






# January 2025

# Quebec Lunch Plus 828-862-4466

11846 Rosman Hwy

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Mobile Library 1 <sup>st</sup> Wednesday 10-12			1 <b>CLOSED</b> New Years	Barbara G 2  Bread of Life Food Truck Info	Jenna S 3  Land of Sky Bring Technology Questions	4
5	Rosetta 6  Craft	Bingo 7 	8  Fire Dept Health Tip	Travis UCB 9  Elder Banking Tips	Ring Toss 10 	January 11  3 <sup>rd</sup> Thursday BOL Food Truck 16th
12	Terry 13  Fire Dept BP checks	Bingo 14 	Sara K 15  AARP Fall Prevention	Mary 16  Chair Yoga	17  Craft	January  Hunger Coalition 5th Thursday Jan 30 <sup>th</sup> -2:30-4PM
19	20  <b>CLOSED</b> MLK Holiday	Bingo 21 	Megan 22  Vaya Health Communcation	Marsha 23 	Erin 24  Microwave Meal in a Mug	
26	Kimberly 27  EMS BP checks	Bingo 28 	Amanda 29  Coping with Stress	Brenda 30  Sr Olympics Introduction	Jane 31  Hiking Safety	<b>Bread of Life</b>  2 <sup>nd</sup> Thurs Routinely
		<p><b>WNC Source 828.884.8855 Transport 828.884.3230</b>  <b>Kathy 706.831.2521</b></p> <p><b>NO FOOD 1/1 &amp; 1/20 - Holidays</b></p>				Hunger Coalition 4 <sup>th</sup> Thurs Routinely