

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
¹ 1960 Sit-In movement which led to 1600 people getting arrested for not leaving when refused service Chicken with mushroom Gravy	² 2003 The Space Shuttle Columbia breaks up 16 minutes before landing. Roasted Pork	³ 1913 Congress ratifies 16th Amendment granting Congress the authority to collect income tax No delivery	⁴ 1902 Charles Lindbergh Born Stuffed Peppers	⁵ 1917 Mexico adopts a Constitution Sweet & Sour Chicken Meatballs
⁸ 1910 Boy Scouts of America was founded. Balsamic Glazed Chicken	⁹ 1943 The US captures the island of Guadalcanal Salisbury Steak	¹⁰ 1967 The 25th Amendment ratified, clarifying the procedures for presidential succession No delivery	¹¹ 660 BC Celebrated in Japan as the founding date of the Japanese nation, with the accession to the throne of the first Emperor Jimmu Chicken Scampi	¹² 2012 Egyptian President Hosni Mubarak resigned from governing Egypt. Spinach & Cheese Omelet
¹⁵ Abraham Lincoln born in 1809. PRESIDENT'S DAY NO SERVICE	¹⁶ Fat Tuesday Steak & Cheese Sub	¹⁷ Ash Wednesday No delivery	¹⁸ National Drink Wine Day Chicken Marsala	¹⁹ Internment Executive Order for Japanese signed 1942 Baked Fish
²² George Washington born in 1732 Roasted Turkey	²³ African American educator and leader W.E.B. DuBois born in 1868. BBQ Pulled Pork	²⁴ House of Representatives impeaches Andrew Johnson 1867 No delivery	²⁵ Millicent Fenwick was born in New York City 1910. Beef Shepard's Pie	²⁶ The <i>Communist Manifesto</i> is published in 1848 Broccoli & Cheese Egg Bake



February 2021



Grab & Go / Meals on Wheels Entrees and some notable events and celebrations from February history

Don't stop moving! What a great way to celebrate American Heart Month!

Nia with Linda Wilkes—No Impact Fitness for Any Age. It's easy!

Studio 1623—Channel 12

Mon, Wed, Fri, Sun at 8:00 a.m. & Tues, Thur, Sat at 6:00 p.m.