

April 2013 Activities

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<p>1</p> <p>9:15 FROG Exercises Morning Walking Quilting / Cards 9:00 & 1:00 Pool 1:00 Hand & Foot 1:00 Chicken Foot Dominoes</p>	<p>2</p> <p>Morning Walking Quilting Cards Afternoon Bridge Club 1:00 Card Making</p>	<p>3</p> <p>9:15 FROG Exercises Walking/Quilting/Cards/Pool 11:30/3:00, Cyril & Bev Hansen 12:45 Brian Lorenz, Careage, CPR Controversy 3:00 Birthday Celebration</p>	<p>4</p> <p>Morning Walking / Quilting 11:30 Bert Heithold, Accordion Volunteer Day 1:00 Cards Afternoon Bridge Club</p>	<p>5</p> <p>9:15 FROG Exercises Walking / Quilting / Cards Pool 11:45, Hilda Pearson, Dazzling Dessert 1:15 Bingo</p>
<p>8</p> <p>9:15 FROG Exercises Morning Walking Quilting Cards 9:00 & 1:00 Pool 1:00 Hand & Foot 1:00 Chicken Foot Dominoes</p>	<p>9</p> <p>Morning Walking Quilting Cards Afternoon Bridge Club</p>	<p>10</p> <p>9:15 FROG Exercises Morning Walking Quilting 9:00 & 1:00 Pool Cards</p>	<p>11</p> <p>Walking / Quilting / Cards Volunteer Day 11:40 Spotlight on Promise 12:45 Bert Heithold on Accordion Afternoon Bridge Club</p>	<p>12</p> <p>9:15 FROG Exercises Walking/Quilting/Cards/Pool Century Club Movie 12:05 Dinner 1:15 Bingo, Dominoes, H & F and & Foot</p>
<p>15</p> <p>9:15 FROG Exercises Walking/Quilting/Cards 9:00 & 1:00 Pool 1:00 Board Meeting 1:00 Hand & Foot 1:00 Chicken Foot Dominoes</p>	<p>16</p> <p>Morning Walking Quilting Cards 11:30 Connie Webber, Piano Afternoon Bridge Club</p>	<p>17</p> <p>9:15 FROG Exercises Walking / Quilting / Cards / Pool 9:30-12:00 Health Screen By Mary Nichols, RN 11:30 Merle Ring, Organ 12:00 Special Luncheon 1:00 Hand & Foot</p>	<p>18</p> <p>Elderfest Morning Walking Quilting Cards Afternoon Bridge Club</p>	<p>19</p> <p>9:15 FROG Exercises Walking/Quilting/Cards/Pool 1:15 Bingo 2:00 Dominoes and H & F Hand & Foot</p>
<p>22</p> <p>9:15 FROG Exercises Walking/Quilting/Cards 9:00 & 1:00 Pool 12:45 Hallie's Comments 1:00 Hand & Foot / Dominoes</p>	<p>23</p> <p>Morning Walking Quilting Cards Afternoon Bridge Club</p>	<p>24</p> <p>9:15 FROG Exercises Walking/Quilting/Cards/Pool 12:45 The Oaks' Day, Sara Townsend 1:00 Hand & Foot</p>	<p>25</p> <p>Walking / Quilting Cards 11:30 Pat Cook, Piano Afternoon Bridge</p>	<p>26</p> <p>9:15 FROG Exercises Walking/Quilting/Cards 9:00 & 1:00 Pool 1:15 Bingo Dominoes Hand & Foot</p>
<p>29</p> <p>9:15 FROG Exercises Walking/Quilting/Cards 9:00 & 1:00 Pool 1:00 Hand and Foot 1:00 Chicken Foot Dominoes</p>	<p>30</p> <p>Morning Walking / Quilting Cards 12:45 "Cooking Under Pressure" by Stephanie Huff Afternoon Bridge Club</p>		<p>Fridays: 1:15 Bingo 2:00 Dominoes & Hand & Foot</p>	<p>Bring a Friend! Always something to do At The Wayne Senior Center</p>

April 2013 Menu

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<p>1 Chicken Alfredo w/ Broccoli Frozen Mixed Vegetables WW Fresh Bread & Promise Frozen Mixed Fruit With Yogurt</p>	<p>2 Tuna Casserole Dilled Frozen Carrots Shredded Lettuce w/ Carrots, Cheese, & Dorothy Lynch WW Fresh Bread & Promise Canned Fruit Cocktail</p>	<p>3 Country Beef Steak Country Gravy Mashed Potatoes w/ Skins Frozen Corn Coleslaw WW Fresh Bread & Promise Red Jell-O / Pineapple</p>	<p>4 Sliced Turkey Sweet Potatoes Frozen California Blend Veg. WW Dinner Roll & Promise Canned Pineapple Chunks Choice of Pie by Senior Center</p>	<p>5 BBQ Beef Sandwich Baked Beans Coleslaw w/ Pineapple Bun & Promise Canned Peaches</p>
<p>8 Beef Stroganoff Noodles Frz. Prince William Vegetables Fresh Vegetable Salad Cottage Cheese w/ Pineapple WW Dinner Roll & Promise</p>	<p>9 Polish Dog Creamed Frz. Peas Canned 3-Bean Salad WW Fresh Bread & Promise Vanilla Pudding w/ Frz. Mango & Marshmallows</p>	<p>10 Baked Lemon Chicken w/ Cream of Chicken Sauce Ranch Roasted Potatoes Frz. Mixed Vegetables WW Fresh Bread & Promise Canned Tropical Fruit</p>	<p>11 BBQ Meatloaf Scalloped Potatoes w/ Parsley Stewed Tomatoes WW Dinner Rolls & Promise Green Jell-O w/ Mandarin Oranges Butterscotch Pudding</p>	<p>12 Chicken Salad Sandwich w/ Pineapple & Celery Potato Cheese Soup Fresh Cucumbers in Sauce Crackers & Promise Frz. Strawberries in Juice</p>
<p>15 Salisbury Steak Beef Gravy Baked Potato Dill Buttered Frz. Carrots WW Fresh Bread & Promise Canned Apricots</p>	<p>16 Sliced Turkey Sweet Potato Frz. Broccoli WW Dinner Roll & Promise Canned Mandarin Oranges</p>	<p>17 Country Beef Steak Country Gravy Mashed Potatoes w/ Skins Frz. Corn WW Fresh Bread & Promise Peach Pie</p>	<p>18 Swedish Meatballs w/ Celery Soup & Dill Au Gratin Potatoes Frz. Peas & Pearl Onions WW Fresh Bread & Promise Vanilla Pudding w/ Canned Peaches & Marshmallows</p>	<p>19 Hot Pork Sandwich w/ WW Bread & Beef Gravy Mashed Potatoes w/ Skins Frz. Green Beans WW Fresh Brad & Promise Canned Applesauce with Cinnamon</p>
<p>22 Spaghetti & Meatballs w/ Spaghetti Sauce Frz. Breen Beans Lettuce w/ Carrot Shreds & Dorothy Lynch WW Fresh Bread & Promise Canned Peaches</p>	<p>23 Crispy Chicken Baked Potatoes w/ Butter Honey Glazed Frz. Carrots WW Dinner Roll & Promise Canned Fruit Cocktail</p>	<p>24 Baked Pork Chops w/ Cel- ery Soup Fresh Red Roasted Potatoes w/ Skins Frz. Peas & Carrots WW Fresh Bread & Promise Mandarin Fluff</p>	<p>25 Fried Pollack Tartar Sauce Au Gratin Potatoes Frz. Broccoli & Raisin Salad Bun & Promise Canned Tropical Fruit</p>	<p>26 Beef Lasagna Creamed Frz. Peas Fresh Spinach Salad with Mandarin Oranges, Red Pep- pers & Festive Dressing WW Fresh Bread & Promise Canned Pineapple Tidbits</p>
<p>29 Swiss Steak w/ Gravy Stewed Tomatoes, & Onion Scalloped Potatoes Beets WW Dinner Roll & Promise Frz. Strawberries</p>	<p>30 Turkey Stack over Mashed Potatoes & Gravy Frz. Corn WW Fresh Bread & Promise Canned Applesauce</p>	<p>Menus Subject to Change By Dietitian</p>	<p>2% Milk, Skim Milk, Water, and Coffee are offered with every meal.</p>	<p>Bring a Friend. Always something to do At The Wayne Senior Center</p>