

June 2023 Activities Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
			1 9:00 Brain/Board Games 9:45 Stix & Tones 10:15 Corn Hole 10:30 Basic Steps Line Dance 11:30 Lunch 12:00 Line Dancing 12:00 Wii/Games	2 9:00 Brain/Board Games 9:15 Feel the Beat 9:30 Monthly Movie: O Brother, Where Art Thou? 10:00 CBS Class 11:30 Lunch 12:00 Penny BINGO
5 9:00 Brain/Board Games 9:15 CBS Class 10:00 Coupon Swap 10:30 Penny BINGO 11:30 Lunch 12:00 Mind Matters: The Invasive Spotted Lanternfly	6 9:00 Brain/Board Games 9:45 Stix & Tones 10:15 Ladder Golf 10:30 Basic Steps Line Dance 11:30 Lunch 12:00 Line Dancing 12:00 Wii/Games	7 9:00 Brain/Board Games 9:15 CBS Class 10:00 Now You Have It... 10:30 Qigong 11:30 Lunch 12:15 Get~n~Step	8 9:00 Brain/Board Games 9:45 Stix & Tones 10:30 "Cybersecurity – Keeping Yourself Safe Online" w/ George Dillman from the DOBS 10:30 Basic Steps Line Dance 11:30 Lunch 12:00 Line Dancing 12:00 Wii/Games	9 9:00 Brain/Board Games 9:15 Feel the Beat 10:00 Arts Residency ~ Reptile Smile 10:15 Gentle Seated Yoga 11:30 Lunch 12:00 Penny BINGO
12 9:00 Brain/Board Games 9:15 CBS Class 10:00 Blood Pressure Checks 10:30 Basic Step Line Dance 10:30 Penny BINGO 11:30 Lunch 12:00 Checkers	13 9:00 Brain/Board Games 9:45 Stix & Tones 10:00 Tech Tuesday w/ Garrett 10:15 Chair Volleyball 10:30 Basic Steps Line Dance 11:30 Lunch 12:00 Line Dancing 12:00 Wii/Games	14 9:00 Brain/Board Games 9 – 12:00 Outreach Program 9:15 Strength Training for Seniors 10:15 Bible Study 10:15 Art w/ Ami ~ Fairy Garden 10:30 Qigong 11:30 Lunch 12:15 Get~n~Step	15 9:00 Brain/Board Games 9:45 Stix & Tones 10:30 "Managing Your Pain" w/ Jill Kaylor 10:30 Basic Steps Line Dance 11:30 Lunch 12:00 Line Dancing 12:00 Wii/Games	16 9:00 Brain/Board Games 9:15 Feel the Beat 9:30 – 11:30 Farmers Market Vouchers 10:00 CBS Class 10:00 Arts Residency ~ Reptile Smile 11:30 Lunch 12:00 Penny BINGO
19 <div style="text-align: center;"> <h2>Center Closed</h2> <p><i>Juneteenth</i></p> </div>	20 9:00 Brain/Board Games 9:45 Stix & Tones 10:15 Ladder Golf 10:30 Basic Steps Line Dance 11:30 Lunch 12:00 Line Dancing 12:00 Wii/Games	21 9:00 Brain/Board Games 9:15 Strength Training for Seniors 9:30 Socrates Cafe 10:00 Essential Oils 101 10:30 Qigong 11:30 Lunch 12:15 Get~n~Step	22 OPEN HOUSE/Luau 9:00 Brain/Board Games 9:30 – 1:00 Health & Wellness Vendor Fair 9:45 Stix & Tones 10:30 Basic Steps Line Dance 11:30 Lunch 12:00 Line Dancing 12:00 Wii/Games	23 9:00 Brain/Board Games 9:15 Feel the Beat 10:00 Arts Residency ~ Reptile Smile 10:15 Gentle Seated Yoga 11:30 Lunch 12:00 Penny BINGO
26 9:00 Brain/Board Games 9:15 Strength Training for Seniors 10:00 Blood Pressure Checks 10:30 Quarter BINGO 11:30 Lunch 12:15 Armchair Travelers	27 9:00 Brain/Board Games 9:30 Arts & Craft w/ Audrey ~ Paper Fan Making 9:45 Stix & Tones 10:15 Chair Volleyball 10:30 Basic Steps Line Dance 11:30 Lunch 12:00 Line Dancing 12:00 Wii/Games	28 9:00 Brain/Board Games 9:15 Strength Training for Seniors 9:30 Arts & Craft w/ Audrey ~ Continued 10:15 Bible Study 10:30 Qigong 11:30 Lunch 12:15 Get~n~Step	29 9:00 Brain/Board Games 9:45 Stix & Tones 10:15 Corn Hole 10:30 Basic Steps Line Dance 11:30 Lunch 12:00 Line Dancing 12:00 Wii/Games	30 <div style="text-align: center;"> <h2>Center Closed</h2> <p><i>Golf Tournament</i></p> </div>

JUNE 2023
Congregate Meal Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p><i>*menu subject to change</i></p>		<p>June 1</p> <p>Baked Chicken Cutlet 1/2c Whipped Sweet Potatoes 1/2c Peas & Carrots 1 Dinner Roll 1 Cookie</p>	<p>June 2</p> <p>Tuna Salad Sandwich w/lettuce & tomato 1/2c Coleslaw 2 White Bread Fresh Orange</p>
<p>June 5</p> <p>Warm Roast Beef Sandwich W/Mozz. 1/2c. Roasted Parmesan Redskins 1/2c. Carrots 1 Sandwich Roll Fresh Banana</p>	<p>June 6</p> <p>Turkey Chef Salad (2oz Turkey, Egg, Cheddar, over 1c Mixed Greens w/ Tomato) 1/2c Potato Salad 1 Dinner Roll 1/2c Gelatin</p>	<p>June 7</p> <p>Chicken Parmesan w/ 1oz Shredded Cheese 1/2c Rotini w/ Sauce 1c Tossed Salad w/ Tomato 1 Italian Bread 1/2c Mixed Fruit</p>	<p>June *</p> <p>Cheeseburger w/ Lettuce, Tomato 1/2c Potato Salad 1 Hamburger Roll Seasonal Fresh Fruit</p>	<p>June 9</p> <p>Open Faced Turkey Sandwich w/ Gravy 1/2c Whipped Potatoes w/ Chives 1/2c Sweet Corn 1 White Bread 1 Cookie</p>
<p>June 12</p> <p>Baked Chicken w/ Gravy 1/2c Rice Pilaf 1/2c Green Beans 1 Wheat Bread 1/2c Peaches</p>	<p>June 13</p> <p>Swiss Steak w/ 2oz Onion Gravy 1/2c Whipped Potatoes 1/2c Diced Carrots 1 Wheat Bread 1/2c Blushed Pears</p>	<p>June 14</p> <p>Hawaiian Chicken Breast 1/2c Buttered Noodles 1/2c Island Blend Vegetables Seasonal Fresh Fruit Cookie</p>	<p>June 15</p> <p>Burgundy Glazed Meatballs (4) 1/2c Rice 1/2c Oriental Vegetables 1 Wheat Bread 1/2c Mandarin Oranges</p>	<p>June 16</p> <p>Baked Crab Cake Over 1c. Mixed Greens w/ Tomato & Hardboiled Egg 1/2c Fresh Broccoli Salad 1 Dinner Roll 1/2c. Pineapple</p>
<p>June 19</p> <p>Mango BBQ Chicken Breast 1/2c. Brown Rice 1/2c. Carrots Wheat Bread Fresh Orange</p>	<p>June 20</p> <p>Roast Beef w/ Gravy 1/2c Mashed Potatoes 1/2c Mixed Vegetables 1 White Bread 1/2c Pudding</p>	<p>June 21</p> <p>Cheese Omelet 1 Sausage Patty 1/2c Breakfast Potatoes 1 English Muffin w/ Jelly 4oz Apple Juice</p>	<p>June 22</p> <p>Southern Seafood Cake 1/2c Parmesan Garlic Noodles 1/2c Peas 1 Wheat Bread Seasonal Fresh Fruit</p>	<p>June 23</p> <p>Pasta & Meatballs (4) 1/2c Pasta w/ Marinara 1c Tossed Salad w/ Tomato 1 Garlic Breadstick 1/2c Mixed Fruit Salad</p>
<p>June 26</p> <p>Creamy Parmesan Pork Chop 1/2c Diced Redskin Potatoes 1/2c Green Beans 1 Dinner Roll 1/2c Pineapple Tidbits Cookie</p>	<p>June 27</p> <p>Chicken Cacciatore (2oz Tomato Sauce, Peppers, Onions) 1/2c. Blended Rice 1/2c Mixed Vegetables 1 Breadstick 1/2c Applesauce</p>	<p>June 28</p> <p>Pot Roast w/ Gravy 1/2c Mashed Potatoes 1/2c Coin Carrots 1 Italian Bread 1/2c Peach Crisp</p>	<p>June 29</p> <p>Pizza Burger 1/2c Cheesy Potatoes 1/2c. French Style Green Beans 1 Hamburger Bun 1/2c-Pineapple, & Mandarin Oranges</p>	<p>June 30</p> <p>Salisbury Steak w/ Gravy Baked Potato w/ Margarine 1/2c Beets 1 Wheat Bread 1/2c-Gelatin</p>

*** Served daily: Milk and Margarine