Hand & Foot Canasta (CR) 3:30 & 6:30 Art Class (CFR) 6:00 Ladies AA (MPR)	9:00 Quilting (QR) 10:30 Fit & Fall Proof (MH) 11:45 Lunch BINGO (MH) 1:30 Art Class (CFR) 4:00 Art Class (CFR) 6:00-7:00 Bountiful Basket Pickup (MH)	Marla Garrett Entertains 8:00-10:00 am STUFFED FRENCH TOAST Ham, Bacon, Sausage, Eggs, Potato Casserole Biscuits & Gravy Fresh Fruit, Crepes, Bread Trays Coffee, Milk, Juice SMILE FOR SENIORS Oral Cancer Screening 8-10 AM
Sunday 2019-02-10	Monday 2019-02-11 Creamy Chicken & Rice	Tuesday 2019-02-12 Mushroom Salisbury Steak or Liver & Onions	Wednesday 2019-02-13 Ham, Bean, Muffin Casserole	Thursday 2019-02-14 VALENTINE'S DAY Beef Stuffed Manicotti w/Sauce	Friday 2019-02-15 Mediterranean Pork	Saturday 2019-02-16
	9:00 Quilting (QR) 10:30 Fit & Fall Proof (MH) 11:45 Mega Monday Game (MH) 12:15 Siew Lee-Univ of ID Ext. Understanding the DASH Diet 1:00 Monday Bridge (MPR) 1:30 & 4:00 Art Class (CFR) 4:30 TOPS Meeting (RR)	9:00am- Noon 1:00-4:00 pm AARP TAX Appts (CFR) 10:00 - Oigong/Chi Gong(RR) 10:00 Harrison's Hope (MH) Grief Recovery/Support Group (CR) 10:30 Hospice Vision Foot Clinic (RR) 11:30 Michael Johnson (MH) 11:45 Ticket Tues Game (MH) 1:00 Hand & Foot Canasta (CR) 1:30 & 4:00 Art Class (MH) 6:30pm - Tues Pinochle (CR)	Cinnamon Rolls for Sale - \$3.00 9:00 - 1:00 TFSC Sew Group (CFR) 9:00 Quilting (QR) 10:30 - Fit & Fall Proof (MH) 11:15 Alliance Home Health (MH) Blood Pressure Checks 12:15 Wright's Physical Therapy Balance & Fall Prevention 12:30 ID Volunteer Lawyer's (CFR) Answering your Legal Questions 1:00 Duplicate Bridge (MPR)	9:00am- Noon 1:00-4:00 pm AARP TAX Appts (CFR) 10:00 Oigong/Chi Gong(CFR) 11:30 Pat Blessin/Organ Music (MH) 11:55 Thunder Thurs Game (MH) 12:15 Heritage Health Services (MH) Mending a broken heart 1:00-Thursday Pinochle (CR) 1:00 Hand & Foot Canasta (CR) 3:30 & 6:30 Art Class (MH) 6:00 - Ladies AA (MPR)	9:00 Quilting (QR) 10:30 Fit & Fall Proof (MH) 11:45 Lunch BINGO (MH) 1:30 Art Class (CFR) 4:00 Art Class (CFR)	11:00 am Pioneer Button Club Mtg (CFR) 1:00 pm Mary Kay Cosmetics Guest Event  A Princess in the Making Royalty Dance 6-8 pm
Sunday 2019-02-17	Monday 2019-02-18 PRESIDENT'S DAY Beef Tips w/gravy	Tuesday 2019-02-19 Cheese & Chicken Enchiladas	Wednesday 2019-02-20 Chicken Fried Steak	Thursday 2019-02-21 Pulled Pork Sandwich	Friday 2019-02-22 Chicken Bacon Pasta w/garlic sauce	Saturday 2019-02-23
President's Day Mon, Feb 18th  ACBL Unit 400 Bridge 12:00-4:00	9:00 Quilting (QR) 10:30 Fit & Fall Proof (MH) 11:30 Harrison's Hope (MH) Blood Pressure Checks 11:45 Mega Monday Game (MH) 12:15 Harrison's Hope (MH) Heart Health 1:00 Monday Bridge (MPR) 1:30 & 4:00 Art Class (CFR) 4:30 TOPS Meeting (CR) 5:15 pm TFSC Board Mtg (CFR)	9:00 am- Noon 1:00-4:00 pm AARP TAX Appts (CFR) 10:00 - Oigong/Chi Gong(RR) 10:00 Harrison's Hope (MH) Grief Recovery/Support Group (CR) 11:45 Ticket Tues Game (MH) 1:00 Hand & Foot Canasta (CR) 1:30 & 4:00 Art Class (MH) 2:00-3:30 Intro to Computers (RR) 6:30pm - Tues Pinochle (CR)	Cinnamon Rolls for Sale - \$3.00 7:30 5th District Lawyer's Breakfast (CFR) 9:00 Quilting (QR) 10:30 Fit & Fall Proof (MH) 10:30 Alzheimer's Support Group (CR) 11:30 MV Gem Fiddlers (MH) 1:00 Duplicate Bridge (MPR)	6:30 City of TF Employee Breakfast (MH) 9:00 am- Noon 1:00-4:00 pm AARP TAX Appts (CFR) 10:00 Oigong/Chi Gong(RR) 10:00 Horizon - Foot Clinic (RR) 11:30 Pat Blessin/Organ Music (MH) 11:30 Molina - Ryan Anderson 11:55 Thunder Thurs Game (MH) 11:30 Healthy Living (MH) Blood Pressure Checks 1:00 Thursday Pinochle (CR) 1:00 Hand & Foot Canasta (CR) 2:00-3:30 Intro to Computers (RR) 3:30 & 6:30 Art Class (MH) 6:00 Ladies AA (MPR)	9:00 Quilting (QR) 10:30 Fit & Fall Proof (MH) 11:45 Lunch BINGO (MH) 1:30 Art Class (CFR) 4:00 Art Class (CFR) 6:00-7:00 Bountiful Basket Pickup (MH)	Twin Falls Senior Center providing services to the community since 1978 Help us Serve the Community one Heart at a Time Please do your part Volunteer, Donate, Participate
Sunday 2019-02-24	Monday 2019-02-25 Orange Glazed Pork	Tuesday 2019-02-26 Cranberry Dijon Chicken	Wednesday 2019-02-27 Lasagna	Thursday 2019-02-28 Chicken/Turkey Pot Pie	A PRINCESS IN THE MAKING A Royalty Dance where all their dreams come true Bring your little one to meet some of their favorite princesses *Princess autographs & photos * Fairy desserts * Princess sing-a-longs * Royalty Dance *Sparkle station - Tiaras for future princesses & crowns for future kings TICKETS \$25 Each: Royaltydance.eventbrite.com Every child must be accompanied by a paying adult \$5 off* USE PROMO CODE: LOVES Event Contact: Chaplain Mike Porter - 208-559-2154 chaplainmike30@gmail.com All proceeds benefit the Twin Falls Senior Center's Meals on Wheels program	
	9:00 Quilting (QR) 10:30 Fit & Fall Proof (MH) 11:45 Mega Monday Game (MH) 12:15 City of Twin Falls (MH) Senior Citizens Advisory Forum 1:00 Monday Bridge (MPR) 1:30 & 4:00 Art Class (CFR) 4:30 TOPS Meeting (CR)	9:00 am- Noon 1:00-4:00 pm AARP TAX Appts (CFR) 10:00 - Oigong/Chi Gong(RR) 10:00 Harrison's Hope (MH) Grief Recovery/Support Group (CR) 10:30 Hospice Vision Foot Clinic (RR) 11:00 Horizon Home Health (MH) Blood Pressure Checks 11:45 Ticket Tues Game (MH) 12:15 Bridgeview Estates (MH) Eating for a Healthy Brain 1:00 Hand & Foot Canasta (CR) 1:30 & 4:00 Art Class (MH) 6:30pm - Tues Pinochle (CR)	Cinnamon Rolls for Sale - \$3.00 9:00 Quilting (QR) 10:30 Fit & Fall Proof (MH) 11:30 Bill Partin (MH) 12:00 BIRTHDAY LUNCH 1:00 Duplicate Bridge (MPR)	9:00 am- Noon 1:00-4:00 pm AARP TAX Appts (CFR) 10:00 Oigong/Chi Gong(RR) 11:30 Pat Blessin/Organ Music (MH) 11:55 Thunder Thurs Game (MH) 12:45 Visually Impaired Support Mtg Fire Safety Emergency Training (CFR) 1:00-Thursday Pinochle (CR) 1:00 Hand & Foot Canasta (CR) 3:30 & 6:30 Art Class (MH) 6:00 - Ladies AA (MPR) 6:30 MV Ranch HOA Mtg (MH)		