

June 2013 Activities

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<p>3</p> <p>9:15 FROG Exercises Morning Walking Quilting Cards 9:00 & 1:00 Pool 1:00 Hand & Foot</p>	<p>4</p> <p>Morning Walking Quilting Cards Afternoon Bridge Club 1:00 Card Making</p>	<p>5</p> <p>9:15 FROG Exercises Walking/Quilting/Cards/Pool 11:30 to 12:15 "Elvis" 12:45 Brian Lorenz "What's Services are New" 3:00 Birthday Celebration</p>	<p>6</p> <p>Morning Walking / Quilting 1:00 Cards Afternoon Bridge Club 12:45 to 1:30 "Dollar a Day Boys" Bill Jamerson</p>	<p>7</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>10</p> <p>9:15 FROG Exercises Morning Walking Quilting Cards 9:00 & 1:00 Pool 1:00 Hand & Foot 1:00 Dominoes</p>	<p>11</p> <p>Morning Walking Quilting 11:30 Val Koeber, Piano Cards Afternoon Bridge Club</p>	<p>12</p> <p>9:15 FROG Exercises Morning Walking Quilting 9:00 & 1:00 Pool 12:45 to 1:30 Vicki Harris "Black Pioneers & Cowboys" 1:00 Hand & Foot Cards</p>	<p>13</p> <p>Walking / Quilting / Cards Afternoon Bridge Club 11:40 & 12:40 "Not Gone Yet" Rehearsal 5:30 Center Picnic 6:30 Dance Burt Heithold Band</p>	<p>14</p> <p>9:15 FROG Exercises Walking/Quilting/Cards/Pool Father's Day Celebration 11:30 Merle Ring, Piano 12:45 Verlin Francis "Antique Toy Collection Bingo, Dominoes, H& F</p>
<p>17</p> <p>9:15 FROG Exercises Walking/Quilting/Cards 9:00 & 1:00 Pool 11:40 Charlie Maier, "Tribute to Western Heritage" 1:00 Board Meeting 1:00 Hand & Foot</p>	<p>18</p> <p>Morning Walking Quilting Cards "Spotlight on Promise" Afternoon Bridge Club</p>	<p>19</p> <p>9:15 FROG Exercises Walking / Quilting / Cards / Pool 9:30-12:00 Health Screen By Pam Janis, RN 11:30 Ray Petersen 12:00 Special Luncheon 1:00 Hand & Foot</p>	<p>20</p> <p>Morning Walking Quilting / Cards 11:40 & 12:40 "Not Gone Yet" Rehearsal Afternoon Bridge Club</p>	<p>21</p> <p>9:15 FROG Exercises Walking/Quilting/Cards/Pool 1:15 Bingo, Dominoes, H & F Dominoes and Hand & Foot</p>
<p>24</p> <p>9:15 FROG Exercises Walking/Quilting/Cards 9:00 & 1:00 Pool, 1:00 Hand & Foot / Dominoes</p>	<p>25</p> <p>Morning Walking Quilting Cards 11:30 Deb Dickey, piano Afternoon Bridge Club</p>	<p>26</p> <p>9:15 FROG Exercises Walking/Quilting/Cards/Pool Cyril & Bev Hansen, Organ & Piano 1:00 Hand & Foot</p>	<p>27</p> <p>Morning Walking Quilting Cards 11:40 & 12:45 "Not Gone Yet" Rehearsal Afternoon Bridge</p>	<p>28</p> <p>9:15 FROG Exercises Walking/Quilting/Cards 9:00 & 1:00 Pool 1:15 Bingo/Dominoes/H & F</p>
	<p>Thursday, June 13th</p> <p>5:30 Center Picnic</p> <p>6:30 Burt Heithold Band</p> <p>Wonderful Dance Music</p>		<p>Fridays:</p> <p>1:15 Bingo</p> <p>2:00 Dominoes & Hand & Foot</p>	<p>Bring a Friend!</p> <p>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>3 Beef Stroganoff with Egg Noodles Frz Prince William Blend Veg. Fresh Vegetable Salad Cottage Cheese with Canned Peaches</p>	<p>4 Crispy Chicken Baked Potato w/ Butter Honey Glazed Frz. Carrots WW Dinner Roll & Promise Canned Fruit Cocktail</p>	<p>5 Country Beef Steak with Brown Gravy Fresh Mashed Potatoes with Skins Frz. Corn WW Fresh Bread & Promise Frz. Strawberries in Juice</p>	<p>6 Turkey Breast Sweet Potatoes with Marshmallows Peas & Pearl Onions WW Dinner Roll & Promise Canned Pineapple Chunks</p>	<p>7 Chicken Parmesan with Red Sauce and Linguine Green Beans Fresh Broccoli Salad Canned Tropical Fruit</p>
<p>10 Tator Tot Casserole with Frz. Green Beans Frz Peas & Carrots WW Fresh Bread & Promise Pineapple Rings over Cottage Cheese</p>	<p>11 Turkey Stack Turkey Gravy Mashed Potatoes with Skins Frz. Broccoli WW Fresh Bread & Promise Canned Apple Sauce</p>	<p>12 Sliced Beef Roasted Russet Potatoes with Skins Frz. Key Largo Blend Veg. WW Dinner Roll & Promise Canned Mandarin Oranges</p>	<p>13 Creamed Chicken on a Biscuit Frz. Mixed Vegetables Shredded Lettuce with Shredded Carrots & Dorothy Lynch Biscuit & Promise Apricot Halves</p>	<p>14 Swiss Steak with Gravy, Stewed Tomatoes and Onion Scalloped Potatoes Beets WW Dinner Roll & Promise Frozen Strawberries Brownies by Senior Center</p>
<p>17 Sliced Ham Sweet Potatoes Frz. Peas WW Dinner Roll & Promise Canned Pears</p>	<p>18 Rotisserie Pork Loin Baked Potato w/ Butter Frz. Green Beans WW Dinner Roll & Promise Orange Jell-O with Shredded Carrots & Crushed Pineapple</p>	<p>19 Chicken Fried Steak Country Gravy Fresh Mashed Potatoes and Country Gravy Frz. Corn WW Fresh Bread & Promise Apple Pie</p>	<p>20 Fried Pollack Baked Potato w/ Butter Frz. Mixed Vegetables WW Dinner Roll & Promise Canned Mandarin Oranges</p>	<p>21 Grilled Chicken Smothered in Cream Of Chicken Soup Frz Prince William Vegetables Fresh Lettuce Salad with Carrots and Ranch Dressing WW Fresh Bread & Promise Red Jell-O, Canned Cherries, Marshmallows & Topping</p>
<p>24 Beef Tips with Mushroom Soup and Onions on Egg Noodles Frz. Green Beans Shredded Lettuce with Carrots & Dorothy Lynch Promise Sliced Peaches</p>	<p>25 Tuna Casserole with Rotini Noodles Key Largo Blend Vegetables Cottage Cheese with Peaches WW Fresh Bread & Promise Cherry Jell-O with Canned Pears</p>	<p>26 Ham Salad Sandwich on WW Bread Homemade Pea Salad Homemade Tomato Soup with Stewed Tomatoes Crackers & Promise Vanilla Pudding with Canned Peaches & Marshmallows</p>	<p>27 Turkey Cutlet Mashed Potatoes with Skins Turkey Gravy Frz. Key Largo Blend Veg. WW Dinner Roll & Promise Canned Tropical Fruit</p>	<p>28 Swedish Meatballs w/ Celery Soup Gravy over Egg Noodles Au gratin Potatoes Frz. Peas & Pearl Onions Promise Mandarin Fluff</p>
<p>Menus subject to change by Dietician</p>	<p>Thursday, June 13th <i>Evening</i> Fried Chicken Homemade Potato Salad Baked Beans Fruited Coleslaw Homemade Dinner Roll & Promise Picnic Oatmeal Cake Milk</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>