



# Menasha Senior Center JANUARY 2010

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>January is National Hot Tea Month</b> and is also the height of the dreaded "cold and flu season" Did you know that drinking hot tea may also help you stay healthy during the cold and flu season? Studies suggest that theanine, an ingredient found naturally in tea, supports the immune system. A cup of tea contains an average of 20-25 mg of theanine. Drinking tea throughout the day may strengthen the immune system. Drinking five cups of Black Tea a day for two to four weeks boosted the body's immune defense system by four times, according to the results of a human clinical trial. According to this study, the data suggests that drinking Black Tea boost's the body's natural resistance to infection.</p>				<p>1 10:00 <b>Wii</b> 11:20 Meals 1:00 Quilting 12:30 <i>Hand&amp;Foot</i></p>
<p>4 9:30 Line Dancing 10:30 <b>Radio Show Acting</b> 11:20 Meals 12:30 Scrabble 1:00 Men's cards</p>	<p>5 10:00 <b>Wii</b> 11:20 Meals 12:00 <b>Agility</b> exercise</p>	<p>6 9:30 Line Dancing 10:00-11 Chair exercise 11:00 <i>You Can Do It</i> 11:20 Meals 12:30 Texas Hold'em 12:30 Shuffleboard 1:00 VNA Foot care</p>	<p>7 8:30 Oil Painting 10:00 <b>BenSpec</b> 11:20 Meals 12:30 Cribbage 1:00 Bridge</p>	<p>8 10:00 <b>Wii</b> 11:20 Meals 1:00 Quilting 12:30 <i>Hand&amp;Foot</i></p>
<p>11 9:00 Computer class 9:30 Line Dancing 11:20 Meals 1:00 Men's cards</p>	<p>12 10:00 <b>Wii</b> 11:20 Meals 12:00 <b>Agility</b> exercise 1:15-3:00 <b>Blood Pressure ck</b></p>	<p>13 9:30 Line dancing 10:00-11 Chair exercise 11:00 <i>You Can Do It</i> 11:20 Meals 12:30 Texas Hold'em 12:30 Shuffleboard</p>	<p>14 7:45 CA meeting 8:30 Oil Painting 9:00 PC meeting 11:20 Meals 12:30 Cribbage 1:00 Bridge 10:00 <b>Ben Spec</b></p>	<p>15 10:00 <b>Wii</b> 11:20 Meals 1:00 Quilting 12:30 <i>Hand&amp;Foot</i></p>
<p>18 9:00 Computer class 9:30 Line Dancing 11:20 Meals 12:30 Scrabble</p>	<p>19 9:00 Newsletter Assem 10:00 <b>Wii</b> 12:00 <b>Agility</b> exercise 11:20 Meals 1-3 <b>RSVP Trivia</b></p>	<p>20 9:30 Line Dancing 10:00-11 Chair exercise 11:00 <i>You Can Do It</i> 11:20 Meals 12:30 Texas Hold'em 12:30 Shuffleboard</p>	<p>21 8:30 Oil Painting 11:20 Meals 12:30 Cribbage 1:00 Bridge 1-2:30 <b>Radio Program Show</b></p>	<p>22 10:00-11:00 <b>Anemia Screening</b> 10:00 <b>Wii</b> 11:20 Meals 1:00 Quilting 12:30 <i>Hand&amp;Foot</i></p>
<p>25 9:00 Computer class 9:30 Line Dancing 11:20 Meals 12:30 Card making class 1:00 Men's cards</p>	<p>26 10:00 <b>Wii</b> 10:30-12 <b>Blood pressure</b> 12:00 <b>Agility</b> exercise 11:20 Meals</p>	<p>27 9:30 Line dancing 10:00-11 Chair exercise 11:00 <i>You Can Do It</i> 11:20 Meals 12:30 Texas Hold'em 12:30 Shuffleboard</p>	<p>28 8:30 Oil Painting 11:20 Meals 12:30 Cribbage 1:00 Bridge 1:00 VNA Foot care</p>	<p>29 10:00 <b>Wii</b> 11:30 Meals 12:00 Quilting 12:30 <i>Hand&amp;Foot</i></p>