

# Harmony Club — January 2019 — 623-5707

<i>unday</i>	<i>Monday</i> 10-6:30	<i>Tuesday</i> 10-6:30	<i>Wednesday</i> 9:15-1:30	<i>Thursday</i> 10-:630	<i>Friday</i> 10-2	<i>Saturday</i> 10-2
<p><b>Hours: Monday, Tuesday, Thursday 10 to 6:30</b> <b>Wednesday 9:15 to 1:30</b> <b>Friday 10 to 2</b> <b>Saturday 10:30 to 2</b></p> <p><b>Suppers and Saturday Lunch is 75 cents</b> <b>Friday lunch is free</b></p>	Activities dependent on weather.	1 <b>Drop In 10-2</b> 5 Supper	2  Palace Diner Aebleskivers Sausage Rice Pudding	3  5 Supper	4 Drop In 10-2 Noon—Lunch	5 Drop In 10-2 Noon Lunch
6 CLOSED	7 <b>11:00 Bowling. Bring \$2.75 for shoes.</b> 5 Supper	8 <b>11:30 Trip to Walmart and out for lunch. Harmony pays \$2</b> 2-4 Art Group 3:00 LAC meeting 5 Supper	9  Palace Diner Pork Tacos Chips and Salsa Pineapple Galette	10 Drop in 10-6:30 <b>Noon Cinnamon Rolls at the club.</b> <b>Noon—Knitting with Jason</b> 1:00 Bingo 5 Supper	11 Drop in 10-2 Noon—Lunch  <b>Last day to talk to Jason about the Mental Health First Aid training</b>	12 Drop in 10-2 <b>11:30 Lunch</b> <b>12:30 Bingo</b>
13 CLOSED	14 Drop in 10-6:30 <b>11 Thrift Shopping</b> Supper <b>5:30 Trip to the Depot for the Documentary “Make it OK” starring Duluth Comedian Maria Bamford. Free.</b> <b>Info at northlandhealthyminds.org</b>	15 Drop in 10-6:30 <b>11:15 Trip to Hartley Nature Center. Out for coffee afterwards, Harmony pays \$2</b> 1:00 Bingo 2-4 Art Group 5:00 Supper	16  Palace Diner Chicken Tikka Marsala Salad Naan Almond Pear Cake	17 Drop in 10-6:30 <b>12:30 Trip to Fairlawn Museum Bring \$3</b> 5:00 Supper	18 Drop in 10-2 Noon—Lunch	19 Drop in 10-2 Noon Lunch
20 CLOSED	21 Drop-in 10 to 6:30 <b>NOON Bingo</b> 5 Supper	22 Drop in 10-6:30 <b>AM trip to the movies. Harmony pays \$2</b> 2-4 Art Group <b>5:30 Trip to the Vineyard Food Shelf</b>	23  Palace Diner Spanikopita Oven Roasted Potatoes Semolina Cake	24 Drop in 10-6:30 <b>12:00 Scrabble</b> <b>1:00 Take a trip to the Tweed Museum with Carol. Free.</b>	25 Drop in 10-2 Noon-Lunch	26 Drop in 10-2 Noon Lunch  <b>Mental Health First Aid training If you are interested talk Jason by January 11th for more information.</b>
27 CLOSED	28 Drop in 10 to 6:30 No supper at the Club (cooking for Board) 5 Out to eat . Harmony will pay \$2.	29 Drop in 10-6:30 2-4 Art Group <b>Art Project, start making valentine themed crafts!</b>	30  Palace Diner <b>Italian Ragu</b> Vegetables Pots De Creme	31 Drop in 10-6:30 <b>12:00 Pizza Rolls at the club.</b>	<i><b>We are going to try for an afternoon of Tubing on a Sunday in February. Talk to Jason if you are interested!</b></i>	<b>There will be an all day training on Mental Health First Aid on January 26th. Not sure about the cost but if you are interested talk to Jason by January 11th.</b>