



# July Activities 2018



<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<p>2</p> <p>9:15 FROG Exercises Walking, Quilting 9:15 Toe Nail Clinic w/Rachael</p>	<p>3</p> <p>Morning Walking Quilting Wear your Red, White &amp; Blue 11:30 Kaki Ley &amp; Sing a long Noon Trivia Tuesday Pitch, Afternoon Bridge Club</p>	<p>4</p> <p>Closed-No Meals or Van</p> <p><b>Happy July 4th</b></p>	<p>5</p> <p>Morning Walking Quilting Dinner music with Connie Pitch Afternoon Bridge Club</p>	<p>6</p> <p>9:15 FROG Exercises, Walking Quilting Pool Wear Your Favorite Chicken Shirt Bingo Pitch, Hand &amp; Foot</p>
<p>9</p> <p>9:15 FROG Exercises Walking, Quilting Pool Hand &amp; Foot Pitch</p>	<p>10</p> <p>Morning Walking &amp; Quilting 9:00 Love my Nails by Shelly 11:45—Providence Therapy Visit w/Joanna Rayford Noon Trivia Tuesday Pitch Afternoon Bridge Club</p>	<p>11</p> <p>Morning Walking &amp; 9:15 FROGS 11:30 Connie Webber— Piano Birthday Party @ Noon Sponsored by Careage Hand &amp; Foot, Pitch, Pool 2:30—Dog Days of Summer Snack</p>	<p>12</p> <p>Morning Walking Quilting Dinner music with Connie Pitch Afternoon Bridge Club</p>	<p>13</p> <p>9:15 FROG Exercises, Walking Quilting Century Club Drawing Brookdale Bingo, Pool, Hand &amp; Foot, Pitch Wish Lanora Sorensen a Happy Birthday Party at 2:30.</p>
<p>16</p> <p>9:15 FROG Exercises Walking, Quilting 11:00 Eye Glass Clinic w/ Onar Pool Hand &amp; Foot, Pitch</p>	<p>17</p> <p>Morning Walking Quilting Noon Trivia Tuesday Pitch Afternoon Bridge Club</p>	<p>18</p> <p>9:15 FROG Exercises Walking, Quilting 9:30-Noon Health Clinic Hand &amp; Foot Pitch Pool 12:30 Board Meeting</p>	<p>19</p> <p>Morning Walking Quilting Dinner music with Connie Pitch Afternoon Bridge Club</p>	<p>20</p> <p>9:15 FROG Exercises Walking, Quilting Providence Luncheon National Fortune Cookie Day! Pool Bingo Pitch, Hand &amp; Foot</p>
<p>23</p> <p>9:15 FROG Exercises, Walking Quilting Pool Hand &amp; Foot Pitch</p>	<p>24</p> <p>Morning Walking Quilting Noon Careage Luncheon and Trivia Tuesday Pitch Afternoon Bridge Club</p>	<p>25</p> <p>9:15 FROG Exercises, Walking Quilting 12:15 Brookdale Fun Pool Hand &amp; Foot Pitch</p>	<p>26</p> <p>Morning Walking Quilting Dinner music with Connie Pitch Afternoon Bridge Club</p>	<p>27</p> <p>9:15 FROG Exercises Walking Quilting 11:30 Deb Dickey-Piano Pool, Cards Bingo Pitch, Hand &amp; Foot</p>
<p>30</p> <p>9:15 FROG Exercises Walking &amp; Quilting Noon—Lila Splittgerber Birthday (Cake served @ Noon) Pool Hand &amp; Foot Pitch</p>	<p>31</p> <p>Morning Walking &amp; Quilting 10:00 Care Giver Support Group Noon Careage Luncheon and Trivia Tuesday Pitch Afternoon Bridge Club</p>		<p>July 3rd Don't miss Kaki Ley &amp; Friends Ukulele Club Join in for a Sing.a.long of the songs you love to sing! Celebrating the 4th of July.</p>	<p>Join us for 2:30 Coffee &amp; Snack Time Daily Sign up on our Volunteer Snack Calendar to help Bring your favorite snack To Share with your Friends Thank You!</p>



# July Menu 2018



## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

2

Goulash  
Lettuce Salad  
Assorted Veggies  
Garlic Bread Stick  
Rhubarb Swirl Dessert

3

Grilled Hamburger on a  
Homemade Bun  
Potato Salad  
Baked Beans  
Fresh Fruit Kabob  
(Fresh Fruit cup for MOW)

4

Closed for meals & van rides



5

Salisbury Steak  
Scalloped Potatoes  
Green Bean Casserole  
Homemade Biscuit  
Pears

6

Oven Baked Chicken  
Mashed Potatoes  
Gravy  
Creamed Corn  
Dinner Roll  
Peaches

9

BBQ Meat Balls  
Scalloped Potatoes  
Butter Beans  
WW Slice Bread  
Apple Crisp

10

Sliced Roast Beef  
Mashed Potatoes & Gravy  
Baby Carrots  
Dinner Roll  
Strawberries & Bananas

11

Pulled Pork Sandwich  
On a Home Made Bun  
Au gratin Potatoes  
Cole Slaw  
Frozen Fruit & Yogurt

12

Tater Tot Casserole  
7 Layer Salad  
Mandarin Oranges & Jello  
Banana Muffin

13

**Chicken Days**  
Creamed Chicken  
Over Biscuit  
Broccoli  
Fresh Seasonal Fruit  
Cherry Chocolate Cake

16

Tavern  
On a Home Made Bun  
Macaroni/Veggie Salad  
Fruit Salad  
Oatmeal Raisin Cookie

17

Slice Ham & Pineapple Glaze  
Mashed Sweet Potatoes  
Green Beans w/ Almonds  
Rye Bread  
Apple Sauce Bars

18

Baked Chicken Breast  
Baked Potato  
Maple dilled carrots  
WW Dinner Roll  
Cranberry Jello Salad

19

Meat Balls w/ Mushroom sauce  
Scalloped Potatoes  
Scalloped Corn  
Pumpkin Muffin  
Cherry Jello w/ Mixed Fruit

20

Breaded Chicken Sandwich  
On a Homemade bun  
Southwestern Corn &  
Cucumber Salad  
Rhubarb Dessert

23

Fish Sandwich  
On Homemade Bun  
Tarter & Lettuce  
Corn & Mac Bake  
Cherry Jello with Mixed Fruit

24

Spaghetti & Meat Sauce  
Lettuce Salad  
Assorted Veggies  
Dressing  
Garlic Bread Stick  
Peaches

25

Meat Loaf  
Mashed Potatoes  
Gravy  
Capri Veggies  
Dinner Roll  
Fresh Seasonal Fruit

26

Baked Potato Bar  
Ham & Cheese  
Sr. Cream—Onions—Peppers  
Sliced Tomatoes  
Bread Basket  
Fruit Pie

27

Sliced Pork Roast  
Mashed Potatoes & Gravy  
Sr. Kraut Salad or  
Dilled Carrots  
Rye Bread Pears

30

Lasagna  
Caesar Salad  
Garlic Bread Stick  
Cherry Crisp  
(Cake at Center—Lila  
Splitterger Birthday)

31

BBQ Chicken Breast  
Baked Potato  
Corn  
WW Bread  
Seasonal Fresh Fruit

*"dog days of summer"*

*It's impossible to get any  
work done during these dog  
days of summer!*

-The hottest days of the summer. These are the days that are so  
hot, you don't have the energy to do anything but sit.



**Milk, Water,  
Coffee are  
offered with  
every meal.**

