



MON	TUES		THURS	FRI
5 Ozoni New Year's Mochi Soup お雑煮 11:30am Chair Yoga 12:30pm Mahjong	6 Chicken w/ Ume Sauce 鶏肉の梅ダレ 11am Blood Pressure	X	8 Agedashi Tofu 揚げ出し豆腐 11am Haiku 11am Blood Pressure 11:30am Tai Chi	9 Beef Kimbap 牛肉のキンパ
12 Chicken Chanko Nabe Chicken Hot Pot 鶏のちゃんこ鍋 12:30pm Mahjong	13 Panko Fried Shrimp 海老のパン粉焼き 12:45pm Sing-along	X	15 Japanese Breakfast 和食の朝ご飯 10:30am Ukulele	16 Teriyaki Pork 豚の照り焼き 10-11:30am Shigin 12:30pm Bingo
19 Birthday Sushi お誕生日寿司 *Reservations required (suggested donation \$12) 12:30pm Mahjong	20 Ginger Pork 生姜焼き 11am Blood Pressure 12:45pm Sing a Long	X	22 Nasu Katsu Panko Fried Eggplant なすカツ 10am-2pm Cardmaking 11am Haiku 11am Blood Pressure	23 Kakiage Udon Tempura Noodles かき揚げうどん 10-11:30am Shigin
26 Steamed Rockfish 根魚のきのこ ポン酢蒸し 10:30am-2pm Reiki 11:30am Tai Chi 12:30pm Mahjong	27 Wonton Soup ワンタンスープ 12:45pm Sing-along	X	29 Osechi New Year's Meal お節料理 *Reservations required seniors \$12 / Adults \$18 10:30am Ukulele	30 Shoyu Chicken 醤油チキン 10-11:30am Shigin

Chefs: Naomi Molstrom-M Kyoko Adcock-Tu Justin Sato-Th/F

Suggested Lunch Donation: \$9 for seniors 65+ / \$12 for adults under 65 / \$ 6 kids

Reservations preferred / Indoor Dining Limited

*** For reservations please call and leave a message or email:**

(ph) 503-238-0775 (email) ikoinokai7@gmail.com

Seating at 11:30 am with lunch served promptly at noon