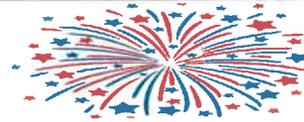




July 2023 Activities



Monday	Tuesday	Wednesday	Thursday	Friday
<p>3.</p> <p>Morning Walking Quilting & FROGs Pitch & Pool</p>	<p>4.</p> <p>Closed for Fourth of July</p> 	<p>5.</p> <p>BRUNCH FOR LUNCH TODAY Serving from 11:00 to noon</p> <p>Morning Walking Quilting & FROGs Hand & Foot Pitch & Pool</p>	<p>6.</p> <p>Morning Walking Quilting Afternoon Bridge Club Pitch & Skip Bo</p>	<p>7.</p> <p>11:30 Music by Dan Hansen Morning Walking Quilting & FROGs Pitch & Pool Bingo</p> <p>Sr. Day Drawing by Kinship</p>
<p>10</p> <p>Toe Nail Clinic Call for a time</p> <p>Morning Walking Quilting & FROGs Pitch & Pool</p>	<p>11</p> <p>10:00 -11:45 Health Clinic</p> <p>Morning Walking Quilting Afternoon Bridge Club Pitch</p>	<p>Monthly Birthday 12 Party</p> <p>We serve Wed. w/ Hillcrest</p> <p>10:45 Music by Bob Doughty</p> <p>Morning Walking Quilting & FROGs Hand & Foot Pitch & Pool</p>	<p>13</p> <p>11:15 to 11:45—Eye Glass Care w/ Magnuson/Hopkins</p> <p>Morning Walking Quilting Afternoon Bridge Club Pitch & Skip Bo</p>	<p>14</p> <p>Morning Walking Quilting & FROGs Pitch & Pool Bingo</p>
<p>17</p> <p>Morning Walking Quilting & FROGs Pitch & Pool</p> <p>Special Luncheon Drawing by Countryview</p>	<p>18</p> <p>Morning Walking Quilting Afternoon Bridge Club Pitch</p>	<p>19</p> <p>10:45 Music by Bob Doughty Noon: "The Dreamers Place"</p> <p>Morning Walking Quilting & FROGs Hand & Foot Pitch & Pool</p> <p>Monthly Board meeting: 12:30</p>	<p>20</p> <p>Morning Walking Quilting Afternoon Bridge Club Pitch & Skip Bo</p>	<p>21</p> <p>11:30 Music by Connie Webber</p> <p>Morning Walking Quilting & FROGs Pitch & Pool Bingo</p>
<p>24</p> <p>Morning Walking Quilting & FROGs Pitch & Pool</p>	<p>25</p> <p>Morning Walking Quilting Afternoon Bridge Club Pitch</p>	<p>26</p> <p>10:45 Music by Bob Doughty We serve Wed. w/ Hillcrest</p> <p>Morning Walking Quilting & FROGs Hand & Foot Pitch & Pool</p>	<p>27</p> <p>Morning Walking Quilting Afternoon Bridge Club Pitch & Skip Bo</p>	<p>Fine Dining 28 Friday With Kinship</p> <p>11:30 Music by Deb Dickey</p> <p>Morning Walking Quilting & FROGs Pitch & Pool Bingo</p>
<p>31</p> <p>Morning Walking Quilting & FROGs Pitch & Pool</p> <p>Special Luncheon Drawing by Countryview</p>			 <p>If you would like to help bring a snack for 2:30 pm coffee time—sign up on snack Calendar! THANKS!</p>	<p>DAILY COFFEE/SNACK TIME</p> <p>7:00—10:00 AM 2:30 PM MONDAY—FRIDAY</p> <p>REMEMBER to sign coffee time sheet to help us take credit for Offering this fun time for all!</p>



July 2023 Menu



<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<p>3.</p> <p>Chicken Alfredo Copper penny salad Biscuit & Honey Peaches & Jell-O Grape Juice</p>	<p>4.</p> <p>Closed for Fourth of July</p> 	<p>5. Brunch for All you can eat Pancakes At the Center Only (Coffee cake for MOW) Sausage links & Scrambled Eggs Fruit cup & Fruit Juice Served from: 11:00 to Noon</p>	<p>6.</p> <p>Lime Crusted Tilapia Baked Potato California Blend Veg. HM Fresh WW Bun Mixed Fruit</p>	<p>7. Summer time Kickoff 11:30 Music by Dan Grilled Hamburger Potato Salad Baked Beans & HM Bun Watermelon/seasonal fruit Sr. Day Drawing by Kinship</p>
<p>10</p> <p>BBQ Meat Balls Scalloped Potatoes Butter Beets HM Fresh WW Buns Mandarin Oranges</p>	<p>11</p> <p>Baked Potato Bar Diced ham Variety of toppings Peach Cobbler Sliced Bread Fruit Juice</p>	<p>12 B. Day Party We serve Wed. w/ Hillcrest 10:45 Music by Bob Doughty Salisbury Steak Scalloped Potatoes Green Bean Casserole Biscuit w/honey & Pears</p>	<p>13</p> <p>Tater Tot Casserole 7 Layer Salad Mandarin Oranges in Jell-o Banana Muffin</p>	<p>14</p> <p>Creamed Chicken w/ Biscuit Broccoli w/ Cheese Sauce Cranberry Salad Cherry Chocolate Cake</p>
<p>17</p> <p>Special Luncheon Drawing By Countryview Pulled Pork Sandwich On HM Bun Sweet Potato Tots Cole Slaw Frozen Fruit w/ Yogurt</p>	<p>18</p> <p>Ham Balls Baked Potato Butter Beets WW Dinner Roll Strawberry Applesauce</p>	<p>19</p> <p>10:45 Music by Bob Doughty Noon—"The Dreamer's Place" Goulash Lettuce Salad Assorted Fresh Veggies Garlic Bread Stick Mandarin Oranges</p>	<p>20</p> <p>Oven Baked Chicken Mashed Potatoes/gravy Creamed Corn Dinner Roll Peaches</p>	<p>21</p> <p>11:30 Music by Connie Scalloped Potatoes & Ham Green Beans w/ Almonds Fresh Sliced Tomato Hawaiian Dinner Roll Apple Crisp Tomato or Grape Juice</p>
<p>24</p> <p>Chicken Cordon Bleu Baked Potato Green Beans w/Bacon Hawaiian Dinner Roll Fruit Salad</p>	<p>25</p> <p>Spaghetti Lettuce Salad with Assorted Veggies Garlic Breadstick Peaches</p>	<p>26</p> <p>10:45 Music by Bob Doughty We serve Wed. W/ Hillcrest Meatloaf Mashed Potatoes & Gravy Creamed Corn Dinner Roll Fresh Seasonal Fruit</p>	<p>27</p> <p>Breaded Chicken Sandwich On HM Bun Mayo & Lettuce Leaf Tater Tots Cucumber Salad Fruit Pie</p>	<p>28 Fine Dining With Kinship 11:30 Music by Deb Dickey Sliced Ham w/ Pineapple Glaze Sweet Potatoes Green Beans w/ Almonds Applesauce Bars Cranberry Juice</p>
<p>31</p> <p>Special Luncheon Drawing By Countryview Turkey Tetrizzini Italian Peas Biscuit/Honey Strawberry Shortcake Tomato Juice</p>	<p>Enjoy Misty's Homemade Breads Daily 2% or Skim Milk Coffee & Water Served Daily</p>		 <p>Calling All Seniors!</p>	