

# June 2013 Activities

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<p>3</p> <p><b>9:15 FROG Exercises</b> Morning Walking Quilting Cards 9:00 &amp; 1:00 Pool 1:00 Hand &amp; Foot</p>	<p>4</p> <p>Morning Walking Quilting Cards Afternoon Bridge Club</p>	<p>5</p> <p><b>9:15 FROG Exercises</b> Walking/Quilting/Cards/Pool <b>3:00 Birthday Celebration</b> Cake by Careage of Wayne</p>	<p>6</p> <p>Morning Walking / Quilting 1:00 Cards Afternoon Bridge Club</p>	<p>7</p> <p><b>9:15 FROG Exercises</b> Walking / Quilting / Cards Pool 1:15 Bingo 1:00 Hand &amp; Foot 2:00 Dominoes</p>
<p>10</p> <p><b>9:15 FROG Exercises</b> Morning Walking Quilting Cards 9:00 &amp; 1:00 Pool 1:00 Hand &amp; Foot 1:00 Dominoes</p>	<p>11</p> <p>Morning Walking <b>1:00 Card Making</b> <b>1:00 Toe Nail Clinic</b> Quilting Cards Afternoon Bridge Club</p>	<p>12</p> <p><b>9:15 FROG Exercises</b> Morning Walking Quilting 9:00 &amp; 1:00 Pool 1:00 Hand &amp; Foot Cards</p>	<p>13</p> <p>Walking / Quilting / Cards Afternoon Bridge Club <b>11:40 &amp; 12:45 Rehearsal</b> <b>"Not Gone Yet #4"</b> <b>Phil Pfaltzgraff</b></p>	<p>14</p> <p><b>9:15 FROG Exercises</b> Walking/Quilting/Cards/Pool <b>Century Club Certificates</b> <b>12:05 Dinner</b> 1:15 Bingo, Dominoes, H &amp; F and &amp; Foot</p>
<p>17</p> <p><b>9:15 FROG Exercises</b> Walking/Quilting/Cards 9:00 &amp; 1:00 Pool <b>1:00 Board Meeting</b> 1:00 Hand &amp; Foot 1:00 Dominoes</p>	<p>18</p> <p>Morning Walking Quilting Cards Afternoon Bridge Club</p>	<p>19</p> <p><b>9:15 FROG Exercises</b> Walking / Quilting / Cards / Pool <b>9:30-12:00 Health Screen</b> <b>By Mary Nichols, RN</b> <b>11:30 Bev &amp; Cyril Hansen</b> <b>12:00 Special Luncheon</b> 1:00 Hand &amp; Foot</p>	<p>20</p> <p>Morning Walking Quilting / Cards <b>11:40 &amp; 12:45 "Not Gone Yet" Rehearsal with Phil</b> Afternoon Bridge Club</p>	<p>21</p> <p><b>9:15 FROG Exercises</b> Walking/Quilting/Cards/Pool 1:15 Bingo Dominoes and Hand &amp; Foot</p>
<p>24</p> <p><b>9:15 FROG Exercises</b> Walking/Quilting/Cards 9:00 &amp; 1:00 Pool 1:00 Hand &amp; Foot / Dominoes</p>	<p>25</p> <p>Morning Walking Quilting Cards Afternoon Bridge Club</p>	<p>26</p> <p><b>9:15 FROG Exercises</b> Walking/Quilting/Cards/Pool <b>11:40 &amp; 12:45 "Not Gone Yet"</b> <b>Rehearsal with Phil</b> 1:00 Hand &amp; Foot</p>	<p>27</p> <p>Morning Walking Quilting Cards Afternoon Bridge</p>	<p>28</p> <p><b>9:15 FROG Exercises</b> Walking/Quilting/Cards 9:00 &amp; 1:00 Pool 1:15 Bingo/Dominoes/H &amp; F</p>
			<p><b>Fridays:</b> <b>1:15 Bingo</b> <b>2:00 Dominoes</b> <b>&amp;</b> <b>Hand &amp; Foot</b></p>	<p><b>Bring a Friend!</b> <b>Always</b> <b>something to do</b> <b>At The Wayne</b> <b>Senior Center</b></p>

# June 2013 Menu

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
3	4	5	6	7
10	11	12	13	14
17	18	19	20	21
24	25	26	27	28
<b>Menus subject to change by Dietician</b>		2% Milk, Skim Milk, Water, and Coffee are offered with every meal.		