

August 2013 Activities

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
	Bring a Friend! Always Something to do At the Wayne Senior Center	Fridays: 1:15 Bingo 2:00 Dominoes And Hand & Foot	1 Morning Walking Quilting/ Cards Afternoon Bridge Club	2 9:15 FROG Exercises Walking-Quilting-Cards-Pool 1:15 Bingo 1:15 Hand & Foot, Dominoes
5 9:15 FROG Exercises Morning Walking Quilting Cards 9:00 & 1:00 Pool 1:00 Hand & Foot 1:00 Dominoes	6 Morning Walking Quilting Cards Afternoon Bridge Club Pitch 1:00 Card Making	7 9:15 FROG Exercises Morning /Walking /Quilting/Pool 1:00 Hand & Foot /Cards 11:30: Cyril & Bev Hansen on Piano & Organ 3:00 Birthday Celebration by Campus of Careage	8 Morning Walking Quilting / Cards Afternoon Bridge Club	9 9:15 FROG Exercises Walking/Quilting/Cards/Pool Noon Century Club Cert. 1:15 Bingo, Dominoes, Hand & Foot
12 9:15 FROG Exercises Walking/Quilting/Cards 9:00 & 1:00 Pool 1:00 Hand & Foot 1:00 Dominoes	13 Morning Walking Quilting Cards 11:30 Merle Ring, Piano Afternoon Bridge Club	14 9:15 FROG Exercises Walking / Quilting / Cards / Pool 9:00 & 1:00 Pool 12:45 "Hilda's in the Kitchen" by Hilda Pearson 1:00 Hand & Foot	15 Morning Walking Quilting / Cards Afternoon Bridge Club	16 9:15 FROG Exercises Walking/Quilting/Cards/ Pool 9:00 & 1:00 1:15 Bingo, Dominoes, and Hand & Foot
19 9:15 FROG Exercises Walking/Quilting/Cards 9:00 & 1:00 Pool, 1:00 Board Meeting 1:00 Hand & Foot / Dominoes	20 Morning Walking Quilting Cards 11:30 Val Koeber, Piano 12:45 Comedy Skit by Val Afternoon Bridge Club	21 9:15 FROG Exercises Walking/Quilting/Cards/Pool 9:30 –12:00 Health Screen 12:00 Special Luncheon 1:00 Hand & Foot /Cards 12:45: Advanced Directives	22 Morning Walking Quilting Cards Afternoon Bridge Club	23 9:15 FROG Exercises Walking/Quilting/Cards 9:00 & 1:00 Pool 1:15 Bingo/Dominoes Hand & Foot
26 9:15 FROG Exercises Walking/Quilting/Cards 9:00 & 1:00 Pool, 1:00 Hand & Foot / Dominoes	27 Morning Walking Quilting Cards 11:40 - 12:45 Jay & Jane O'Leary Duet Afternoon Bridge Club	28 9:15 FROG Exercises Morning Walking Quilting / Cards 9:00 & 1:00 Pool 11:30—12:15 Ray Petersen on the Accordion	29 12:45 Oak's Day Cards Afternoon Bridge Club	30 9:15 FROG Exercises Walking/Quilting/Cards 12:45 Hallie's Comments 1:15 Bingo/Dominoes Hand & Foot 3:00 Penny's BD Treat

August 2013 Menu

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Menus Subject to change By Dietician	2% Milk, Skim Milk, Water and Coffee are offered with every meal.	Bring A Friend Everyday	1 Grilled Chicken Smothered in Cream of Chicken Soup Fr. Prince William Vegetables Cucumber Salad Wh Topping, canned cherries, marshmallow & red jello WW Fresh Bread & Promise	2 Taverns Baked Beans Cole Slaw Bun Canned Mandarin Oranges Promise
5 Beef Tips with Mushroom Soup & onions over egg noodles Fr Green Beans Shredded Lettuce with Carrots & Dorothy Lynch Sliced peaches, Promise	6 Turkey Cutlet Mashed Potatoes with skins Turkey gravy Fr Key Largo Blend Vegetables Canned Tropical Fruit WW Fresh Bread Promise	7 Ham Salad Sandwich on WW Bread Homemade Pea Salad Homemade Tomato Soup with stewed tomatoes Crackers & Promise Apple Sauce	8 Tuna Casserole with Rotini Noodles Fr. Prince Williams Blend Cottage Cheese with Peaches Promise Cherry Jello with Canned Pears	9 Broasted Chicken Quarters Red Roasted Potatoes Fr. Cauliflower WW Bun with Promise Mandarin Fluff
12 Beef Stroganoff with egg noodles F. Prince Williams Vegetable Fr. Vegetable Salad Cottage Cheese with 2 Pineapple slices on a lettuce leaf Promise	13 Polish Dog with Kraut on a bun Baked Beans Cucumber Salad Vanilla Pudding with Marshmallows & Fr. Mango Promise	14 Baked Chicken with Cream of Chicken Soup Ranch Roasted Potatoes with skins Fr. Mixed Vegetables WW Fresh Bread & Promise Frozen Fruit with Yogurt	15 Baked Italian Pasta with Mozzarella Cheese Dilled Carrots Lettuce Salad with carrots & Dorothy Lynch dressing Promise Green Jello with canned mandarin oranges	16 Shaved Hot Beef on WW Bread Mashed Potatoes with Brown Gravy Green Beans Frozen Strawberries in Juice Promise
19 Baked Ham Roasted Sweet Potatoes Fr. Broccoli WW Fresh Bread with Promise Canned Mandarin Oranges	20 Swedish Meatballs with Celery Soup and Dill Augratin Potatoes Fr. Peas & Pearl Onions WW Dinner Roll & Promise Canned Peaches	21 Country Beef Steak and country Gravy Mashed Potatoes with skins Fr. Corn WW Fresh Bread & Promise Cherry Jello with Canned Pears Surprise Pie	22 Fried Pollack & tartar sauce Baked Potato Fr. Mixed Vegetables WW Fresh Bread & Promise Canned Apricots	23 Rotisserie Pork loin Mashed Potatoes with Skins & pork gravy Fr. Dilled Carrots WW Fresh Bread & Promise Canned Apple Sauce with cinnamon
26 Spaghetti & Meatballs with spaghetti sauce Honey Glazed Carrots Shredded Lettuce w. Carrot Shreds, Cheese & dressing Promise & Peaches	27 Crispy Chicken Baked Potato & butter Green Beans WW Dinner Roll & Promise Canned Fruit Cocktail	28 Pork Cutlet with pork gravy Fr. Red Roasted Potatoes with skins Peas & carrots WW Fresh Bread & Promise Hot Cinnamon Apples	29 BBQ Chicken Quarters Red Roasted Potatoes Key Largo Blend Vegetables WW Dinner Roll & Promise Canned Pineapple Chunks	30 Sliced Roast Beef Russet Potatoes Creamed Peas WW Fresh Bread & Promise Canned Topical Fruit