

FEBRUARY

Indoor Swimming Pool

Mon/Tues/Thur/Fri

CLOSED on Wednesdays

9:00am - 11:00am | \$3.00 per day

Splash Fitness Class: 9am-10am



Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 9-9:45am - Step it up (DVD) 10-11:30am - Line Dancing 10am - Crochet Group 12:15-1:15pm - Late Line Dancing 12:30-3:45pm - Canasta 1-3pm - Bingo</p> <p>Book Club, 1pm, SR</p>	<p>3 8:30am - Pinochle 9-10am - Chair Exercise (DVD) 10-11am - Chair Exercise (DVD) 1-2pm - Rummikub 1pm - Choral Group</p>	<p>4 9-11am - Bingo 9-10am - Line Dancing 10-11am - Chair Exercise (DVD) 10-11am - Spiritual Wellness 12pm - Tai Chi (DVD) 1-2pm - Rummikub 1pm - Knitting Group (APR) 2pm - Chess Club</p>	<p>5 No HIIT Workout or No Chair Yoga AARP Tax Assistance - Appt Only 12:30-3:45pm - Canasta 1-2pm - Rummikub 1-3pm - Bingo 3pm - Backgammon</p>	<p>6 9am - Step It Up (DVD) 10am - Ballroom Dancing (\$5) 1pm - Dominoes</p>
<p>9 9-9:30am - Step it up (DVD) 10-11:15am - Line Dancing 10am - Crochet Group 12:15-1:15pm - Late Line Dancing 12:30-3:45pm - Canasta 1-3pm - Bingo</p> <p>Superbowl Wrap-Up Winner Announced: 11am, MDR</p>	<p>10 8:30am - Pinochle 9-10am - Chair Exercise (DVD) 10-11am - Chair Exercise (DVD) 1-2pm - Rummikub No Choral Group</p> <p>Bullying in Older Adults 10am, APR</p>	<p>11 9-11am - Bingo 9-10am - Line Dancing 10-11am - Chair Exercise (DVD) 10-11am - Spiritual Wellness 12pm - Tai Chi (DVD) 1-2pm - Rummikub 1pm - Knitting Group 2pm - Chess Club</p> <p>Trivia, 12:15pm, APR</p>	<p>12 No Mercer County Nutrition No HIIT Workout or No Chair Yoga AARP Tax Assistance - Appt Only 12:30-3:45pm - Canasta 1-2pm - Rummikub No Afternoon Bingo 3pm - Backgammon</p> <p>Valentine's Just Dance 2pm-5pm, MDR</p>	<p>13 Center Closed President's Day Observed</p>
<p>16 Center Closed President's Day</p>	<p>17 8:30am - Pinochle 9-10am - Chair Exercise (DVD) 10-11am - Chair Exercise (DVD) 1-2pm - Rummikub 1pm - Choral Group</p>	<p>18 9-11am - Bingo 9-10am - Line Dancing No Chair Exercise 10-11am - Spiritual Wellness 12pm - Tai Chi (DVD) 1-2pm - Rummikub 1pm - Knitting Group 2pm - Chess Club</p> <p>Golden Connections, 10:15am, APR</p>	<p>19 No HIIT Workout or No Chair Yoga AARP Tax Assistance - Appt Only 12:30-3:45pm - Canasta 1-2pm - Rummikub 1-3pm - Bingo 3pm - Backgammon</p>	<p>20 9am - Step It Up (DVD) 10am - Ballroom Dancing (\$5) 1pm - Dominoes</p>
<p>23 9-9:30am - Step it up (DVD) 9:30-11:30am - NEC 10-11:15am - Line Dancing 10am - Crochet Group 12:15-1:15pm - Late Line Dancing 12:30-3:45pm - Canasta 1-3pm - Bingo</p>	<p>24 8:30am - Pinochle 9-10am - Chair Exercise (DVD) No 10am Chair Exercise 1-2pm - Rummikub 1pm - Choral Group</p> <p>Eyeglass Adjustments & Minor Repairs, 10am, APR</p>	<p>25 9-11am - Bingo 9-10am - Line Dancing 10-11am - Chair Exercise (DVD) 10-11am - Spiritual Wellness 12pm - Tai Chi (DVD) 1-2pm - Rummikub 1pm - Knitting Group 2pm - Chess Club</p>	<p>26 No HIIT Workout or No Chair Yoga AARP Tax Assistance - Appt Only 12:30-3:45pm - Canasta 1-2pm - Rummikub 1-3pm - Bingo 3pm - Backgammon</p> <p>Technology Help, 3pm, CR *by appointment only*</p>	<p>27 No Step It Up 10am - Ballroom Dancing (\$5) 1pm - Dominoes</p> <p>Circle of Friends, 9am, APR</p>

Calendar is subject to change

Room Abbreviations: APR - All Purpose Room, CR - Computer Room, GR - Game Room MDR - Main Dining Room, SR - Serenity Room (End of the Hallway)

The Mercer County Nutrition Menu is subject to change.
 For questions/concerns or to reserve/cancel your lunch please call:
Nutrition Desk : 609-586-7272



Dan Benson
 County Executive

Site: Hamilton Site Manager: Vanessa Banks Dining Area Phone: 609-586-7272
 The Nutrition Program continues to grow! To make room for all participants, reserve your spot ahead of time.
 If you cannot join us, make sure you cancel your reservation. Thank you for your consideration.

FEBRUARY 2026 (Pick either Standard or Vegetarian Menu)

Monday	Tuesday	Wednesday	Thursday	Friday
2 Standard: Eggplant Parmesan w/ Tomato Sauce & Cheese Cheese Tortellini With Pesto Mixed Italian Vegetable Vegetarian: Macaroni & Cheese Broccoli JUICE LETTUCE, CUCUMBER & GRAPE TOMATO w/ BALSAMIC DRESSING ROSEMARY & GARLIC DINNER ROLL FRESH APPLE SLICES	3 Standard: Turkey Chili Egg Noodles Sugar Snap Peas Corn Muffin Vegetarian: Latin Chickpea Barley Bowl Mixed Vegetables Cheddar Cheese Tortilla JUICE CUCUMBER & ONION SALAD DICED PEACHES	4 Standard: Crab Cake w/ Tarter Sauce Mac & Cheese Stewed Tomatoes WW Hamburger Bun Vegetarian: Mushroom Edamame Ragout Noodle Green Beans WW Dinner Roll CORN CHOWDER TROPICAL MIXED FRUIT	5 Standard: Turkey Pastrami Reuben Swiss Cheese Sauerkraut Potato Salad 1000 Island Dressing (2) Slices Rye Bread Vegetarian: Cheese Omelet Diced Potatoes Peppers & Onions Shredded Cheddar Cinnamon Apple Muffin Ketchup VEGETARIAN BUTTERNUT SOUP MANDARIN ORANGES	6 Standard: Chicken Cordon Bleu Sweet Potato Chunks Broccoli Fig Bar Vegetarian: White Bean Cassoulet Barley Salad Buttered Zucchini Strawberry/Vanilla Yogurt VEGETARIAN SPLIT PEA SOUP GARDEN SALAD w/ SHREDDED CARROT GRAPE TOMATOES w/ RANCH DRESSING WW DINNER ROLL
9 Standard: Chicken Fajita Sateed Peppers & Onions Shred Cheddar Cheese Salsa (2) Flour Tortillas Chicken Noodle Soup Vegetarian: Falafel Paddy Lemon Sauce Brown Rice/Quinoa Tomato & Spinach Juice MARINATED BEET SALAD VANILLA/STRAWBERRY YOGURT	10 Standard: Cheese Pizza Broccoli Penne w/ Tomato Sauce Parmesan Rosemary/Garlic Dinner Roll Vegetarian: Mediterranean Ratatouille Quinoa & Bean Bowl Brown Rice WW Bread MINISTRONE SOUP CHOCOLATE PUDDING	11 Standard: Roast Beef w/ Gravy Mashed Potatoes Brussel Sprouts Vegetarian: Fettuccine Alfredo Carrots & Peas Mozzarella Cheese Stick JUICE WW DINER ROLL ROMAINE SALAD w/ CROUTONS PARMESAN & CAESAR DRESSING FIG BAR	12 NUTRITION CLOSED	13 Standard: Vegetarian: NUTRITION CLOSED
16 NUTRITION CLOSED President's Day	17 Standard: Beef Tacos w/ Shredded Cheddar Salsa Shred Lettuce & Grape Tomatoes (2) Flour Tortillas Peppers & Onions Vegetarian: Macaroni & Cheese Broccoli Rosemary Dinner Roll LENTIL & BARLEY SOUP FRESH ORANGE	18 Standard: Sliced Turkey w/ Gravy Mashed Potatoes Brussel Sprouts Cranberry Sauce Vegetarian: Baked Ziti w/ Tom Sauce Mozzarella & Ricotta Parmesan Cauliflower & Cheese VEGETARIAN BUTTERNUT SOUP WW BREAD CELEBRATION CUPCAKE Birthday Celebration Day!	19 Standard: Salisbury Steak Brown gravy Red Skinned Potatoes Green Beans Rye Bread Vegetarian: Fettuccine Alfredo Carrots & Peas WW Dinner Roll Mozzarella Cheese Stick JUICE ROMAINE SALAD w/ CROUTONS PARMESAN & CAESAR DRESSING MANDARIN ORANGES	20 Standard: Chicken Curry Brown Basmati Rice Cooked Spinach WW Pita Bread French Onion Soup Vegetarian: Mediterranean Ratatouille Quinoa & Bean Bowl Brown Rice WW Bread Juice VANILLA PUDDING
23 Standard: Roasted Pork w/Gravy Mashed Potatoes Collard Greens Vegetarian: Autumn Veggie Sweet Potato Bowl Cannellini Beans Okra & Tomatoes Cheddar Cheese JUICE COLESLAW CORN MUFFIN APPLESAUCE	24 Standard / Vegetarian: FETTUCINI w/ ALFREDO SAUCE BROCCOLI JUICE GARDEN SALAD w/ RED ONION GRAPE TOMATOES & ITALIAN DRESSING WW DINNER ROLL MOZZARELLA CHEESE STICK OATMEAL RAISIN COOKIE	25 Standard: Beef Vegetable Stew Brown Rice Green Peas WW Dinner Roll Vegetarian: Falafel Paddy Lemon Sauce BR Rice/Quinoa Tomato & Spinach JUICE GARDEN SALAD w/GRAPE TOMATOES w/ RANCH DRESSING STRAWBERRY/VANILLA YOGURT	26 Standard: Chicken Cutlet w/ American Cheese Red Skin Potato Chunks WW Hamburger Bun Honey Mustard & Mayo Vegetarian: Mushroom Edamame Ragout Noodle Green Beans WW Dinner Roll CORN CHOWDER CARROT RAISIN SALAD PINEAPPLE CHUNKS	27 Standard: Sweet Italian Sausage w/Pasta Sauce Club Roll Sautéeed Peppers & Onions Bowtie Pasta Salad Parmesan Vegetarian: Eggplant Parmesan & Cheese Protein Pasta Carrots & Kale WW Dinner Roll JUICE GARDEN SALAD w/RED ONION GRAPE TOMATOES & ITALIAN DRESSING CHOCOLATE PUDDING

Site Activities
Ewing 2/5/2026 "Estate Planning"
Adam Lipps, Central Jersey Legal Services
East Windsor 2/10/2026 "Senior Medicare Patrol" Charles Clarkson, Jewish Family Services
East Windsor 2/18/2026 "Healthy Eating Habits" Donna Hunter, MC Nutritionist
Hopewell 2/25/2026 "Healthy Outlooks for Older Adults" Lisa Kauffman Mercer Council on Alcoholism & Drug Addiction
Princeton 2/26/2025 "CONTACT Services" Sue Walton CONTACT
DAILY MEAL INCLUDES: MILK, BUTTER & HOT BEVERAGE MENU IS SUBJECT TO CHANGE WITHOUT NOTICE