

# St. Anthony's Senior Center February 2026

SUN	MON	TUES	WED	THUR	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16 <b>CLOSED</b> 	17	18	19	20	21
22	23	24	25	26	27	28

## St. Anthony's Senior Center

 1703 West 10<sup>th</sup> Street, Wilmington, DE 19805

 302-421-3735

 [seniors@stanthonycenter.org](mailto:seniors@stanthonycenter.org)

 <http://www.stanthonycenter.org>

# St. Anthony's Senior Center

## February 2026

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### Hours of Operation

Monday: 8:00 AM – 4:00 PM  
Tuesday: 8:00 AM – 8:00 PM  
Wednesday: 8:00 AM – 4:00 PM  
Thursday: 8:00 AM – 5:00 PM  
Friday: 8:00 AM – 4:00 PM  
Saturday & Sunday: Closed

### Meet Our Team

- Executive Director – Kim Caputo
- Senior Center Director – Lindsay Draper
- Assistant Director – Elizabeth Negron
- Nutrition Site Manager – Brian Shaw

☎ Main Office: 302-421-3735

✉ General Inquiries:  
[seniors@stanthonycenter.org](mailto:seniors@stanthonycenter.org)

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### President's Day Closure

The Center will be closed  
for President's Day on  
February 16<sup>th</sup>, 2026

### Winter Weather Reminder

In the event of snow or severe weather, please  
take note of our inclement weather policy.

All center closures will be broadcasted on  
WSTW (93.7 FM), WDEL (101.7 FM & 1150  
AM), and will be posted on the center's  
Facebook page. Stay safe, and thank you for  
allowing us to prioritize your well-being!

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### A Quick Coffee Cup Update

As part of Delaware's move toward more sustainable practices, our center is transitioning  
to reusable mugs.

- When paper cups are available, please note they are for water only.
- We warmly welcome members to bring their own reusable mugs or water bottles.

To help keep our space clean and comfortable for everyone, coffee may only be enjoyed in  
the dining room, and we kindly ask that coffee mugs remain there as well. (Certain  
organized activities may have supervised exceptions with pre-approval.)

Thank you for helping us take care of our shared space and for supporting our shift  
toward more environmentally friendly practices!

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# St. Anthony's Senior Center

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### St. Anthony's Senior Center Membership Renewal

January is Membership Renewal Month  
A friendly reminder that annual membership dues are due in January. Your membership helps support the programs, services, and activities that make St. Anthony's Senior Center a welcoming place for our community.

#### Membership Fee

Annual Membership Fee: \$35  
Payment is due by February 1.  
Members needing to pay in installments should contact Lindsay or Elizabeth.  
First-time members enrolling in March or later will be prorated accordingly.

#### Why Membership Matters

Your membership helps us continue to offer:

- Social, educational, and wellness programs
- Fitness and movement classes
- Transportation services
- Technology assistance and support services
- A welcoming space to connect with friends and neighbors

#### How to Renew

- ✓ Code of Conduct & Renewal Paperwork will be available on January 5<sup>th</sup> at the office and on our website
- ✓ Cash or check accepted - please make checks out to "St. Anthony Senior Center"

### Code of Conduct Acknowledgment Required

St. Anthony's Senior Center is committed to maintaining a welcoming, safe, and respectful environment for all participants. To support this, all participants are required to review the Center's Code of Conduct and sign an acknowledgment upon receipt.

The Code of Conduct outlines expectations for appropriate behavior, mutual respect, and cooperation while participating in programs, activities, and services at the Center.

Failure to adhere to the Code of Conduct may result in corrective action, up to and including suspension of participation privileges.

### ♥ Thank You for Being Part of Our Community

Your continued membership helps ensure St. Anthony's Senior Center remains a vibrant, supportive place for adults 55+.

# St. Anthony's Senior Center February 2026

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## February Birthdays

Joe Ramono  
Sara Smith  
Diane Hicks  
Pura Vasquez



Mary Ann Wicks  
Frances Lestardo  
Margaret Johnson  
Joan Miller  
Ava Silicato

Join us for our February Birthday Celebration

 February 25th, 2026 |  11:45 AM |  Dining Room

Did we miss your birthday? Please let us know!

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**Happy Birthday to all of our members celebrating in February!  
We're wishing you a month filled with good health, warm moments,  
and plenty of reasons to smile. Thank you for being such an important  
part of our community — we're so glad to celebrate you.**

💎 Birthstone: Amethyst — symbolizing peace, strength, and clarity

🌸 Birth Flower: Violet & Primrose — representing loyalty, wisdom, and devotion

♈️ Zodiac Signs: Aquarius (through Feb 18) & Pisces (starting Feb 19)

February may be the shortest month of the year, but it's full of heart — including Valentine's Day and plenty of reasons to celebrate the people we care about most.

**If you're celebrating this month, be sure to stop by  
and let us help you mark the occasion! 🎂 🎈**

## Title VI Notice

St. Anthony Senior Center operates its programs and services without regard to race, color, and national origin in accordance with Title VI of the 1964 Civil Rights Act. To find out more about our nondiscrimination obligations or to file a complaint, please contact us at (302) 421-3735.

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# CELEBRATING BLACK HISTORY MONTH

## Black History Month

### Honoring Black Older Adults in Delaware

February is Black History Month, a time to honor the achievements, resilience, and leadership of Black Americans. Here in Delaware, Black older adults have played a vital role in shaping our communities, advancing civil rights, strengthening families, and building institutions that continue to serve us today.

For many Black elders, history is not something found only in books – it is lived experience. From segregation and school desegregation, to the civil rights movement, to community advocacy and public service, Black older adults carry stories of perseverance, courage, and care.

### Delaware's Black Trailblazers

#### Louis L. Redding (1901-1998)

Wilmington attorney and civil rights leader. Redding played a key role in Delaware cases that helped lead to the U.S. Supreme Court's *Brown v. Board of Education* decision, ending school segregation.

#### Henrietta R. Johnson (1938-2023)

The first Black woman elected to the Delaware General Assembly. A nurse and community advocate, she championed healthcare, education, and services for families and older adults.

#### Paulette Sullivan Moore

In 1977, she became the first African American woman admitted to practice law in Delaware, breaking barriers and opening doors for future generations.

#### Ethel Cuff Black (1890-1969)

Born in Wilmington, she was an educator, activist, and co-founder of Delta Sigma Theta Sorority, Inc., an organization dedicated to public service and social justice.

These leaders represent just a few of the many Black Delawareans whose dedication and leadership continue to inspire us.

## Black History Month Events

Celebrate Black History Month by exploring local programs that honor Black history, culture, leadership, and lived experience right here in Wilmington and New Castle County. Events range from history talks and exhibits to family-friendly celebrations and genealogy workshops.

### Black Family History & Genealogy Workshop

 Thursday, February 5, 2026

 Delaware Public Archives, Wilmington

*Learn how to research and preserve Black family history in Delaware. Archivists will share tools, records, and resources helpful for tracing family roots and documenting personal history*

### Delaware Trailblazers: Black History Month Celebration

 Saturday, February 7, 2026

 11:00 AM – 2:00 PM

 Walnut Street YMCA, Wilmington

*A community celebration honoring local Black trailblazers with performances, history displays, music, and interactive activities. This event highlights the impact of Black leaders across generations in Delaware.*

### From the Vault: Black Americans of Achievement

 Tuesday, February 18, 2026

 6:30 PM – 7:30 PM

 Delaware Historical Society

*A special program highlighting objects, stories, and cultural materials connected to Black achievement and leadership, drawn from Delaware Historical Society collections.*

Event details may change. Please check official websites or call ahead to confirm times, accessibility, and registration information.

#### Sources & Event Calendars

New Castle County Government – [newcastlede.gov](http://newcastlede.gov)  
Delaware Historical Society – [dehistory.org](http://dehistory.org)  
Delaware Public Archives – [archives.delaware.gov](http://archives.delaware.gov)  
Visit Wilmington – [visitwilmingtonde.com](http://visitwilmingtonde.com)  
Delaware Libraries – [delawarelibraries.libcal.com](http://delawarelibraries.libcal.com)

# St. Anthony's Senior Center

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## WINTER WORD SEARCH

C	S	N	O	W	C	S	O	C	O	A	T
H	N	L	P	M	H	C	O	L	G	U	U
J	O	I	C	I	U	A	O	F	L	R	S
S	W	E	A	T	E	R	O	L	O	I	N
N	M	Y	M	T	S	F	N	O	V	C	O
G	A	J	U	E	F	O	C	K	E	K	W
L	N	B	M	N	T	T	E	I	S	O	B
E	L	D	B	S	K	I	I	N	G	T	A
R	R	P	R	N	S	C	C	T	S	E	L
F	R	E	E	Z	E	C	O	O	R	I	L
H	O	T	S	N	O	W	F	L	A	K	E
E	V	T	B	S	O	F	A	P	D	G	E

SNOWMAN

SNOW

SWEATER

SCARF

SNOWBALL

COLD

SKIING

GLOVES

SNOWFLAKE

COAT

MITTENS

FREEZE

# St. Anthony's Senior Center

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### **Social & Recreational Programs**

#### **Nickel Bingo (bring your own nickels)**

- Monday, Wednesday & Thursday: 10:00 AM – 12:00 PM
- Tuesday evenings: 6:00 PM

### **Arts & Crafts**

Puzzles, art supplies, and adult coloring books are available for all to use in the craft room. Please see monthly events for group projects.

### **Billiards & Cornhole**

- Available daily
- Location: Billiard Room

### **Wii Bowling League**

- Wii Bowling League has begun for the 2025-2026 season: Good luck bowlers!
- Location: Billiard Room

### **Educational & Technology Programs**

#### **Bible Study (Non-Denominational)**

- Thursdays: 10:30 – 11:30 AM
- Location: Library
- All faiths welcome led by volunteer teacher, Barbara Petrucci

### **Computer Lab & Library**

- Open during regular center hours
- Little Lending Library/Reading Room: Books, magazines, and a variety of books are available.
- Technology Assistance is available by appointment

### **Computers/Library**

Woodlawn Library offers computer instructions. Transportation in our service area (during regular hours) is available. Contact Woodlawn Library by phone for more information at (302)571-7425.

# St. Anthony's Senior Center

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### Group Fitness Classes

- **Zumba:** Mondays | 9:00 – 10:00 AM
- **Chair Exercise:** Tuesdays | 9:00 – 10:00 AM
- **Exercise Bingo:** Tuesdays & Fridays | 10:30 - 11:30 AM
- **Yoga:** Wednesdays & Fridays | 9:00 – 10:00 AM
- **Tai Chi:** Thursdays | 4:30 – 5:00 PM
- **Cardio Drumming:** Thursdays | 9:00 – 10:00 AM
  - Except the first Thursday of the Month
- **Stretch:** First Thursday of Month | 9:00 – 10:00 AM
- **Sit, Stand, Move:** Wednesdays | 1:30 – 2:30 PM

Most classes are offered in-person and virtually.

Fitness classes are held in the Exercise Room, with the exception of Exercise Bingo and Cardio Drumming, which are held in the Dining Room.

### Exercise Room

Treadmills, bikes, and weights are available for member use after waiver completion.

### Aquatics Program

Fraim Center for Active Adults

669 S. Union Street

- Transportation can be provided from St. Anthony to the Fraim Center for any morning Aquatic's programs. There are different types of Fraim Center memberships. For information, please call the Fraim Center at (302) 658-8420.

# St. Anthony's Senior Center

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### Transportation Services

- **Medical Appointments:** Mondays, Wednesdays & Thursdays
  - Pick-up at 8:30 AM (appointments scheduled between 9:00–9:30 AM)
- **Banking Services:** Tuesdays | 9:30 AM
- **Recreational & Grocery Shopping Trips**
  - Monthly Trips: Shopping, cultural, and recreational outings
- **Trip Registration:**
  - After 9:00 AM on the first day of each month
  - Advance sign-up required; fees range from \$1-\$5
  - Full payment or required deposit due at sign-up
  - Trips are subject to change due to low registration, weather, traffic, or staffing.

### Support Services

- **Stand By Me 50+:** The Stand By Me 50+ program helps Delawareans approaching or in retirement make their finances work for them and maintain their quality of life. Our representative, Karen Summa, is available on the third Wednesday of each month.
  - Call 302-658-4171 ext. 104 to schedule an appointment.
- **Blood Pressure Screenings:** Alternating Thursdays in coordination with St. Francis Visiting Nurses
- **Notary Services:** By appointment
- **Faxing & Copying:** By Appointment

### Salon Services: Available Tuesdays by Appointment with Piera Vassallo

- A multi-talented stylist dedicated to helping clients feel comfortable and leave happy. Manicures are also available through her assistant, Kim.
- **Appointments:** Call or text 302-545-1751

### Senior Center Gift Shop

Hours: Monday, Wednesday & Thursday | 9:00 AM – 12:00 PM & Tuesday | 2:00 – 4:30 PM

# St. Anthony's Senior Center

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### Delaware's Senior Demographics (U.S. Census Bureau, 2024):

- 219,957 seniors (21.3% of population – 4th highest percentage nationally)
- 7.9% live below poverty level
- 30.2% have disabilities
- 88.7% receive Social Security income
- Median age: 72.9 years

### If you are:

- Delaware residents aged 60+ with limited income
- Those earning less than 200% of federal poverty level
- Individual income under \$31,200/year
- Couples earning under \$42,480/year

### You may be eligible for:

- The Diamond State Health Plan (Healthcare Coverage)
- SNAP / Food Supplement (Food Stamps)
- LIHEAP / DEAP (Electric & Heating Assistance)
- Senior Property Tax Relief
- SSI
- DPAP (Prescription Help)
- Section 8 / Income Based Housing
- Lifespan Waiver (In-Home Care Services)

### You can learn about these and other free resources.

**Contact a Stand By Me 50+ Financial Coach for FREE Financial Coaching today!**

**Call 211 or visit [STANDBYMEDE.ORG](https://STANDBYMEDE.ORG) to schedule an appointment.**

# St. Anthony's Senior Center February 2026

## Recreational Trips

Trip	Date/Time	Cost
Boscov's/Concord Mall	10 AM Tuesday, February 3 <sup>rd</sup> , 2026	\$3.00
The Producers at The New Candlight Theater	<b>Please see the office!</b> Wednesday, February 11 <sup>th</sup> , 2026	\$25.00
Delaware Park	10 AM Tuesday, February 17 <sup>th</sup> , 2026	\$3.00
Salvation Army Thrift Store	2:30 PM Tuesday, February 24 <sup>th</sup> , 2026	\$2.00

## Grocery Shopping

Trip	Date/Time	Cost
ShopRite	2:15 PM Thursday, February 5 <sup>th</sup> , 2026	\$3.00
ShopRite	2:15 PM Thursday, February 12 <sup>th</sup> , 2026	\$3.00
ShopRite	2:15 PM Thursday, February 19 <sup>th</sup> , 2026	\$3.00
ShopRite	2:15 PM Thursday, February 26 <sup>th</sup> , 2026	\$2.00

Shady Maple trip that was canceled in January will be rescheduled in March. Date TBD.

All trips/Time are subject to change due to low registration, weather, traffic, and/or staffing.

## Upcoming Charter Trips

Wednesday, February 11<sup>th</sup>, 2025

### The Candlelight Theatre

For a buffet lunch & to see the musical  
"The Producers"!

Departing of the Senior Center at  
10:30 AM.

Lunch Buffet and transportation to-  
and-from the theater is provided.

\$25.00/per person

**Spots are limited! Please reserve  
your spot today!**

## About the Show

In Mel Brooks' laugh-out-loud spectacle, the plot is simple: a down-on-his-luck Broadway producer and his mild-mannered accountant come up with a scheme to produce the most notorious flop in history, thereby bilking their backers (all "little old ladies") out of millions of dollars. Only one thing goes awry: the show is a smash hit! Winner of a record 12 Tony Awards.

Announcement about the Philly Trip: This trip will be rescheduled in the spring - anyone who has not already received a refund may apply it to this trip, have us hold it Philly trip in the spring, or we can give you a refund.

# St. Anthony's Senior Center

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About	Date/Time	Location
Learn about the benefits of St. Francis Life with Denise Garcia	9:30 AM February 4 <sup>th</sup> , 2026	Dining Room
<b>Learn about the services and programs with Delaware Council on Gambling Problems</b>  Presentation with Jody Seyfferth the Director of Support Services Delaware Council on Gambling Problems.	9:30 AM February 9 <sup>th</sup> , 2026	Dining Room
Valentines Day Special Bingo \$5.00	Sign up 9:15 AM Bingo Starts at 10 AM February 11 <sup>th</sup> , 2026	Dining Room
<b>AARP Tax Assistance</b> <b>Registration required!</b>	9 AM to 12 PM February 13, 2026	Library
<b>Presentation: Diabetes Education</b>  Join Megan the Dietitian in this nutrition discussion about diabetes. Learn what it is, how it effects the body, how to help prevent it, and how to control symptoms all through nutrition!	12:30 PM February 26 <sup>th</sup> , 2026	Dining Room

### AARP TAX ASSISTANCE

AARP will be here on the following dates to provide assistance with filing taxes. Please call 302-421-3735 to make an appointment.

February 13th, March 20th and April 10th

Friday, February 13<sup>th</sup>, 2026

Friday, March 20<sup>th</sup>, 2026

Friday, April 10<sup>th</sup>, 2026

Prior to your appointment you must pick up a packet with an intake form and a release form that you **MUST COMPLETE** before meeting with your aide.

### REMEMBER TO BRING TO YOUR APPOINTMENT:

- Photo ID
- Social Security Statement of benefits
- last years tax information.
- If married filing a joint return, both husband and wife must attend.

# St. Anthony's Senior Center February 2026

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“Donut” forget how  
loved you ARE!

We're giving back with a little something  
sweet! 🍩

A Dunkin' Donuts gift card will be raffled  
every Wednesday in February at 12:00 PM.

Stop by the Dining Room to fill out an entry  
form.



Name: \_\_\_\_\_

Phone number: \_\_\_\_\_

You do not have to be present to win,  
Limit one gift card per person.

# St. Anthony's Senior Center February 2026

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*Valentine's  
Day*

## Special Bingo

**WEDNESDAY**

**FEBRUARY 11TH**

**10 AM - 12 PM**

**SIGN-IN/SHEET PICKUP WILL BEGIN AT 9:30 AM**

**\$5.00 to play**

bingo sheets will be provided,  
please bring a dauber!

# St. Anthony's Senior Center February 2026

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## Paint Party



### PAINT PARTY!

Step-by-Step Acrylic Painting  
**No experience? No problem!**

Join us for a relaxed, guided paint party where we'll walk you through every step—from blank canvas to finished masterpiece.

- No skills needed
- All supplies provided
- Go at your own pace
- Leave with your own artwork
- We will make the coffee!

This is about having fun, getting creative, and enjoying good company—not being perfect.

**Date:** Monday, February 9<sup>th</sup>, 2026

**Time:** 1:30 PM to 4:00 PM

**Location:** Craft Room, Senior Center

**\$ Cost:** \$5.00

**Registration Required?** Please let us know that you will be coming so we have enough supplies!

Come paint, chat, and surprise yourself—you might just discover your inner artist. 🎨🖌️

# St. Anthony's Senior Center February 2026

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St. Anthony's Senior Center welcomes anyone 55 years of age regardless of race, creed, national origin or handicap.

If you are 60 or older, a donation of \$4.00 per meal is suggested to help support the program. Reservations are requested in advance. Those under 60 are welcome to join us for lunch at a cost of \$8.00 per meal.

Lunch is served at noon, please arrive by 12 PM to ensure that we can efficiently serve participants. Dinner is served at 5 PM on Tuesdays.

Meals are provided in coordination with City Fare Meals on Wheels. If you or someone you know needs home delivered meals, please contact City Fare at 302-421-3734 for more information.



## How to Reserve a Meal

- Reservations must be made by 12:00 PM the day before you wish to attend
- Monday meals must be reserved by Friday at 12:00 PM
- Reservations can be made by calling 302-421-3735
- All meals are subject to change

If you have questions about reservations, dietary needs, or eligibility, please speak with staff.

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We understand that schedules can vary, however Grab & Go meals and bag suppers must be picked up by 1:30 PM due to food safety and staffing limitations. Thank you for your understanding.





# CHRONIC DISEASE TALK DIABETES

Join Megan the Dietitian in this nutrition discussion about diabetes. Learn what it is, how it effects the body, how to help prevent it, and how to control symptoms all through nutrition!



**FEB, 26**  
**12:30PM**

# CITY FARE NEWSLETTER

February 2026



## National American Heart Month

It's very appropriate that the month dedicated to love and hearts should also be the same month dedicated to heart health awareness! Cardiovascular disease is still the leading cause of death in America, but there are ways you can help prevent it!

Here are ways to combat heart disease.

- Daily movement
- Eating fiber
- Avoiding saturated or trans fats
- Reducing sodium & sugar
- Reducing stress
- Speaking with your doctor

## Reminders

We will be **closed on 2/19th** for Presidents Day.

## Food Fact

Did you know the classic heart shaped Valentines boxes full of chocolate can be dated back as far as 1861!

## Contact Info

**MainLine:** 302-421-3734  
**Dietitian:** 302-421-3730

# ADDED SUGARS



## What To Know

Added sugars are ingredients that have been added into a product to enhance the flavor. They are commonly found in ultra-processed foods like candy, sodas, and cereals. Added sugars, while tasty, can be very addictive and can have negative health effects.

Studies show that an increase in added sugar consumption can increase mood swings/energy crashes, and the risk of inflammation, cardiovascular diseases, Type 2 Diabetes, tooth decay, and some forms of cancer.

While it is best to keep all sugar intake on the low side, added sugars in particular should be avoided.



## Sweet Substitutions

- Chocolate covered strawberries
- Baked fruit cobbler
- Yogurt bowls
- Dark chocolate



## Nutrition Label

Pay attention to the label, avoid any added sugar greater than 10% DV.

<b>Nutrition Facts</b>	
4 servings per container	
<b>Serving size</b>	<b>1 cup (227g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>280</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 9g	<b>12%</b>
Saturated Fat 4.5g	<b>23%</b>
Trans Fat 0g	
<b>Cholesterol</b> 35mg	<b>12%</b>
<b>Sodium</b> 850mg	<b>37%</b>
<b>Total Carbohydrate</b> 34g	<b>12%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 6g	
Includes 0g <b>Added Sugars</b>	<b>0%</b>
<b>Protein</b> 15g	
Vitamin D 0mcg	0%
Calcium 320mg	25%
Iron 1.6mg	8%
Potassium 510mg	10%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

# St. Anthony's Senior Center

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### Evening Meals

<b>2/3.</b>
Roasted Turkey w/ Gravy Green Beans 12 Grain Bread Fresh Pear
<b>2/10.</b>
BBQ Chicken Bites Cheesy Grits Side Salad w/ Cucumbers & Tomatoes Fresh Orange
<b>2/17.</b>
Lemon Pepper Zucchini Brown Rice Fresh Cut Fruit
<b>2/24.</b>
Breaded Flounder w/ Tartar Suace Stewed Tomatoes Mac n Cheese Applesauce

# St. Anthony's Senior Center

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### Bag Supper Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2/2 Cereal Yogurt Hard Boiled Eggs Cucumber Slices Mixed Fruit	2/3 Turkey Club Wrap WG Tortilla Baby Carrots Apple Sauce Mayonnaise	2/4 Chicken Salad w/ Craisins on White/Wheat Bread Broccoli Bites Diced Peaches	2/5 Italian Hoagie with Onion & Lettuce Bell Pepper Slices Pineapple Tidbits Italian Dressing	2/6 Cheese Sandwich 3 Bean Salad Fresh Orange Cookie
2/9 Breakfast Sandwich Yogurt Celery Fresh Orange	2/10 Tuna Salad Sandwich on White/Wheat Bread Sliced Bell Peppers Fresh Pear	2/11 Ham & Cheddar Sandwich on Kaiser Roll Broccoli Bites Apple Slices Mayonnaise	2/12 Roast Beef Sandwich on Whole Grain Bread Baby Carrots Applesauce Mustard	2/13 Hummus & Veggie Wrap WG Tortilla w/ Lettuce, Onion, & Shredded Carrots Cheese Stick Diced Pears Mango Juice
2/16—Closed Happy Presidents Day!	2/17 Peanut Butter & Jelly Sandwich Yogurt 3 Bean Salad Diced Peaches	2/18 Ham & Cheddar Sandwich on Whole Grain Bread Broccoli Bites Mandarin Oranges Mustard	2/19 Turkey & Provolone Sandwich on Rye Bread Baby Carrots Apple Mayonnaise	2/20 Egg Salad Sandwich on a Croissant Celery Fresh Pear Mango Juice
2/2 Cereal Yogurt Hard Boiled Eggs Cucumber Slices Mixed Fruit	2/3 Turkey Club Wrap WG Tortilla Baby Carrots Apple Sauce Mayonnaise	2/4 Chicken Salad w/ Craisins on White/Wheat Bread Broccoli Bites Diced Peaches	2/5 Italian Hoagie with Onion & Lettuce Bell Pepper Slices Pineapple Tidbits Italian Dressing	2/6 Cheese Sandwich 3 Bean Salad Fresh Orange Cookie

# St. Anthony's Senior Center

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### Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2/2 Breaded Flounder w/ Tartar Sauce Stewed Tomatoes Mac n Cheese Applesauce	2/3 Italian Sausage w/ Peppers & Onions on a Club Roll Sweet Potato Fries Apple Slices	2/4 Roasted Turkey Sandwich on a Kaiser Roll w/ Cranberry Sauce Pea Soup Fresh Orange WG Crackers	2/5 Dry Rub Baked Chicken Caribbean Blend Vegetables Stuffing Diced Peaches	2/6 Pot Roast w/ Gravy Mashed Potatoes Green Beans Split Top Roll Diced Peaches
2/9 Chicken Stir Fry in a Teriyaki Sauce Broccoli & Carrots Brown Rice Fresh Cut Fruit	2/10 Stuffed Peppers w/ Marinara Sauce Side Salad w/ Tomatoes & Cucumbers Diced Pears Split Top Roll	2/11 Swedish Meatballs Rotini Pasta Brussel Sprouts Baked Apples	2/12 Roast Ham & Swiss on 12 Grain Bread Broccoli Soup Fresh Pear Mustard Crackers	2/13 Fish Patty Sandwich on a Brioche Bun Roasted Baby Bakers Peas Tartar Sauce Pickles Applesauce
2/16—Closed	2/17 Meatloaf w/ Gravy Mashed Potatoes Cooked Spinach White/Wheat Bread Fresh Orange	2/18 Chicken Alfredo on Linguine Broccoli Diced Peaches German Chocolate Cake	2/19 Salmon w/ Dill Sauce Fresh Baked Sweet Potato Cauliflower Split Top Roll Fresh Pear	2/20 Chicken & Dumplings Peas & Carrots Spiced Peaches
2/23 Pot Roast w/ Mushroom Gravy Rotini Pasta Peas Fruit cup	2/24 Roasted Chicken Cooked Spinach Mashed Potatoes Apple Slices Split top roll	2/25 Roasted Turkey w/ Gravy Yams Green Beans 12 Grain Bread Fresh Pear	2/26 Chicken Stir Fry w/ Peppers and Onions Brown Rice Mandarin Oranges Vegetable Egg Roll	2/27 Reuben (Roast Beef w/ Swiss Cheese, Sauerkraut, and Russian Dressing on Marble Rye) Garden Vegetable Soup Fresh Cut Fruit Crackers