



**Self-Help for the Elderly-----Lincoln Court Center  
Activities Schedule for January 2012**

**2400 Mac Arthur Blvd., Oakland CA 94602**

**Tel: 510-336-0100**

**Website: [www.selfhelpelderly.org](http://www.selfhelpelderly.org)**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>2</b>  <b>Happy New Year 2012 Center Closed</b>	<b>3</b> 9:00-10:00 Tai Chi 18 Steps (A) 10:30 : Brunch 11:30-12:45 Shopping (Chinatown) 3:00 – 4:00 Blood pressure screening (A)	<b>4</b> 9:00-10:00 Tai Chi 18 Steps (A) 11:45 – 12:45 lunch time 1:30 – 2:30 Center closed for cleaning 2:30- 5:00 Mahjong Club	<b>5</b> 9:00-10:00 Tai Chi 18 Steps (A) 10:30 Brunch 1:15 – 2:15 Line Dancing 2:30 – 5:00 Beading class	<b>6</b> 9:00-10:00 Tai Chi 18 Steps (A) 11:45 – 12:45 Lunch time 1:30 – 2:30 Center closed for cleaning 2:30- 5:00 Mahjong lab
<b>9</b> 9:00-10:00 Tai Chi 18 Steps (A) 9:00-12:00 HICAP 11:45 – 12:45 Lunch time (A) 1:00- 2:00 Bingo (A) 2:00 – 3:00 Center closed for cleaning	<b>10</b> 9:00-10:00 Tai Chi 18 Steps (A) 10:30 : Brunch 11:30-12:45 Shopping (Grocery Outlet) 3:00 – 4:00 Blood pressure screening (A)	<b>11</b> 9:00-10:00 Tai Chi 18 Steps (A) 11:45 – 12:45 lunch time 1:30 – 2:30 Center closed for cleaning 2:30 – 5:00 Mahjong Club	<b>12</b> 9:00-10:00 Tai Chi 18 Steps (A) 10:00 + Food Bag (A) 10:30 Brunch 1:15 – 2:15 Line Dancing 2:30 – 5:00 Beading class	<b>13</b> 9:00-10:00 Tai Chi 18 Steps(A) 11:45 – 12:45 Lunch time Martin Luther King celebration 1:30 – 2:30 Center closed for cleaning 3:00 – 5:00 Residents' meeting
<b>16</b> 9:00-10:00 Tai Chi 18 Steps (A) 10:00 – 11:45 Brain Fitness 11:45 – 12:45 Lunch time (A) 1:00- 2:00 Bingo (A) <b>Center closed after bingo</b>	<b>17</b> 9:00-10:00 Tai Chi 18 Steps (A) 10:00 – 11:45 Brain Fitness 10:30 : Brunch 11:30-12:45 Shopping (Chinatown) 3:00 – 4:00 Blood pressure screening (A)	<b>18</b> 9:00-10:00 Tai Chi 18 Steps (A) 10:00 – 11:45 Brain Fitness 11:45 – 12:45 lunch time 1:30 – 2:30 Center closed for cleaning 2:30 – 5:00 Mahjong Club	<b>19</b> 9:00-10:00 Tai Chi 18 Steps (A) 10:00 – 11:45 Brain Fitness 10:30 Brunch 1:15 – 2:15 Line Dancing 2:30 – 5:00 Beading class	<b>20</b> 9:00-10:00 Tai Chi 18 Steps(A) 11:45 – 12:45 Lunch time 1:30 – 2:30 Center closed for cleaning
<b>23</b>  <b>Happy Chinese New Years Year of the Dragon  Center closed</b>	<b>24</b> 9:00-10:00 Tai Chi 18 Steps (A) 10:00 – 11:45 Brain Fitness 10:30 : Brunch 11:30-12:45 Shopping (Grocery Outlet) 3:00 – 4:00 Blood pressure screening (A)	<b>25</b> 9:00-10:00 Tai Chi 18 Steps (A) 10:00 – 11:45 Brain Fitness 11:45 – 12:45 lunch time Chinese New Year Celebration 1:30 – 2:30 Center closed for cleaning 2:30 – 5:00 Mahjong Club	<b>26</b> 9:00-10:00 Tai Chi 18 Steps (A) 10:00 – 11:45 Brain Fitness 10:30 Brunch 1:15 – 2:15 Line Dancing 2:30 – 5:00 Beading class	<b>27</b> 9:00-10:00 Tai Chi 18 Steps(A) 11:45 – 12:45 Lunch time 1:30 – 2:30 Center closed for cleaning 3:00-5:00 CTAP phone distribution:
<b>30</b> 9:00-10:00 Tai Chi 18 Steps (A) 10:00 – 11:45 Brain Fitness 11:45 – 12:45 Lunch time (A) 1:00- 2:00 Bingo (A) 2:00 – 3:00 Center closed for cleaning	<b>31</b> 9:00-10:00 Tai Chi 18 Steps (A) 10:00 – 11:45 Brain Fitness 10:30 : Brunch 11:30-12:45 Shopping (Chinatown) 3:30 – 4:30 Blood pressure screening (A)	<b>30</b> 9:00-10:00 Tai Chi 18 Steps (A) 10:00 – 11:45 Brain Fitness 11:45 – 12:45 lunch time 1:30 – 2:30 Center closed for cleaning 2:30 – 5:00 Mahjong Club	<b>31</b> 9:00-10:00 Tai Chi 18 Steps (A) 10:00 – 11:45 Brain Fitness 10:30 Brunch 1:15 – 2:15 Line Dancing 2:30 – 5:00 Beading class	<b>Remarks:</b> (A)= Social Hall (B) =Computer Lab Brain Fitness M-Thurs 10:00 – 11:45(B) Generations on Line M-Thurs 1:00 – 5:00 (B)



# Lincoln Court Menu for January 2012



Monday	Tuesday	Wednesday	Thursday	Friday
2 Center Closed	3 Orange Juice+ Cheese/Vegetable Omelet Pancakes and Syrup Vegetable Sticks* Banana+	4 Navy Bean Veg Soup* Pulled Pork on a Bun Steamed Rice Green Peas Orange+	5 Orange Juice+ Spinach Quiche Sausage Vegetable Sticks* Fruit Cup+	6 Squash Soup* Swedish Meatballs Whipped Potatoes Seasoned Carrots* Banana+
9 Green Salad+* Chicken Marsala Rice Pilaf Carrots & Peas* Mandarin Oranges+	10 Chef's Salad with Egg, Cheese Ham, Turkey and Vegetables Corn Muffin Applesauce+ Orange Juice+	11 Fideo Chicken Soup Beef Tacos w/Fixin's* Pinto Beans Tortilla Kiwi Fruit+	12 Cranberry Juice+ Pancakes w/Syrup Scrambled Egg Vegetable Sticks+* Fruit Cup+	13 <b>MLK Lunch</b> Black Eye Peas with Ham and Greens* Cornbread Green Salad+* Ambrosia
16 Turkey and Cheese on Whole Wheat Bread Sun Chips Spinach Salad+* Apple	17 Chicken Caesar Salad* With Carrots and Celery Garlic French Bread Mandarin Oranges+	18 Vietnamese Chicken Curry Soup Fish with Sauce Half Baked Potato Sweet & Sour Cabbage Banana +	19 Breakfast Casserole (yummy blend of sausage, cheese & WW bread) Vegetable Slaw* Fruit Cup+	20 Broccoli*+ Cheddar Soup Meatloaf & Gravy Harvard Beets Whipped Potatoes+ Cookie
23 Closed for Chinese New Year	24 Chef's Salad with Egg, Cheese Ham, Turkey and Vegetables Corn Muffin Orange Juice+	25 <b>Chinese New Year Celebration</b> Chinese Chicken Stir Fry Stir Fried Rice Stir Fried Veg Fresh Mandarin Orange+	26 Breakfast Sandwich with Spinach+*, Egg and Cheese On Whole Wheat Bread Orange Juice+ Applesauce	27 Caesar Salad+* Spaghetti & Meatballs Zucchini Sauté Orange+
30 Gumbo Vegetable Soup* Red Beans & Ham Steamed Rice Collard Greens+* Banana	31 Carrot Raisin Salad* Spinach Quiche* Bran Muffin Applesauce Orange Juice+			