

July 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</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 4th of July Celebration By Phil Pfaltzgraff Mark Ahmann –4th Welcome 3:00 Stars BD Cake w/</p>	<p>4</p> <p>No Meals Closed for 4th of July</p>	<p>5</p> <p>9:15 FROG Exercises Walking-Quilting-Cards-Pool 11:40 & 12:40 “Not Gone Yet” Rehearsal 1:15 Bingo 1:15 Hand & Foot, Dominoes</p>
<p>8</p> <p>9:15 FROG Exercises Morning Walking Quilting Cards 9:00 & 1:00 Pool 1:00 Hand & Foot 1:00 Dominoes</p>	<p>9</p> <p>Morning Walking Quilting Cards Afternoon Bridge Club Pitch 1:30 Toe Nail Clinic Anne Hoeman</p>	<p>10</p> <p>9:15 FROG Exercises Morning Walking Quilting 9:00 & 1:00 Pool 1:00 Hand & Foot Cards</p>	<p>11</p> <p>Walking / Quilting / Cards Afternoon Bridge Club 11:30 Bev & Cyril on Organ & Piano</p>	<p>12</p> <p>9:15 FROG Exercises Walking/Quilting/Cards/Pool Noon Century Club Cert. 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 12:45 Wes Adams “Country Cowboy” 1:30 Board Meeting 1:00 Hand & Foot</p>	<p>16</p> <p>Morning Walking Quilting Cards Afternoon Bridge Club</p>	<p>17</p> <p>9:15 FROG Exercises Walking / Quilting / Cards / Pool 9:30-12:00 Health Screen Mary Nichols, RN 12:00 Special Luncheon 12:45 “Trick Roping & Wild West Shows” Joan Wells</p>	<p>18</p> <p>Morning Walking Quilting / Cards Afternoon Bridge Club</p>	<p>19</p> <p>9:15 FROG Exercises Walking/Quilting/Cards/Pool 1:15 Bingo, Dominoes, H & F Dominoes and Hand & Foot</p>
<p>22</p> <p>9:15 FROG Exercises Walking/Quilting/Cards 9:00 & 1:00 Pool, 12:45 “What Did I Come Into the Room For? On Memory 1:00 Hand & Foot / Dominoes</p>	<p>23</p> <p>Morning Walking Quilting Cards 11:30 Val Koeber, Piano 12:45 “Nasty Nurse” Afternoon Bridge Club</p>	<p>24</p> <p>9:15 FROG Exercises Walking/Quilting/Cards/Pool 11:30 Connie Webber, Piano 1:00 Hand & Foot</p>	<p>25</p> <p>Morning Walking Quilting 12:45 Oaks Day “Vacations” by Charlotte & Sarah Cards</p>	<p>26</p> <p>9:15 FROG Exercises Walking/Quilting/Cards 9:00 & 1:00 Pool 1:15 Bingo/Dominoes/H & F</p>
<p>29</p> <p>9:15 FROG Exercises Walking/Quilting/Cards 9:00 & 1:00 Pool, 1:00 Hand & Foot / Dominoes</p>	<p>30</p> <p>Morning Walking Quilting Cards 11:30 Deb Dickey, Piano Afternoon Bridge Club</p>	<p>31</p> <p>9:15 FROG Exercises Morning Walking Quilting 9:00 & 1:00 Pool 1:00 Hand & Foot Cards</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>

June 2013 Menu

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<p>1 Beef Stroganoff with Egg Noodles Frz Prince Williams Blend Veg. Fresh Vegetable Salad Cottage Cheese with two Pineapple slices on lettuce leaf Promise</p>	<p>2 Polish Dog with Kraut on bun Baked Beans Cucumber Salad Vanilla Pudding with Marshmallows and fresh mango Promise</p>	<p>3 Baked Chicken with Cream of Chicken Soup Ranch Roasted Potatoes with Skins Fr. Mixed Vegetables WW Fresh Bread & Promise Frozen Fruit with yogurt</p>	<p>4 Independence Day Holiday Center is Closed</p>	<p>5 Shaved Hot Beef Sandwich Mashed Potatoes with Brown Gravy Green Beans Promise Fr Strawberries in Juice</p>
<p>8 Baked Ham Roasted Sweet Potatoes Frz. Broccoli WW Fresh Bread & Promise Canned Mandarin Oranges</p>	<p>9 Swedish Meatballs with Celery Soup and Dill Au gratin Potatoes Frozen Peas & Pearl Onions WW Dinner Roll & Promise Canned Peaches</p>	<p>10 Country Beef Steak & Country Gravy Mashed Potatoes w skins Frozen corn WW Fresh Bread & Promise Cherry Jell-O with canned pears</p>	<p>11 Fried Pollack & tartar sauce Baked Potato Frozen Mixed Vegetables WW Fresh Bread & Promise Canned Apricots</p>	<p>12 Rotisserie Pork loin Mashed Potatoes w. skins Pork Gravy Frozen Dilled Carrots WW Fresh Bread & Promise Canned Applesauce with cinnamon</p>
<p>15 Spaghetti & Meatballs with Spaghetti Sauce Honey Glazed Carrots Shredded Lettuce with Fresh Carrots, Shredded Cheese & Dorothy Lynch Promise Canned Peaches</p>	<p>16 Crispy Chicken Baked Potato w/ Butter Green Beans WW Dinner Roll & Promise Canned Fruit Cocktail</p>	<p>17 Pork Cutlet with pork gravy Red Roasted Potatoes w. skins Peas and Carrots WW Fresh Bread & Promise Surprise Pie</p>	<p>18 BBQ Chicken Quarters Red Roasted Potatoes Key Largo Blend Vegetables WW Dinner Roll & Promise Canned Pineapples Chunks</p>	<p>21 Sliced Roast Beef Russet Potatoes Creamed Peas WW Fresh Bread & Promise Canned Tropical Fruit</p>
<p>22 Swiss Steak with gravy, stewed tomatoes and onions Scalloped Potatoes Beets WW Dinner Roll & Promise Frozen Strawberries</p>	<p>23 Turkey Stack with Turkey Gravy Mashed Potatoes with skins Frozen Broccoli WW Fresh Bread & Promise Canned Applesauce</p>	<p>24 Sliced Beef Russet Roasted Potatoes with skins Frozen Key Largo Blend Vegetables WW Dinner Roll & Promise Canned Mandarin Oranges</p>	<p>25 Creamed Chicken over a Biscuit Frozen Mixed Vegetables Shredded Lettuce with shredded carrots & Dorothy Lynch Promise Apricot Halves</p>	<p>26 Tator Tot Casserole with Green beans Frozen Peas and Carrots WW Fresh Bread & Promise Canned Peaches over Cottage Cheese</p>
<p>29 Chicken Fried Steak With Country Gravy Mashed Potatoes with skins Frozen Corn WW Dinner Roll & Promise Orange Jell-O with Fresh Shrd. Carrots & Cr. Pineapple</p>	<p>30 Meatloaf with Tomato Sauce Baked Potato with butter Frozen green beans WW Dinner Roll & Promise Canned Pears</p>	<p>31 Sliced Ham Sweet Potato Frozen Peas WW Fresh Bread & Promise Canned pineapple with green Jell-o</p>	<p>Menus subject to change by Dietician</p>	<p>2% Milk, Skim Milk, Water, and Coffee are offered with every meal.</p>