



## NEW YEAR, NEW CAREGIVER RESOLUTIONS

When you are involved in caring for a loved one in any capacity, the most important thing for you to do is take care of yourself. This new year, we want to encourage you to continue prioritizing your health and wellbeing throughout your caregiving journey. As we begin 2020, keep in mind your “Caregiver Bill of Rights:”

1. You must survive and you have the right to.
2. Sometimes you need a few hours away from your loved one, and you deserve it.
3. You have the right to go off and find yourself again in some personal pursuit, and you need to.

4. You have the right to get help. You are not indispensable; let others act in your place.
5. You have the right to be patient with yourself and your limitations; all you can do is all you can do.
6. It is an important job to be a caregiver for another person; it is just as important to care for you too!

Amazing Place is committed to you – your health, your caregiving confidence, your quality of life. For more information about our caregiver-specific education and support opportunities, please contact our Connections Director, Sally Davis, at [connections@amazingplacehouston.org](mailto:connections@amazingplacehouston.org).

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>January is Texas Culture month at Amazing Place. *denotes themed programs. On March 7, 1901, the 27th Texas Legislature adopted the bluebonnet as the Texas state flower.</p> 				
 <h1>JANUARY 2020</h1>				
<p><b>1</b> ★</p> <p><b>8:00 AM</b> *Texas Firsts – Crossword</p> <p><b>9:30 AM</b> Mind Matters</p> <p><b>10:55 AM</b> Trivia Time</p> <hr/> <p><b>1:00 PM</b> Bible Study – Epiphany</p> <p><b>2:15 PM</b> *Texas Themed Scattergories</p> <p><b>3:10 PM</b> Gossiping Over Nail Care</p> <p><b>3:50 PM</b> Shuffle Board</p>	<p><b>2</b></p> <p><b>8:00 AM</b> Life Stories</p> <p><b>9:30 AM</b> Art Class</p> <p><b>11:30 AM</b> Health &amp; Wellness Chat</p> <hr/> <p><b>2:00 PM</b> Grayfoxxe Concert</p> <p><b>3:10 PM</b> Junk Drawer Detective</p> <p><b>3:50 PM</b> Advice Column</p>	<p><b>3</b></p> <p><b>8:00 AM</b> Houston News</p> <p><b>9:30 AM</b> Team Connect-4 Trivia</p> <p><b>10:30 AM</b> Cycling</p> <p><b>10:55 AM</b> Wheel of Fortune</p> <hr/> <p><b>2:15 PM</b> Happy Birthday, Elvis</p> <p><b>3:50 PM</b> Dartball</p> <p><b>4:10 PM</b> Skipbo</p>	<p><b>4</b></p> <p><b>9:30 AM</b> Landmarks from Around the World</p> <p><b>10:55 AM</b> New Participant Consortium</p> <p><b>11:30 AM</b> Science Corner</p> <hr/> <p><b>2:15 PM</b> *Deep in the Heart of Texas</p> <p><b>3:10 PM</b> Stretch &amp; Relax</p> <p><b>3:50 PM</b> Ellis Island Family Search</p> <p><b>4:30 PM</b> Esteem Building – Compliments Galore</p>	<p><b>5</b></p> <p><b>8:00 AM</b> Free Painting &amp; Doodling</p> <p><b>9:30 AM</b> Tai Chi</p> <p><b>10:30 AM</b> Word Mining</p> <p><b>11:30 AM</b> Linking Words Brain Buster</p> <hr/> <p><b>2:15 PM</b> All About Alcatraz</p> <p><b>3:50 PM</b> * “My Favorite Texas Things” – Rewrite</p> <p><b>5:15 PM</b> You Be the Judge</p>
<p><b>6</b></p> <p><b>8:00 AM</b> *Texas Firsts – Crossword</p> <p><b>9:30 AM</b> Mind Matters</p> <p><b>10:55 AM</b> Trivia Time</p> <hr/> <p><b>1:00 PM</b> Bible Study – Epiphany</p> <p><b>2:15 PM</b> *Texas Themed Scattergories</p> <p><b>3:10 PM</b> Gossiping Over Nail Care</p> <p><b>3:50 PM</b> Shuffle Board</p>	<p><b>7</b></p> <p><b>8:00 AM</b> Life Stories</p> <p><b>9:30 AM</b> Art Class</p> <p><b>11:30 AM</b> Health &amp; Wellness Chat</p> <hr/> <p><b>2:00 PM</b> Grayfoxxe Concert</p> <p><b>3:10 PM</b> Junk Drawer Detective</p> <p><b>3:50 PM</b> Advice Column</p>	<p><b>8</b></p> <p><b>8:00 AM</b> Houston News</p> <p><b>9:30 AM</b> Team Connect-4 Trivia</p> <p><b>10:30 AM</b> Cycling</p> <p><b>10:55 AM</b> Wheel of Fortune</p> <hr/> <p><b>2:15 PM</b> Happy Birthday, Elvis</p> <p><b>3:50 PM</b> Dartball</p> <p><b>4:10 PM</b> Skipbo</p>	<p><b>9</b></p> <p><b>8:00 AM</b> Puzzling Matters</p> <p><b>9:15 AM</b> This Day in History</p> <p><b>11:00 AM</b> Loaded Questions</p> <p><b>11:30 AM</b> Science Corner</p> <hr/> <p><b>2:15 PM</b> The Least Known Words</p> <p><b>3:10 PM</b> Stretch &amp; Meditate</p> <p><b>3:50 PM</b> Tea in the Studio</p>	<p><b>10</b></p> <p><b>8:00 AM</b> Puzzling Matters</p> <p><b>9:30 AM</b> Tai Chi</p> <p><b>10:55 AM</b> MoMA – Art Appreciation</p> <p><b>11:30 AM</b> Health &amp; Wellness</p> <hr/> <p><b>2:15 PM</b> *Texas Oil Boom Begins</p> <p><b>3:50 PM</b> What if...</p> <p><b>4:30 PM</b> *George Foreman</p>
<p><b>13</b></p> <p><b>9:15 AM</b> National Championship Game Predictions</p> <p><b>9:30 AM</b> Mind Matters</p> <p><b>10:30 AM</b> Crafting Class</p> <p><b>11:30 AM</b> Xbox Kinect Bowling</p> <hr/> <p><b>2:15 PM</b> Flower Arranging</p> <p><b>3:10 PM</b> Frisbee Fun</p> <p><b>4:30 PM</b> *Heart of Texas – Word Fit</p>	<p><b>14</b></p> <p><b>8:00 AM</b> Pastel Art</p> <p><b>9:30 AM</b> Coffee &amp; Current Events</p> <p><b>10:55 AM</b> Wacky Wordies</p> <p><b>11:30 AM</b> What's Cooking? – Game</p> <hr/> <p><b>2:00 PM</b> Leisure Hour</p> <p><b>3:10 PM</b> Refreshments</p> <p><b>3:50 PM</b> Try Not to Laugh</p>	<p><b>15</b> ★</p> <p><b>8:00 AM</b> Jigsaw Puzzles</p> <p><b>9:00 AM</b> Pictionary</p> <p><b>10:55 AM</b> Crafts Class</p> <p><b>11:30 AM</b> *A Texas Who Am I?</p> <hr/> <p><b>2:15 PM</b> Name That Tune</p> <p><b>3:10 PM</b> 30-Second Mysteries</p> <p><b>3:50 PM</b> Sequence</p>	<p><b>16</b></p> <p><b>8:00 AM</b> Famous January Birthday – Word Search</p> <p><b>9:30 AM</b> Creative Writing</p> <p><b>10:30 AM</b> Zumba</p> <p><b>11:30 AM</b> Inspirational News</p> <hr/> <p><b>2:15 PM</b> Movie Scene Challenge</p> <p><b>3:10 PM</b> Geography Fun with Mark H.</p> <p><b>3:50 PM</b> Table &amp; Chair Balancing Game</p>	<p><b>17</b> ★</p> <p><b>9:30 AM</b> Tai Chi</p> <p><b>10:35 AM</b> Scattergories</p> <p><b>11:30 AM</b> Happy Bday, Betty White</p> <hr/> <p><b>2:15 PM</b> Behind the Music: Popular Hymns</p> <p><b>2:45 PM</b> Emergency Drills</p> <p><b>3:30 PM</b> Movement Meditation</p> <p><b>4:30 PM</b> What's Wrong with This Picture</p>
<p><b>20</b> ★</p> <p><b>8:00 AM</b> Pet Stories</p> <p><b>9:30 AM</b> Spot the Difference</p> <p><b>10:30 AM</b> Laughter Yoga</p> <p><b>11:30 AM</b> What Am I?</p> <hr/> <p><b>2:15 PM</b> Martin Luther King Jr. Day</p> <p><b>3:10 PM</b> Who Wants to be a Millionaire</p> <p><b>3:50 PM</b> Inspirational People</p>	<p><b>21</b></p> <p><b>8:00 AM</b> Waking Up with Watercolor</p> <p><b>9:30 AM</b> Women's Coffee Chat</p> <p><b>10:30 AM</b> Church Service</p> <p><b>11:30 PM</b> Monet to Van Gogh</p> <hr/> <p><b>2:15 PM</b> *Country Music Sing Along</p> <p><b>3:10 PM</b> Staying Limber</p> <p><b>3:50 PM</b> Skipbo</p>	<p><b>22</b></p> <p><b>8:00 AM</b> Garage Sale – Crossword</p> <p><b>9:30 AM</b> You Be the Judge</p> <p><b>10:30 AM</b> Painting Class</p> <p><b>11:30 AM</b> Groaners &amp; Riddles</p> <hr/> <p><b>2:15 PM</b> Participant Council Meeting</p> <p><b>3:10 PM</b> Stretch &amp; Meditate</p> <p><b>3:50 PM</b> Pic Wits</p>	<p><b>23</b> ★</p> <p><b>8:00 AM</b> This Day in History</p> <p><b>9:30 AM</b> Concentration Puzzles</p> <p><b>11:00 AM</b> Hat Chat</p> <p><b>11:30 AM</b> Science Corner</p> <hr/> <p><b>2:15 PM</b> Poetry Appreciation</p> <p><b>3:50 PM</b> Movie &amp; Popcorn</p> <p><b>5:30 PM</b> Reminiscing</p>	<p><b>24</b></p> <p><b>8:00 AM</b> Category Puzzle</p> <p><b>9:30 AM</b> Cycling</p> <p><b>10:30 AM</b> You Be the Judge</p> <p><b>11:30 AM</b> Reminiscing</p> <hr/> <p><b>2:15 PM</b> *More Texas History</p> <p><b>3:10 PM</b> Scrabble</p> <p><b>5:00 PM</b> The Game of Life</p>
<p><b>27</b></p> <p><b>9:00 AM</b> Good News Network</p> <p><b>9:30 AM</b> Word Mahjong</p> <p><b>10:55 AM</b> Reminiscing</p> <p><b>11:30 AM</b> *Cowboy Poetry</p> <hr/> <p><b>2:15 PM</b> Spanish Speakers Social</p> <p><b>3:00 PM</b> Pic Wits</p> <p><b>4:30 PM</b> Balloon Volleyball</p>	<p><b>28</b> ★</p> <p><b>8:00 AM</b> Find the Match</p> <p><b>9:30 AM</b> Mind Matters – Visual Spatial Games</p> <p><b>10:30 AM</b> Morning Workout</p> <p><b>11:30 AM</b> Who Am I?</p> <hr/> <p><b>2:15 PM</b> Chinese New Year Begins</p> <p><b>4:30 PM</b> The Game of Things</p> <p><b>5:00 PM</b> Little Bigshots</p>	<p><b>29</b> ★</p> <p><b>8:00 AM</b> Silly Pet Stories</p> <p><b>9:30 AM</b> Mind Matters – Executive Functioning</p> <p><b>10:30 AM</b> Cycling Class</p> <p><b>11:30 AM</b> Jeopardy</p> <hr/> <p><b>2:15 PM</b> January Birthday Celebration</p> <p><b>3:10 PM</b> *Cowboy Bingo</p> <p><b>3:50 PM</b> Loaded Questions</p>	<p><b>30</b> ★</p> <p><b>9:30 AM</b> Symbol Sudoku</p> <p><b>10:30 AM</b> Rhythmic Workout</p> <p><b>11:30 AM</b> Science Corner</p> <hr/> <p><b>1:00 PM</b> Bible Study</p> <p><b>2:15 PM</b> *Music of Texas</p> <p><b>4:00 PM</b> Studio Mocktails</p> <p><b>4:30 PM</b> Bolo Toss</p>	<p><b>31</b></p> <p><b>9:30 AM</b> Early Bird Workout</p> <p><b>10:30 AM</b> Mixed-Up Hobbies – Word Unscramble</p> <p><b>11:30 AM</b> Coca-Cola</p> <hr/> <p><b>1:00 PM</b> Bridge</p> <p><b>2:15 PM</b> *Texas Chili Cookoff – Judging</p> <p><b>3:10 PM</b> Afternoon Stretch</p> <p><b>3:50 PM</b> What Am I?</p>

DAILY PROGRAM SCHEDULE*	
<b>7:30</b>	Coffee, News & Independent Studies
<b>9:30</b>	Cognitive Exercises & Reminiscence Group (Mon. - Flower Arranging) (Tues. - Art)
<b>10:30</b>	Physical Exercise (low mobility group and mild group) (Tues. - Art)
<b>11:00</b>	Reminiscence/Informative program Physical Exercise (low mobility group and mild group)
<b>11:30</b>	Entertainment or Cognitive Exercises
<b>Noon</b>	Lunch
<b>1:00</b>	Leisure Choices
<b>2:15</b>	Large group presentations (examples: music,culture, current events, etc.)
<b>2:45</b>	Refreshments
<b>3:15</b>	Physical Group or Group Expression
<b>3:50</b>	Self-esteem or Reminiscence or Board Games
<b>4:30</b>	News/Entertainment
<i>*Schedule may change for special events and programs may be adjusted to meet the needs of participants.</i>	
Our curriculum incorporates elements of the creative and cultural arts, enriched social activities, civic service, fitness, compensatory cognitive interventions, and spirituality. For more information, contact: Emile Unverzagt, MA, AD/TXC, Participant Program Director - 713.552.0420 or <a href="mailto:eunverzagt@amazingplacehouston.org">eunverzagt@amazingplacehouston.org</a>	
JANUARY BIRTHDAYS	
★ <b>PARTICIPANTS</b>	
<b>1-15</b>	Sandra T.
<b>1-17</b>	Mike C.
<b>1-20</b>	Joe G.
<b>1-23</b>	Lend W.
<b>1-25</b>	Lula W.
<b>1-28</b>	Tom E.
<b>1-29</b>	Gene L.
<b>1-30</b>	CW
★ <b>STAFF</b>	
<b>1-1</b>	Casey C.
<b>1-23</b>	Maggie M.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <h2 data-bbox="94 422 607 485">JAN. 2020 MENU</h2>		<p data-bbox="695 279 925 342"><b>CLOSED FOR NEW YEAR'S DAY</b></p>	<p data-bbox="922 138 943 174">1</p> <ul data-bbox="980 134 1222 321" style="list-style-type: none"> <li>• Garden Salad</li> <li>• Parmesan Crusted Chicken</li> <li>• Roasted Zucchini</li> <li>• Eggplant Rice Pilaf</li> <li>• Ginger Snap</li> </ul> <hr/> <ul data-bbox="980 422 1162 485" style="list-style-type: none"> <li>• Peanut Butter &amp; Crackers</li> </ul>	<p data-bbox="1230 138 1252 174">2</p> <ul data-bbox="1289 134 1544 352" style="list-style-type: none"> <li>• Tomato Olive Salad</li> <li>• Grilled Fresh Fish</li> <li>• Pesto Potatoes</li> <li>• Carrots w/ Tarragon</li> <li>• Fresh Cut Fruit</li> </ul> <hr/> <ul data-bbox="1289 453 1528 485" style="list-style-type: none"> <li>• Cheese &amp; Crackers</li> </ul>
<p data-bbox="305 520 326 556">6</p> <ul data-bbox="66 516 289 793" style="list-style-type: none"> <li>• Green Salad w/ Apples</li> <li>• Chicken w/ Curry Sauce</li> <li>• Lentil Rice Pilaf</li> <li>• Yellow Squash w/ Herbs</li> <li>• Chocolate Chunk Cookie</li> </ul> <hr/> <ul data-bbox="66 831 321 863" style="list-style-type: none"> <li>• Bananas &amp; Crackers</li> </ul>	<p data-bbox="613 520 634 556">7</p> <ul data-bbox="370 516 581 667" style="list-style-type: none"> <li>• Caesar Salad</li> <li>• Grilled Salmon</li> <li>• Carrots w/ Basil</li> <li>• Asparagus</li> <li>• Fresh Cut Fruit</li> </ul> <hr/> <ul data-bbox="370 804 553 863" style="list-style-type: none"> <li>• Peanut Butter &amp; Crackers</li> </ul>	<p data-bbox="922 520 943 556">8</p> <ul data-bbox="678 516 922 730" style="list-style-type: none"> <li>• Garden Salad</li> <li>• Italian Meat Sauce</li> <li>• Gluten Free Pasta</li> <li>• Fresh Green Beans</li> <li>• Chocolate Chunk Cookie</li> </ul> <hr/> <ul data-bbox="678 831 873 863" style="list-style-type: none"> <li>• Fresh Cut Fruit</li> </ul>	<p data-bbox="1230 520 1252 556">9</p> <ul data-bbox="980 516 1203 730" style="list-style-type: none"> <li>• Fresh Fruit Salad</li> <li>• Chicken w/ Artichokes &amp; Mushrooms</li> <li>• Mashed Potatoes</li> <li>• Roasted Zucchini</li> <li>• Peanut Butteries</li> </ul> <hr/> <ul data-bbox="980 831 1219 863" style="list-style-type: none"> <li>• Cheese &amp; Crackers</li> </ul>	<p data-bbox="1528 520 1549 556">10</p> <ul data-bbox="1289 516 1555 793" style="list-style-type: none"> <li>• Tomato Basil Soup</li> <li>• Chicken over Spinach Salad</li> <li>• Tomatoes, Cucumbers, Herb Vinaigrette</li> <li>• Green Beans</li> <li>• Pecan Sandie Cookie</li> </ul> <hr/> <ul data-bbox="1289 831 1528 863" style="list-style-type: none"> <li>• Gazpacho &amp; Chips</li> </ul>
<p data-bbox="305 898 326 934">13</p> <ul data-bbox="66 894 313 1171" style="list-style-type: none"> <li>• Blue Cheese Garden Salad</li> <li>• Grilled Pork Tenderloin</li> <li>• Tomato Olive Rice Pilaf</li> <li>• Cauliflower Medley</li> <li>• Chocolate Chunk Cookies</li> </ul> <hr/> <ul data-bbox="66 1209 289 1241" style="list-style-type: none"> <li>• Cheese &amp; Grapes</li> </ul>	<p data-bbox="613 898 634 934">14</p> <ul data-bbox="370 894 589 1108" style="list-style-type: none"> <li>• Farro Tomato Salad</li> <li>• Herbed Chicken</li> <li>• Roasted Potatoes</li> <li>• Yellow Squash w/ Tarragon</li> <li>• Ranger Cookies</li> </ul> <hr/> <ul data-bbox="370 1209 626 1241" style="list-style-type: none"> <li>• Bananas &amp; Crackers</li> </ul>	<p data-bbox="922 898 943 934">15</p> <ul data-bbox="678 894 943 1077" style="list-style-type: none"> <li>• Fresh Fruit Salad</li> <li>• Almond Crusted Trout</li> <li>• Green Beans</li> <li>• Carrots w/Basil</li> <li>• Pecan Sandie Cookie</li> </ul> <hr/> <ul data-bbox="678 1209 932 1241" style="list-style-type: none"> <li>• Guacamole &amp; Chips</li> </ul>	<p data-bbox="1230 898 1252 934">16</p> <ul data-bbox="980 894 1247 1140" style="list-style-type: none"> <li>• Baked Potato Soup</li> <li>• Grilled Chicken w/ Cucumber Relish</li> <li>• Tomato Rice Pilaf</li> <li>• Sautéed Mixed Greens</li> <li>• Gluten Free Brownie</li> </ul> <hr/> <ul data-bbox="980 1178 1162 1241" style="list-style-type: none"> <li>• Peanut Butter &amp; Crackers</li> </ul>	<p data-bbox="1528 898 1549 934">17</p> <ul data-bbox="1289 894 1511 1171" style="list-style-type: none"> <li>• Green Goddess Salad</li> <li>• Chicken w/ Cucumber Relish</li> <li>• Roasted Sweet Potatoes</li> <li>• Zucchini &amp; mushrooms</li> <li>• Fresh Cut Fruit</li> </ul> <hr/> <ul data-bbox="1289 1209 1528 1241" style="list-style-type: none"> <li>• Cheese &amp; Crackers</li> </ul>
<p data-bbox="305 1276 326 1312">20</p> <ul data-bbox="66 1272 293 1493" style="list-style-type: none"> <li>• Caesar Salad</li> <li>• Breaded Chicken Cutlet</li> <li>• Gluten Free Pasta Marinara</li> <li>• Vegetable Medley</li> <li>• Ginger Snap</li> </ul> <hr/> <ul data-bbox="66 1560 248 1623" style="list-style-type: none"> <li>• Peanut Butter &amp; Crackers</li> </ul>	<p data-bbox="613 1276 634 1312">21</p> <ul data-bbox="370 1272 570 1455" style="list-style-type: none"> <li>• Carrot Slaw</li> <li>• Grilled Salmon</li> <li>• Roasted Red Potatoes</li> <li>• Green Beans</li> <li>• Fresh Cut Fruit</li> </ul> <hr/> <ul data-bbox="370 1591 626 1623" style="list-style-type: none"> <li>• Bananas &amp; Crackers</li> </ul>	<p data-bbox="922 1276 943 1312">22</p> <ul data-bbox="678 1272 943 1518" style="list-style-type: none"> <li>• Blue Cheese Salad</li> <li>• Pecan Crusted Chicken</li> <li>• Garlic Mash Potatoes</li> <li>• Roasted Zucchini</li> <li>• Oatmeal Raisin Cookies</li> </ul> <hr/> <ul data-bbox="678 1591 917 1623" style="list-style-type: none"> <li>• Cheese &amp; Crackers</li> </ul>	<p data-bbox="1230 1276 1252 1312">23</p> <ul data-bbox="980 1272 1252 1486" style="list-style-type: none"> <li>• Fresh Fruit Salad</li> <li>• Quinoa Crusted Chicken</li> <li>• Olive &amp; Caper Rice</li> <li>• Broccoli w/ Herb Butter</li> <li>• Peanut Butter Cookie</li> </ul> <hr/> <ul data-bbox="980 1591 1235 1623" style="list-style-type: none"> <li>• Guacamole &amp; Chips</li> </ul>	<p data-bbox="1528 1276 1549 1312">24</p> <ul data-bbox="1289 1272 1528 1486" style="list-style-type: none"> <li>• Garden Salad</li> <li>• Pork Tenderloin</li> <li>• Sweet Potato Mash</li> <li>• Sautéed Mixed Greens</li> <li>• Chocolate Chunk Cookie</li> </ul> <hr/> <ul data-bbox="1289 1591 1495 1623" style="list-style-type: none"> <li>• Hummus &amp; Pita</li> </ul>
<p data-bbox="305 1654 326 1690">27</p> <ul data-bbox="66 1650 272 1833" style="list-style-type: none"> <li>• Greek Salad</li> <li>• Chicken Creole</li> <li>• Herbed Rice Pilaf</li> <li>• Carrots w/ Basil</li> <li>• Fresh Cut Fruit</li> </ul> <hr/> <ul data-bbox="66 1969 305 2001" style="list-style-type: none"> <li>• Gazpacho &amp; Chips</li> </ul>	<p data-bbox="613 1654 634 1690">28</p> <ul data-bbox="370 1650 613 1896" style="list-style-type: none"> <li>• Garden Salad</li> <li>• Chicken Stuffed w/Sundried Tomatoes</li> <li>• Roasted Potatoes w/ herbs</li> <li>• Fresh Green Beans</li> <li>• Spice Cake</li> </ul> <hr/> <ul data-bbox="370 1969 613 2001" style="list-style-type: none"> <li>• Cheese &amp; Crackers</li> </ul>	<p data-bbox="922 1654 943 1690">29</p> <ul data-bbox="678 1650 932 1871" style="list-style-type: none"> <li>• Fresh Cut Fruit</li> <li>• Grilled Pork Tenderloin</li> <li>• Roasted Mushrooms</li> <li>• Broccoli &amp; Cauliflower</li> <li>• Ginger Snap</li> </ul> <hr/> <ul data-bbox="678 1938 857 2001" style="list-style-type: none"> <li>• Peanut Butter &amp; Crackers</li> </ul>	<p data-bbox="1230 1654 1252 1690">30</p> <ul data-bbox="980 1650 1208 1864" style="list-style-type: none"> <li>• Spinach Salad</li> <li>• Grilled Salmon</li> <li>• Carrots Lyonnaise</li> <li>• Asparagus w/ lemon</li> <li>• Chocolate Chunk Cookie</li> </ul> <hr/> <ul data-bbox="980 1969 1235 2001" style="list-style-type: none"> <li>• Guacamole &amp; Chips</li> </ul>	<p data-bbox="1528 1654 1549 1690">31</p> <ul data-bbox="1289 1650 1523 1927" style="list-style-type: none"> <li>• Tomato Basil Soup</li> <li>• Grilled Chicken &amp; Mixed Greens</li> <li>• Cranberry, Pecans &amp; Goat Cheese</li> <li>• Marinated Green Beans</li> <li>• Almond Cookies</li> </ul> <hr/> <ul data-bbox="1289 1969 1511 2001" style="list-style-type: none"> <li>• Cheese &amp; Grapes</li> </ul>