



# July Activities 2014



Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Friday 1:00 Bingo</b>  <b>MWF Hand &amp; Foot</b>  <b>MWF Pool</b>  <b>M-F Pitch</b></p>	<p>1  Morning Walking  <b>11:40-12:30 Not Gone Yet</b>  1:00 Card Making  Pitch  <b>Afternoon Bridge Club</b></p>	<p>2  Morning Walking  9:15 Frog Exercises  <b>11:30 Ray Petersen, Accordion</b>  <b>12:30 Not Gone Yet</b>  <b>2:30 Birthday Celebration</b>  with Careage  <b>Hand &amp; Foot, Pitch</b></p>	<p>3  Morning Walking  Quilting  <b>11:30 Phil Phfaltzgraff</b>  <b>Patriotic Tunes</b>  <b>11:40/12:40 Not Gone Yet</b>  <b>Afternoon Bridge Club</b></p>	
<p>7  <b>9:15 FROG Exercises</b>  Morning Walking  Quilting  Pitch  <b>11:30 Merle Ring Organ Music</b>  <b>Hand &amp; Foot</b></p>	<p>8  Morning Walking  Quilting  Pitch  <b>Afternoon Bridge Club</b></p>	<p>9  <b>9:15 FROG Exercises</b>  Morning Walking  Quilting  Pool  Pitch  <b>Hand &amp; Foot</b></p>	<p>10  Morning Walking  Quilting  Pitch  <b>Afternoon Bridge Club</b></p>	<p>11  <b>9:15 FROG Exercises</b>  Walking  Quilting  <b>12:00 Century Club "Careage"</b>  1:00 Bingo  Pitch  <b>Hand &amp; Foot</b></p>
<p>14  <b>9:15 FROG Exercises</b>  Walking  Quilting  Pitch  Pool  <b>Hand &amp; Foot</b></p>	<p>15  Morning Walking  Quilting  Pitch  <b>Afternoon Bridge Club</b></p>	<p>16  <b>9:15 FROG Exercises</b>  Walking  Quilting  <b>11:30 Fuoss's "Rock &amp; Roll"</b>  <b>12:00 Special Luncheon "Oaks"</b>  Pitch  <b>Hand &amp; Foot</b></p>	<p>17  Morning Walking  Quilting  Pitch  <b>Afternoon Bridge Club</b></p>	<p>18  <b>9:15 FROG Exercises</b>  Walking  Quilting  Pool  Bingo  Pitch  <b>Hand &amp; Foot</b></p>
<p>21  <b>9:15 FROG Exercises</b>  Walking  Quilting  Pitch  Pool  <b>1:00 Board Meeting</b>  <b>Hand &amp; Foot</b></p>	<p>22  Morning Walking  Quilting  Pitch  <b>1:30 Anne Liska Toe Clinic</b>  <b>Afternoon Bridge Club</b>  <b>11:30 Val Koeber, Piano</b></p>	<p>23  <b>9:15 FROG Exercises</b>  Walking  Quilting  Pitch  <b>Hand &amp; Foot</b>  <b>Oaks Day</b></p>	<p>24  Morning Walking  Quilting  Pitch  <b>Afternoon Bridge Club</b></p>	<p>25  <b>9:15 FROG Exercises</b>  Walking  Quilting  Pool  Bingo  Pitch  <b>Hand &amp; Foot</b></p>
<p>28  <b>9:15 FROG Exercises</b>  Walking  Quilting  Pitch  Pool  <b>Hand &amp; Foot</b></p>	<p>29  Morning Walking  Quilting  Pitch  <b>Afternoon Bridge Club</b></p>	<p>30  <b>9:15 FROG Exercises</b>  Morning Walking  Quilting  Pitch  Pool  <b>Hand &amp; Foot</b></p>	<p>31  Morning Walking  Quilting  Pitch  <b>Afternoon Bridge Club</b></p>	<p><b>Senior Center</b>  <b>closed</b>  <b>Friday 7/4</b>  <b>no Meals</b>  <b>or Van service</b></p>



# July 2014 Menu



Monday

Tuesday

Wednesday

Thursday

Friday

<p><b>Milk, Water and Coffee are offered with every meal.</b></p>	<p>2 Turkey Cutlet Mashed Potatoes with skins Turkey gravy Fr Key Largo Blend Vegetables Canned Tropical Fruit WW Fresh Bread</p>	<p>3 Ham Salad Sandwich on WW Bread Homemade Pea Salad Homemade Tomato Soup with Stewed Tomatoes Crackers &amp; Promise</p>	<p>4 Tuna Casserole with Rotini Noodles Fr. Prince Williams Blend Cottage Cheese Promise Cherry Jello with Canned Pears</p>	<p>Closed 4</p> 
<p>7 Beef Stroganoff with egg noodles F. Prince Williams Vegetable Fr. Vegetable Salad Cottage Cheese with 2 Pineapple slices on a lettuce leaf Promise</p>	<p>8 Polish Dog with Kraut on a bun Baked Beans Cucumber Salad Vanilla Pudding with Marshmallows &amp; Fr. Mango Promise</p>	<p>9 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>10 Baked Italian Pasta with Mozzarella Cheese Dilled Carrots Lettuce Salad with carrots &amp; Dorothy Lynch dressing Promise Green Jello w/Mandarin Oranges</p>	<p>11 Shaved Hot Beef on WW Bread Mashed Potatoes with Brown Gravy Green Beans Frozen Strawberries in Juice Promise</p>
<p>14 Baked Ham Roasted Sweet Potatoes Fr. Broccoli WW Fresh Bread with Promise Canned Mandarin Oranges</p>	<p>15 Swedish Meatballs with Celery Soup and Dill Augratin Potatoes Fr. Peas &amp; Pearl Onions WW Dinner Roll &amp; Promise Canned Peaches</p>	<p>16 Country Beef Steak Country Gravy Mashed Potatoes w/ skins Fr. Corn WW Fresh Bread, Promise Cherry Jello with Pears</p>	<p>17 Fried Pollack &amp; tartar sauce Baked Potato Fr. Mixed Vegetables WW Fresh Bread &amp; Promise Canned Apricots</p>	<p>18 Rotisserie Pork loin Mashed Potatoes with Skins &amp; pork gravy Fr. Dilled Carrots WW Fresh Bread &amp; Promise Canned Apple Sauce with</p>
<p>21 Spaghetti &amp; Meatballs w/ Sauce, WW Fresh Bread Honey Glazed Carrots Shred. Lettuce, Carrot &amp; Cheese, Dorothy Lynch Promise Peaches</p>	<p>22 Crispy Chicken Baked Potato &amp; butter Green Beans WW Dinner Roll &amp; Promise Canned Fruit Cocktail/</p>	<p>23 Pork Cutlet with pork gravy Fr. Red Roasted Potatoes with skins Peas &amp; carrots WW Fresh Bread &amp; Promise Hot Cinnamon Apples</p>	<p>24 BBQ Chicken Quarters Red Roasted Potatoes Key Largo Blend Vegetables WW Dinner Roll &amp; Promise Canned Pineapple Chunks</p>	<p>25 French Dip Sandwich w/ Au jus Steak Fries Baked Beans Tropical Fruit WW Fresh Bread, Promise</p>
<p>28 SwissSteak with Gravy, Stewed Tomato &amp; Onion Scalloped Potato Beets Frozen Strawberries WW Fresh Bread, Promise</p>	<p>29 Turkey Stack Turkey Gravy Mashed Potatoes with Skins F. Broccoli Canned Applesauce WW Fresh Bread, Promise</p>	<p>30 Sliced Beef Roasted Potatoes w/skins F. Key Largo Blend Veg. Mandarin Oranges Dinner Roll, Promise</p>	<p>31 Creamed Chicken over a Biscuit F. Mixed Veg Shredd Lettuce &amp; Carrots Dorothy Lynch Apricots Halves Biscuit, Promise</p>	<p>Wayne Chicken Days Get Cluckin'</p> 