



# Friends News

1232 W. Beltline, DeSoto, Tx 75115

(972)274-2484

Fax (972)274-0002

www.friendsplaceads.com



## Meet the Friends Place Team

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Marylynne Henry

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Suzy

Dunn-Bradford

\*

Evelyn Tave

\*

Lisa Stinson

\*

Lucretia Honore

\*

Patrice Trimble

\*

Joyce Tarver, RN

\*

Pam Long

\*

Stephanie Niesing

\*

Frances Vasquez

\*

Tina Kelemencky

\*

Meredith Lemaster,  
RN

## Volunteers

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Tom Morrison  
Jan Post

## Friends Place Family Valentines Dinner and Dance

Back by popular demand - Friends Place will once again host our "Café Italia" on Friday, February 12<sup>th</sup> from 5:00 p.m.-7:00 p.m. Joseph Bunger will be on hand to provide lots of wonderful tunes, and some great opportunities to get up and dance the night away.

For your dining pleasure we will offer Spaghetti and Meatballs, French Bread and Sparkling Water to start the evening. We will top it off with some fabulous desserts to choose from.

This is a wonderful way to enjoy Valentine's Day with you loved ones and listen to some great music. Joseph Bunger has been a regular at Friends Place almost since we opened and all the members love to sing and dance whenever he is here. Please mark your calendar and call for reservations. Cost is \$5.00 per family member. Call the center at 972-274-2484 and let Marylynne or Suzy reserve a table for you. We will offer take out - but you won't have as much fun, so plan to stay for a great evening of entertainment and food.

## A Gathering of Caregivers

Come together with those who are walking the same journey of caring for a loved one.

Saturday, February 20, 2016 9:00 a.m. – 12:00 p.m.

The Summit Building at Mountain Creek Community Church  
5950 Eagle Ford Drive. Dallas, Texas 75249

Cost- \$5.00

A light breakfast will be served.

Whether you are caring for a parent or spouse suffering with Alzheimer's disease or some other form of dementia, there are individuals who have walked the same path. Come and talk to others, get advice on how to handle certain situations while caring for your loved ones. Also, come learn how to care for yourself on this journey.

RSVP- to [chartedjourney@gmail.com](mailto:chartedjourney@gmail.com) by February 9, 2016, and pay the day of the event or go to [www.Eventbrite.com](http://www.Eventbrite.com) and search "A Gathering of Caregivers-Charted Journey Together Support". Hosted by-Charted Journey Caregiver Support Services, Inc., a nonprofit organization.

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## Featured Member of the Month

### Annette Davis

This month our member of the Month is Annette Davis. Annette was born in Trenton, Tennessee to Elvin and Nancy Mae Patterson. She was raised in the country and her family farmed the property where she grew up.

Annette is the baby of six children. Being the baby, she was spoiled and picked on by her siblings. She especially loved playing with her brothers Gene and Talmadge. There is nothing more fun than spending time with family and enjoying the great outdoors.

Annette met her husband Bill Davis and they were married for 45 years. His career as a radio and television engineer took them to many areas of the country. From Memphis to Broken Arrow, Oklahoma, to Wylie, Texas and finally Finley, Tennessee where they purchased their first home. Each place was home and the perfect place to raise her children.

Annette's life is full of family. With 5 children, 13 grandchildren and 26, yes, 26 great grandchildren, she is surrounded with family. What a wonderful opportunity to share her stories growing up in Tennessee.

Annette made a career raising her children making their childhood full of love and excitement. Annette loved to garden and enjoyed cooking. After raising her children Annette took her love of gardening and worked for a nursery. Any day that she comes to Friends Place she will comment on the fresh flowers on the tables. Her favorite color is pink, and most days, guess what she is wearing? You got it - from her beautiful blouse to her nail polish, it all matches. Annette has always loved to dress smartly and that hasn't changed at all. Along with the help of her daughter, Sherry, Annette is always all put together to enjoy a day at Friends Place - family taking care of family; just the way Annette was raised.

We are so very blessed to have Annette visit us each day. A great sense of humor and fun to be around is how people describe Annette Davis.

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### Thank You to Mission Hospice

We want to recognize Mission Hospice for sharing their talents and resources with Friends Place. They will be coming again this month with their special "Fiddler Show".

## Caregiver Corner

### Dementia & Emergency Hospitalization

By Pam Johnson

The cold weather brings snow and ice, which can lead to falls, which in turn can bring a trip to the emergency room. The flu season is upon us. And wintertime dehydration is one of the leading causes of hospitalizations in persons over 65 years of age. Good preplanning for emergencies makes an unexpected hospitalization easier for everyone, most especially for someone living with dementia. It is helpful to have ready and available:

- A list of all physicians, medications (including over-the-counter), primary diagnoses, any other medical conditions
- Name your loved-one prefers to be called
- Sleeping habits/preferences (i.e. gets up often during the night)
- Information concerning vision and hearing (i.e. has hearing aids but won't wear them)
- Communication/Language difficulties
- Any disease related behaviors and the best ways to respond
- A list of things the person will need assistance with or will need to have done for them (i.e. can't select from menus, needs help opening milk container, meat must be cut into bite size pieces, stand-by assist toileting, etc.)
- Who's who? Your loved one may tend to refer to daughter/wife as "mother" or husband as "brother," or talk about themselves in third person. A written explanation, perhaps posted in the room where they won't notice it, might be helpful for caregivers.

A little preparation time can make a big difference for your loved one (and yourself) in case of emergency. Keep this information in your purse, on the refrigerator, or in car glove box for easy access. You'll be glad you did!

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February Birthday  
Wishes To

Robert Asberry – February 9



Friends Place Welcomes  
New Members

Lucille MacMahan  
Clenthel Irving  
Dusty Rhodes  
Catherine O'Donell

Ask Us About Our  
Transportation Service

Through a partnership with Vision of Valley Transportation, we are now offering transportation to all of our members living within 15 mile radius of our center. For information about this service, please contact Marylynne or Suzy.



Special thanks to our community partnership with Cockrell Hill Elementary Linguistics School. Our members will be assisting Ms. Ferry's' third grade class in preparing for their reading exams by coming to Friends Place and practicing their reading by reading aloud to our members in February.

Inclement Weather Policy

Friends Place will adhere to the same closure policies as DeSoto Independent School District.

In addition, in the event that we will be closed, we will post a notice on our website and on our voicemail.

Call 972-274-2484 or visit our website at <http://www.friendsplaceads.com/locations/desoto-home-page/>

Support Groups and Education for  
Caregivers in the Southwest Dallas Area  
**Alzheimer's Support Groups**

Date: Tuesday, February 9th  
Time: 2:00 p.m. - General Discussion

Date: Tuesday, February, 23rd  
Time: 2:00 p.m.  
Speaker: Elaine Harrison, Visiting Nurse Association

Topic: Finding Support Needed to Keep Loved Ones at Home.

Activities for your loved one at no charge while you attend the meeting, with reservations.  
Call 972.274.2484.

Location: Friends Place Adult Day Services  
1232 W. Belt Line Road  
DeSoto, TX. 75115

Date: Saturday, February 20th  
Time: 11:00 a.m.  
Location: New Life in Christ Lutheran Church  
311 S. Cockrell Hill Rd.  
Duncanville, TX. 75116

Date: Wednesday, February 17th  
Time: 6:30 p.m.  
Location: Hillcrest Baptist Church  
255 W. Pleasant Run Rd  
Cedar Hill, Tx.  
Questions: 214-718-1286

Parkinson's Support Group

Date: Monday, February 29th  
Time: 6:30 – 8:00  
Location: Trinity United Methodist Church  
1302 South Clark Road  
Duncanville, TX 75137

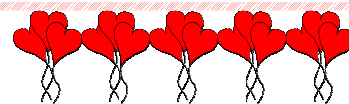
For other scheduled activities for the Parkinson's group, please contact Wanda at [calljw@sbcglobal.net](mailto:calljw@sbcglobal.net)

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Friends Place Adult Day Services  
1232 W. Beltline Rd.  
DeSoto, Texas 75115

February Happenings!

M	1st	Cassidy the Therapy Dog	10:45 a.m.
W	3 <sup>rd</sup>	Cockrell Hill Elementary Book Club	1:30 p.m.
TH	4 <sup>th</sup>	February Birthday Celebration with Jim Gatlin,	2:00 p.m.
T	9 <sup>th</sup>	Fat Tuesday Celebration Caregiver Support Group	All Day 2:00 p.m.
TH	11 <sup>th</sup>	Carol Lee, Storyteller	2:15 p.m.
F	12 <sup>th</sup>	Friends Place Family Valentines Dinner Joseph Bunker, Singer	5:00- 7:00p.m.
T	16 <sup>th</sup>	Zeta Sorority	10:45 a.m.
W	17 <sup>th</sup>	Cockrell Hill Elementary Book Club	1:30 p.m.
TH	18 <sup>th</sup>	Fiddler Friends Entertain	2:00 p.m.
F	19 <sup>th</sup>	Ladies High Tea	1:30 p.m.
T	23 <sup>rd</sup>	Cassidy, Our Service Dog Mike Frankel, Accordion	10:45 a.m. 11:30 a.m.
T	23 <sup>rd</sup>	Caregiver Support Group- Speaker: Elaine Harrison- "Finding Support Needed to Keep Loved Ones at Home."	2:00 p.m.
M	29 <sup>th</sup>	Yoga with Charla	2:15 p.m.



*Friends Place Family  
Valentines  
"Café Italia"  
Dinner and Dance*

*Friday, February 12<sup>th</sup>*

*5:00-7:00 p.m.*

*Enjoy Dinner and Dance to the  
sounds of  
Joseph Bunker*

*\$5.00 per family member  
R.S.V.P.*

*Suzy or Marylynne  
972-274-2484*



# Monday

# Tuesday

# Wednesday

# Thursday

# Friday

<p>10:00 *Spanish Made Simple / You Be the Judge / Poetry Reading</p> <p>10:45 <b>Cassidy The Therapy Dog</b> / Qwirkle / Exercise</p> <p>11:30 Sing-A-Long</p> <p>1:30 Generating "B" Words / Indoor Darts / Bowling</p> <p>2:15 Words that Rhyme / Wacky Wordies / Ball Toss</p> <p>3:00 Bingo / Crossword Puzzle Time</p> <p>4:15 Animal Names Spelled with 3 &amp; 4 letters</p> <p>4:45 Choices</p> <p>5:15 Dice Baseball</p>	<p><b>Ground Hog Day</b></p> <p>10:00 Well- Grounded / Me and My Shadow / Balloon Toss</p> <p>10:45 Speedy Recall / Art work from the 60'S / Rhythm Sticks to Music</p> <p>11:30 Exercise</p> <p>12:00 Sing-A-Long</p> <p>1:30 * Book Club / Plants &amp; Animals / Groundhog Art Work</p> <p>2:15 Humor / Groundhog Day / Guess Who</p> <p>3:00 Bingo / Groundhog Day Word Search</p> <p>4:15 A-Mazing Groundhog Day</p> <p>4:45 Mixed-Up Groundhog Day</p> <p>5:15 Candelmas</p>	<p>10:00 Change the First Letter / Mind Trap / Puzzle</p> <p>10:45 Complete the Phrase / Oscar Categories / 4 In a Row</p> <p>11:30 Exercise</p> <p>12:00 Sing-A-Long</p> <p>1:30 <b>Cockrell Hill Student Book Club</b></p> <p>2:15 Four Chaplains / Magazine Scavenger Hunt / Magnetic Mosaics</p> <p>3:00 Bingo / What Comes Next</p> <p>4:15 Light &amp; Lively</p> <p>4:45 Fascinating Facts</p> <p>5:15 Westward Ho!</p>	<p><b>Rosa Parks Anniversary</b></p> <p>10:00 "Rosa Parks" Bio / Dominoes/Cards / Ring Toss</p> <p>10:45 Pop to the Music / "Rosa Parks" Facts / Parachute Challenge</p> <p>11:30 Exercise</p> <p>12:00 Sing-A-Long</p> <p>1:30 Common Ending / Chinese Zodiac Signs / Enrichment Activity</p> <p>2:15 <b>February Birthday Celebration with Jim Gatlin</b> / Uno</p> <p>3:00 Bingo / Call Out The Answer</p> <p>4:15 Dance to the Music</p> <p>4:45 Movie / Popcorn</p> <p>5:15 Top 10 Most Famos Mustaches</p>	<p><b>French Toast /Nutella</b></p> <p>10:00 Drama Club / Academy Awards Mining / Lets go Fishing</p> <p>10:45 Charades / Yes You "Can" / Enrichment Activity</p> <p>11:30 Exercise</p> <p>12:00 Sing-A-Long</p> <p>1:30 Book Club / Heart painting / Balloon Exercise</p> <p>2:15 Bubble Gum / Trail Making Activity / Magnetic Fishing</p> <p>3:00 Bingo / 52 Weeks Trivia</p> <p>4:15 Light &amp; Lively</p> <p>4:45 Bible Trivia</p> <p>5:15 Name 5</p>
<p>10:00 Chinese New Year Trivia / Language of Roses / Enrichment Activity</p> <p>10:45 Spiritual Devotionals / Funny Monkey Drawing / Matching Lanterns</p> <p>11:30 Exercise</p> <p>12:00 Sing-A-Long</p> <p>1:30 Feelings in a Jar / Magazine Scavenger Hunt / Qwirkle</p> <p>2:15 Are You a Monkey / The Year of the Monkey / Extra Activity</p> <p>3:00 Bingo / Searching for Chinese New Year</p> <p>4:15 Dance to the Music</p> <p>4:45 A-Mazing Chinese New Year</p> <p>5:15 Jeopardy Game</p>	<p><b>Mardi Gras</b></p> <p>10:00 Pancake Race / Flip the Flapjack /Pancake Decorating</p> <p>10:45 Flip the Flapjack / Pancake Race /Pancake Decorating</p> <p>11:30 Exercise</p> <p>12:00 Sing-A-Long</p> <p>1:30 Mardi Gras- Let the Good Times Roll / Duct Tape Necklace / Stack the Pancake's</p> <p>2:15 Mardi Gras / Mardi Gras Mask and Door Decorations / Cards</p> <p>3:00 Bingo / Mardi Gras word find</p> <p>4:15 Mixed-Up Mardi Gras</p> <p>4:45 Fat Tuesday Mining</p> <p>5:15 Spelling Mardi Gras</p>	<p><b>Ash Wednesday</b></p> <p>10:00 Book Club / Jeopardy Game /What comes Next</p> <p>10:45 Lets go Golfing / Football Season /Double Trouble Card game</p> <p>11:30 Exercise</p> <p>12:00 Sing-A-Long</p> <p>1:30 Word Pyramid / Dipping Pretzels / 4 In a Row</p> <p>2:15 Rhyme &amp; Tyme / Catch Phrase / High/Low Card Game</p> <p>3:00 Bingo / Creative Forecasting</p> <p>4:15 Dance to the Music</p> <p>4:45 February IQ</p> <p>5:15 Finish the Phrase</p>	<p>* Sign Languages / Smile Categories /Weaving Loom</p> <p>10:45 You Be the Judge / Dipping Strawberries /Puzzle</p> <p>11:30 Exercise</p> <p>12:00 Sing-A-Long</p> <p>1:30 Nick Nolte Bio / Mixed-Up Snacks / Enrichment Activity</p> <p>2:15 <b>Carolee Story Teller</b> / The Classic Memory Shell Game</p> <p>3:00 Bingo / Dice Baseball</p> <p>4:15 Light &amp; Lively</p> <p>4:45 Happy Valentine's Day</p> <p>5:15 Daniel Defoe Bio</p>	<p><b>Valentines Day Dinner</b></p> <p>10:00 Who am I? / Spelling Guys and Dolls /Enrichment Activity</p> <p>10:45 Burt Reynolds / Dipping Marshmallows &amp; Bananas /Valentine's Day Cards</p> <p>11:30 Exercise</p> <p>12:00 Sing-A-Long</p> <p>1:30 * Book Club / You Be the Judge / Corn Hole</p> <p>2:15 Concentration Puzzle / Price is Right / What Comes Next- Sequencing Activity</p> <p>3:00 Bingo / What's in a Recipe</p> <p>4:15 Dance to the Music</p> <p>5:00 <b>Valentine Dinner with entertainment by Joseph Bunger</b></p>
<p>10:00 What Am I? / Dice Baseball /4 In a Row</p> <p>10:45 Creative Forecasting / Jeopardy Trivia / Bowling</p> <p>11:30 Exercise</p> <p>12:00 Sing-A-Long</p> <p>1:30 What Am I? / On the Red Carpet / Mix and Match</p> <p>2:15 Choices/Jar / Patch Word Puzzle / What things Belong Together?</p> <p>3:00 Bingo / Norman Rockwell</p> <p>4:15 Light &amp; Lively</p> <p>4:45 Trivia</p> <p>5:15 Sport Day</p>	<p>10:00 Discuss &amp; Recall / Funny New Year's Resolutions &amp; Jokes /Pick a Puzzle</p> <p>10:45 <b>Zeta Sorority</b> / Magnetic Mosaics</p> <p>11:30 Exercise</p> <p>12:00 Sing-A-Long</p> <p>1:30 Book Club / Name 5 / Cards</p> <p>2:15 Fingerprint Fun Facts / Crazy 8's Card Game / Matching Memory Game</p> <p>3:00 Bingo / Clark Gable Bio</p> <p>4:15 Dance to the Music</p> <p>4:45 Jeopardy Trivia</p> <p>5:15 200 Brain Games</p>	<p>10:00 Your Special Month / Painting the Hill Side /Magnetic Mosaics</p> <p>10:45 Alan Shepard Bio / Famous February Birthdays /Corn Hole</p> <p>11:30 Exercise</p> <p>12:00 Sing-A-Long</p> <p>1:30 <b>Cockrell Hill Student Book Club</b></p> <p>2:15 Call Out the Answer / Spelling Oscar Night / Double Trouble Card Game</p> <p>3:00 Bingo / Compound Word Challenge</p> <p>4:15 Light &amp; Lively</p> <p>4:45 Charades</p> <p>5:15 Movie &amp; Popcorn</p>	<p>The Beatles / Snack Break /Wildlife Bingo</p> <p>10:45 Enrichment Activity / Charades /Matching Memory Game</p> <p>11:30 Exercise</p> <p>12:00 Sing-A-Long</p> <p>1:30 Book Club / American Trivia / Art Tea Pot</p> <p>2:15 <b>Entertainment Fiddler Friends presented by Mission Hospice</b> / Puzzle time</p> <p>3:00 Bingo / Football Teams</p> <p>4:15 Dance to the Music</p> <p>4:45 Bowling</p> <p>5:15 Dominoes</p>	<p>Mystery of the Super Bowl Rings / Laugh Out Loud /Extra Activity</p> <p>10:45 Dominoes/Cards / Strengthen Your Mind /Parachute Challenge</p> <p>11:30 Exercise</p> <p>12:00 Sing-A-Long</p> <p>1:30 <b>Ladies High Tea</b> / United States Presidents / Jenga</p> <p>2:15 Alphabet Dice Game / Which One is not Like the Others? / Guess Who?</p> <p>3:00 Bingo / Your Special Month</p> <p>4:15 Light &amp; Lively</p> <p>4:45 Johannes Peter"Honus"</p> <p>5:15 Crazy 8's Card Game</p>
<p>10:00 Baseball Trivia / Guys and Dolls /Pick a Puzzle</p> <p>10:45 Sorry / Jeopardy Trivia /Noodle and Balloon Toss</p> <p>11:30 Exercise</p> <p>12:00 Sing-A-Long</p> <p>1:30 * Book Club / Compound Word Search / High/Low Card Game</p> <p>2:15 Touch and Tell / Name 5 / Do you Want to build a Snowman?</p> <p>3:00 Bingo / Scattergories</p> <p>4:15 Dance to the Music</p> <p>4:45 Jeopardy Trivia</p> <p>5:15 Call out the Answer!</p>	<p>10:00 Presidents / Stamps of Distinction /Penns Pitching</p> <p>10:45 <b>Cassidy The Therapy Dog</b> / Ring Toss</p> <p>11:30 <b>Mike Frankel and His Accordion</b></p> <p>1:30 The Price is Right / Who Am I? / Bowling</p> <p>2:15 Academy Awards / Spiritual Devotional / Beach, Camp, Carnival</p> <p>3:00 Bingo / 200 Brain Games</p> <p>4:15 Light &amp; Lively</p> <p>4:45 The Monthly Gazette</p> <p>5:15 Category Trivia</p>	<p>10:00 George Herman Ruth Jr / Memories In The Making /Trail Making Activity</p> <p>10:45 U.S History / Memories In The Making /Sequencing Cards</p> <p>11:30 Exercise</p> <p>12:00 Sing-A-Long</p> <p>1:30 * Book Club / Catch Phrase / Qwirkle</p> <p>2:15 James Michener Bio / Who's Who ? / Do you Want to build a Snowman?</p> <p>3:00 Bingo / Scrabble</p> <p>4:15 Dance to the Music</p> <p>4:45 What Comes Next?</p> <p>5:15 Readers Digest</p>	<p>Charlie Chaplin / Logical Art Show /Enrichment Activity</p> <p>10:45 Reminiscing about the 1950 / Snack Facts /Paint the Snow Man</p> <p>11:30 Exercise</p> <p>12:00 Sing-A-Long</p> <p>1:30 You Be the Judge Volume 1 / The Snack Shack / Peg Building</p> <p>2:15 *Spanish Made Simple / Pop to the Music / Ping Pong Basketball</p> <p>3:00 Bingo / Creative Forecasting</p> <p>4:15 Light &amp; Lively</p> <p>4:45 Catch Phrase</p> <p>5:15 My Father Bets His Heart</p>	<p>Charles Lindbergh Bio / Searching for February /Bean Bag Bulls Eye</p> <p>10:45 Old Age is Always 15 Years Older Than I Am / Dice Roulette /Guess Who?</p> <p>11:30 Exercise</p> <p>12:00 Sing-A-Long</p> <p>1:30 * Strengthen Your Mind / Tornado in a Jar / Mix and Match</p> <p>2:15 Bible Trivia / Noodle and Balloon / Do you Want to build a Snowman?</p> <p>3:00 Bingo / Spiritual Devotional</p> <p>4:15 Dance to the Music</p> <p>4:45 Cards/Dominoes</p> <p>5:15 Large Crossword</p>
<p><b>Rice Krispies Day</b></p> <p>10:00 Brief History of WWII / Burt Reynolds Coded Message /Lets go Fishing</p> <p>10:45 A Game of Mancala / Choices/Jar /Beads and Ladder</p> <p>11:30 Exercise</p> <p>12:00 Sing-A-Long</p> <p>1:30 Book Club / Places and Things Named for People / Rice Krispies Treat</p> <p>2:15 <b>Yoga with Charla</b> / Puzzles /</p> <p>3:00 Bingo / Ugame</p> <p>4:15 Light &amp; Lively</p> <p>4:45 Wheel of Fortune</p> <p>5:15 Scattergories</p>	<div>  <h2>FEBRUARY 2016</h2> <h3>Friends Place Adult Day Services</h3> <h3>DeSoto, Texas</h3>  </div>			

7:30 – 9:15 Continental Breakfast / Coffee 9:15 – 10:00 Morning Paper / News / Views / Chit / Chat  
 Water & Juice 11:15 a.m. Lunch 12:30 p.m. Afternoon Snack 3:30 p.m.

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> Beef Pepper Steak Rice Oriental Vegetables Mixed Green Salad Vanilla Cake w/Icing .	<b>2</b> Oven Baked Chicken Sweet Potato California Vegetables Green Salad Chocolate Pudding .	<b>3</b> Cheeseburgers on Wheat Buns Steak Fries Green Beans Green Salad Sugar Cookies .	<b>4</b> Baked Fish w/ Tartar Sauce Macaroni & Cheese Mixed Vegetables Coleslaw Salad Ambrosia .	<b>5</b> Beef Stew Baked Apples Cornbread Green Salad Neapolitan Ice Cream .
<b>8</b> Chicken Spaghetti California Vegetables Garlic Bread Mixed Green Salad Cherry Cobbler .	<b>9</b> Sausage Gumbo Rice Green Beans Green Salad Beignets .	<b>10</b> Meatloaf Mashed Potatoes Peas & Carrots Mixed Green Salad Sherbet .	<b>11</b> Pulled Pork Sandwiches Baked Chips Corn Green Salad Apple Crisp .	<b>12</b> Cheese Manicotti Italian Vegetables French Bread Mixed Green Salad Lemon Pudding .
<b>15</b> Salisbury Steak Baked Potatoes Mixed Vegetables Green Salad Chocolate Chip Cookies .	<b>16</b> Parmesean Crusted Chicken Mashed Potatoes Oriental Vegetables Mixed Green Salad Ambrosia .	<b>17</b> Swedish Meatballs w/Mushroom Gravy Noodles Baked Carrots Green Salad Chocolate Cake w/Icing .	<b>18</b> Chicken Pot Pie Sweet Potato Cornbread Mixed Green Salad Vanilla Pudding .	<b>19</b> Baked Cod Filet Macaroni & Cheese Scandinavian Vegetables Coleslaw Salad Sugar Cookies .
<b>22</b> Beef Chili Green Beans Cornbread Green Salad Strawberry Shortcake .	<b>23</b> BBQ Chicken Baked Potatoes Pinto Beans Mixed Green Salad Neapolitan Ice Cream .	<b>24</b> Smothered Steak Macaroni & Cheese Mixed Vegetables Coleslaw Salad Banana Pudding .	<b>25</b> Chicken Alfredo Italian Vegetables French Bread Green Salad Peach Cobbler .	<b>26</b> Potato Parsley Soup w/ Grilled Cheese Sandwiches Peas & Carrots Mixed Green Salad Brownies .
<b>29</b> Stir Fry Chicken Mashed Potatoes Scandinavian Vegetables Green Salad Apple Crisp .	<div>   <h1>FEBRUARY 2016</h1> <p><b>Friends Place Adult Day Services, DeSoto</b></p> <p>All meals served with Water/Iced Tea and Hot Bread unless otherwise noted. For NCS diets, ½ dessert or sugar free pudding served with lunch.</p>  </div>			

Approved by: Julie Pan. R.D.

Date: 1/18/2016