

JULY 2012 ACTIVITIES

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<p>2 Walking Quilting / Cards 9:00 & 1:00 Pool 1:00 Hand & Foot 1:00 Chicken Foot Dominoes</p>	<p>3 Walking, Quilting, Cards 4th of July Celebration 11:30 Phil Pfaltzgraff-NGY 11:50 Brad Wieland: VA Home Application Info 12:00 "Sounds of Summer" Afternoon Bridge Club</p>	<p>4  Closed July 4th</p>	<p>5 Morning Walking Quilting 12:45 JoAnn McKenzie Senior's Fair Exhibit Cards Afternoon Bridge Club</p>	<p>6 Morning Walking Quilting / Cards 9:00 & 1:00 Pool 11:30 & 12:45 NGY Rehearsal 1:15 Bingo Dominoes/Hand & Foot</p>
<p>9 Walking Quilting / Cards 9:00 & 1:00 Pool 11:30 & 12:45 Wess Adams "Country Cowboy" 1:00 Hand & Foot 1:00 Chicken Foot Dominoes</p>	<p>10 Morning Walking Quilting Cards 1:00 Card Making 1:30 Anne Hoeman, PA Toenail Clinic Afternoon Bridge Club</p>	<p>11 Walking / Quilting / Cards 9:00 & 1:00 Pool 11:30 & 3:00 Birthday Party Ray Petersen, Accordion 3:00 Birthday Cake 1:00 Hand & Foot 1:00 Chicken Foot Dominoes</p>	<p>12 Morning Walking / Quilting 1:00 Cards 12:45 Katie Hansen's Solos Afternoon Bridge Club</p>	<p>13 Walking/Quilting Cards/Pool Century Club Certificates 1:15 Bingo Dominoes, Hand &Foot</p>
<p>16 Walking / Quilting / Cards 9:00 & 1:00 Pool 11:30 Pat Cook, Piano 12:45 Tom Lee, New PMC Administrator 1:00 Hand & Foot 1:00 Chicken Foot Dominoes</p>	<p>17 Morning Walking Quilting Cards Afternoon Bridge Club</p>	<p>18 Walking/Quilting/Cards 9:30 Health Screenings 11:30 Cyril & Bev Hansen, Piano & Organ Noon: Special Luncheon 12:00 Fair Exhibits Picked Up Pool, Hand & Foot, Dominoes</p>	<p>19 Morning Walking Quilting 12:00 "Dazzling Desserts Demo" by Hilda Pearson Cards Afternoon Bridge Club</p>	<p>20 Walking Quilting Cards 9:00 & 1:00 Pool 1:15 Bingo, 2:00 Dominoes Hand & Foot</p>
<p>23 Walking Quilting Cards Pool 1:00 Hand and Foot Dominoes</p>	<p>24 Morning Walking Quilting Cards Afternoon Bridge Club</p>	<p>25 Walking Quilting 11:30 Merle Ring, Organ Cards Pool, Hand & Foot, Dominoes</p>	<p>26 Walking / Quilting Cards Afternoon Bridge</p>	<p>27 Walking / Quilting Cards / Pool 1:15 Bingo Dominoes Hand & Foot</p>
<p>39 Walking / Quilting / Cards 9:00 & 1:00 Pool 11:30 Connie Webber "Broadway Tunes" 1:00 Hand & Foot 1:00 Chicken Foot Dominoes</p>	<p>31 Morning Walking Quilting Cards Afternoon Bridge Club</p>	<p>Every Monday & Wednesday: 1:00 Hand & Foot 1:00 Dominoes</p>	<p>Bring A Friend!</p>	<p>Fridays: Bingo at 1:15 pm Chicken Foot Dominoes At 2:00 pm</p>

JULY 2012 MENU

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<p>2 Spaghetti & Meatballs with Spaghetti Sauce Frozen Winter Mix Veg. Shredded Lettuce with Cheese & Dorothy Lynch WW Fresh Bread & Promise Canned Peaches</p>	<p>3 Crispy Chicken Fresh Baked Potato & Butter Canned 4 Bean Salad WW Dinner Roll & Promise Frozen Strawberries</p>	<p>4 <i>Closed July 4th</i> </p>	<p>5 Roasted Pork Loin Fresh Red Roasted Potatoes with Skins Frozen Creamed Peas WW Fresh Bread & Promise Canned Plums</p>	<p>6 Beef Lasagna Frozen Green Beans WW Fresh Bread & Promise Cottage Cheese with Canned Peaches</p>
<p>9 Turkey Stack Turkey Gravy Mashed Potatoes with Skins Frozen Broccoli WW Fresh Bread & Promise Canned Apple Sauce</p>	<p>10 Swiss Steak with Gravy, Stewed Tomatoes and Onions Scalloped Potatoes Canned Beets WW Dinner Rolls & Promise Frozen Strawberries</p>	<p>11 Sliced Beef Russet Roasted Potatoes with skins Frz. Key Largo Blend Veg. WW Dinner Roll & Promise Canned Mandarin Oranges</p>	<p>12 Creamed Chicken over a Biscuit Frozen Cauliflower Shredded Lettuce and Carrots with Dorothy Lynch Promise Canned Plums</p>	<p>13 Tator Tot Casserole with Frozen Green Beans Frozen Peas & Carrots WW Fresh Bread & Promise Canned Peaches over Cottage Cheese</p>
<p>16 Chicken Fried Steak with Country Gravy Mashed Potatoes with Skins Frozen Corn WW Dinner Roll & Promise Orange Jell-O w/ Carrots and Pineapple</p>	<p>17 Meatloaf with Tomato Sauce Baked Potato Frozen Green Beans WW Dinner Roll & Promise Canned Pears</p>	<p>18 Sliced Ham Canned Sweet Potatoes Frozen Peas WW Sliced Bread & Promise Choice of Pie</p>	<p>19 Grilled Chicken Parmesan Prince William Blend Veg. Lettuce Salad with Tomatoes and Ranch Dressing WW Fresh Bread & Promise Canned Plums</p>	<p>20 BBQ Riblet on a Bun Baked Beans Fresh Coleslaw Corn with Red Peppers Hamburger Bun & Promise Canned Mandarin Oranges</p>
<p>23 Tuna Casserole Dilled Frozen Carrots Shredded Lettuce, carrots, cheese & Dorothy Lynch WW Fresh Bread & Promise Canned Fruit Cocktail</p>	<p>24 Beef Tips with Mushroom soup and Onions on Noodles Frozen Peas & Pearl Onions Fresh Coleslaw WW Dinner Rolls & Promise Canned Sliced Apples</p>	<p>25 Ham Salad Sandwich On WW Bread Homemade Pea Salad Homemade Tomato Soup w/ Stewed Tomatoes Crackers & Promise Pears</p>	<p>26 Sliced Turkey w/ Gravy Red Roasted Potatoes Frozen Green Beans WW Dinner Roll & Promise Canned Pineapple Chunks</p>	<p>27 BBQ Beef Sandwich Baked Beans Potato Salad Bun & Promise Mandarin Fluff</p>
<p>30 Beef Stroganoff with Noodles Frozen Prince William Veg. Fresh Vegetable Salad Cottage Cheese with 2 Pineapple Slices on a Lettuce Leaf WW Dinner Roll & Promise</p>	<p>31 Polish Dog with Kraut Pineapple, Carrots, Raisins & Mayo Salad WW Fresh Bread & Promise Vanilla Pudding with Marshmallows and Frozen Mangoes</p>	<p>Menus Subject to Change By Dietitian</p>	<p>Call 402-375-1460 The day before for Reservations and cancels.</p>	<p>2% Milk, Skim Milk, Water, and Coffee are offered with every meal.</p>