

August Activities 2015

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<p>3 9:15 FROG Exercises Walking, Quilting Pool Hand & Foot, Pitch</p>	<p>4 Morning Walking 1:00 Card Making 12:45 Rita McLean "Out of the Ordinary" Pitch Afternoon Bridge Club</p>	<p>5 Morning Walking 9:15 Frog Exercises 11:30 Ray Petersen, Accordion 2:30 Birthday Celebration with Careage Hand & Foot, Pitch</p>	<p>6 Morning Walking Quilting Pitch Afternoon Bridge Club</p>	<p>7 9:15 FROG Exercises, Walking Quilting, Pool Noon- VOTE for a NEW Vice President, Norma Backstrom or Gordon Gramberg Bingo, Pitch, Hand & Foot</p>
<p>10 9:15 FROG Exercises Morning Walking Quilting, Pitch, Hand & Foot 12:45 Annual Center Meeting Installation of new Vice Pres. 1:15 Board Meeting</p>	<p>11 Morning Walking Quilting 12:45 Rita McLean "Out of the Ordinary" Pitch Afternoon Bridge Club</p>	<p>12 9:15 FROG Exercises Morning Walking Quilting 12:45 Steve Gross "Memories" Pool Pitch, Hand & Foot</p>	<p>13 Morning Walking Quilting Pitch Afternoon Bridge Club</p>	<p>14 9:15 FROG Exercises, Walking, Quilting Century Club Careage Noon-Retirement Party for Penny & Fran Bingo Pitch, Hand & Foot</p>
<p>17 9:15 FROG Exercises Walking, Quilting Pool Hand & Foot, Pitch</p>	<p>18 Morning Walking Quilting 12:45 Rita McLean "Out of the Ordinary" Pitch Afternoon Bridge Club</p>	<p>19 9:15 FROG Exercises, Walking Quilting 11:30 Teresa Brewer Perform Earl & Janet Fuoss 12:00 Special Luncheon by Brookdale Pitch, Hand & Foot</p>	<p>20 Morning Walking Quilting 12:30 Spotlight on Promise Pitch Afternoon Bridge Club</p>	<p>21 9:15 FROG Exercises, Walking Quilting Pool 11:30 Game Day Bingo Pitch, Hand & Foot</p>
<p>24 9:15 FROG Exercises Walking Quilting Pitch Pool Hand & Foot</p>	<p>25 Morning Walking Quilting 12:45 Rita McLean "Out of the Ordinary" Pitch Afternoon Bridge Club</p>	<p>26 9:15 FROG Exercises Walking Quilting 11:30 Connie Webber-Piano 12:45 Brookdale Day(Oaks) Pitch Hand & Foot</p>	<p>27 Morning Walking Quilting Pitch Afternoon Bridge Club</p>	<p>28 9:15 FROG Exercises Walking Quilting Pool Providence Bingo Pitch, Hand & Foot</p>
<p>31 9:15 FROG Exercises Walking Quilting Pool Hand & Foot, Pitch</p>	<p>Sign up Tuesday's in August For our own "Antiques Road Show" Rita McLean wants you to bring a treasure to share!</p>	<p>Quilters....Thank you for Beautiful Quilts you make!</p> 	<p>Welcome New Coordinator Diane Bertrand and New Activities Aide Tami Woslager on August 4 They are both a welcome addition to our Senior Center!</p>	<p>Happy Retirement Penny & Fran!</p> 

August 2015 Menu

Monday

Tuesday

Wednesday

Thursday

Friday

<p>3 Swiss Steak with Gravy Stewed Tomato/Onion Scalloped Potato Beets WW Dinner Roll, Promise Frozen Strawberries</p>	<p>4 Turkey Stack Mashed Potatoes with Skins Turkey Gravy F. Broccoli WW Fresh Bread, Promise Canned Apple Sauce</p>	<p>5 Sliced Beef Twice Baked Potatoes w/ Skin F. Key Largo Blend WW Dinner Roll, Promise Canned Mandarin Orange</p>	<p>6 Creamed Chicken over Biscuit F. Mixed Vegetable Shred. Lettuce & Shred. Carrots Dorothy Lynch Promise Apricots Halves</p>	<p>7-VOTE for Vice President Pigs in a Blanket Hot dog with Fresh Dinner roll Baked Beans Ruffles Chips Fruit Cocktail with red jello Promise</p>
<p>10 Chicken Fried Steak Mashed Potato & Skins Country Gravy, F. Corn WW Dinner Roll, Promise Orange Jell-O Shredded Carrots & Pineapple</p>	<p>11 Rotisserie Pork Loin Baked Potato & Promise Pork Gravy F. Green Beans WW Dinner Roll Canned Pears</p>	<p>12 Sliced Ham Sweet Potato F. Peas Canned Pineapple w/Green Jello w/Juice WW Fresh Bread, Promise</p>	<p>13 Biscuit with Sausage Patty Smothered in Country Gravy Shredded Hashbrown Frozen Fruit with Yogurt Promise WW Fresh Bread, Promise</p>	<p>14 Pulled Pork Sandwich With BBQ sauce Sliced Oranges Cucumber Salad Bun, Promise Whipped Topping, Canned Cherries, Marshmallows and red jello</p>
<p>17 Tuna Casserole w/ Rotini Noodles, Peas, & Carrots Fr. Prince Williams Blend Cottage Cheese Cherry Jello with Pears WW Fresh Bread, Promise</p>	<p>18 Turkey Cutlet Mashed Potatoes with skins Turkey gravy Fr Key Largo Blend Vegetables Canned Apricots Fruit WW Fresh Bread Promise</p>	<p>19 Egg Salad Sandwich on WW Bread Homemade Pea Salad Chicken Noodle Soup Apple Sauce Crackers & Promise Cherry Pie</p>	<p>20 Beef Tips w/ Mushroom Soup, Onions, & Beef Gravy Mashed Potato Fr. Green Beans Shredded Lettuce w/Fr. Shredded Carrots & Dorothy Lynch Sliced Peaches WW Fresh Bread, Promise</p>	<p>21 Broasted Chicken Quarters Red Roasted Potatoes Fr. Cauliflower Mandarin Fluff WW Fresh Bread Promise</p>
<p>24 Shredded Hashbrowns w/ Cheesy Sauce & Ham Canned Pineapple Fr. Prince Williams Vegetable WW Fresh Bread Promise</p>	<p>25 Egg Salad Sandwich WW Bread Homemade Potato Soup 3 Bean Salad Vanilla Pudding with Marshmallows & Fr. Mango Promise</p>	<p>26 Baked Chicken w/Cream of Chicken Soup Ranch Roasted Potatoes, skins Fr. Mixed Vegetables Frozen Fruit w/Yogurt WW Fresh Bread, Promise</p>	<p>27 Baked Italian Pasta Bake w/ Mozzarella Cheese Dilled Carrots Lettuce Salad w/Carrots & Dorothy Lynch Green Jello w/Mandarin Oranges Garlic Bread Stick, Promise</p>	<p>28 Hamburger with Bun Crispy Shredded Hashbrowns Baked Beans Pickles Canned Tropical Fruit WW Fresh Bread, Promise</p>
<p>31 Baked Ham Roasted Sweet Potatoes Fr. Broccoli Canned Mandarin Oranges WW Fresh Bread Promise</p>			<p>Milk, Water, Coffee are served with every meal</p>	<p><i>Happy Birthday!</i></p>  <p>Join us for cake on 8/5 and</p>