









# May 2023 Activities Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> 9:00 Brain/Board Games 9:15 Strength Training for Seniors 10:00 Corn Hole 10:30 Penny BINGO <b>11:30 Lunch</b> 12:00 Wii Bowling League	<b>2</b> 9:00 Brain/Board Games  9:45 Stix & Tones 10:15 Chair Volleyball 10:30 Basic Steps Line Dance <b>11:30 Lunch</b> 12:00 Line Dancing 12:00 Wii/Games	<b>3</b> 9:00 Brain/Board Games 9:15 Strength Training for Seniors 10:30 Paper Flower Making w/ Audrey 10:30 Qigong <b>11:30 Lunch</b> 12:00 Get~n~Step	<b>4</b> 9:00 Brain/Board Games 9:45 Stix & Tones 10:00 Wii Bowling League 10:30 Basic Steps Line Dance <b>11:30 Lunch</b> 12:00 Line Dancing  12:00 Wii/Games	<b>5</b> 9:00 Brain/Board Games 9:15 Feel the Beat 9:30 Arts & Craft ~ Kentucky Derby Hats 10:00 CBS Class 10:30 Ladder Golf <b>11:30 Lunch</b> 12:00 Penny BINGO
<b>8</b> 9:00 Brain/Board Games 9:15 Aerobic Video 10:00 Blood Pressure Checks 10:30 Nickel BINGO <b>11:30 Lunch</b> 12:00 Wii Bowling League 	<b>9</b> 9:00 Brain/Board Games 9:45 Stix & Tones 10:00 Tech Tuesday w/ Garrett 10:15 Ladder Golf 10:30 Basic Steps Line Dance <b>11:30 Lunch</b> 12:00 Line Dancing 12:00 Wii/Games	<b>10</b> 9:00 Brain/Board Games 9-12:00 Outreach Program w/ Rep. from Wendy Fink's Office 9:15 Strength Training for Seniors 10:00 Bible Study 10:30 Now You Have It... 10:30 Qigong <b>11:30 Lunch</b> 12:00 Get~n~Step	<b>11</b> 9:00 Brain/Board Games 9:45 Stix & Tones 10:30 Fraud BINGO w/ George Dillman from the DOBS 10:30 Basic Steps Line Dance <b>11:30 Lunch</b> 12:00 Line Dancing 12:00 Wii Bowling League	<b>12</b> 9:00 Brain/Board Games 9:15 Feel the Beat 9:30 Arts & Craft ~ Rock Painting 10:30 Bocce Ball <b>11:30 Lunch</b> 12:00 Penny BINGO
<b>15</b> 9:00 Brain/Board Games 9:15 Strength Training for Seniors 10:00 Corn Hole 10:30 Quarter BINGO <b>11:30 Lunch</b> 12:00 Target Shooting	<b>16</b> <div style="text-align: center;"> <h2>Center Closed</h2> <p><i>Election Day</i></p>  </div>	<b>17</b> 9:00 Brain/Board Games 9:15 Strength Training for Seniors 9:30 Socrates Cafe 10:30 Independent Art ~ Watercolor Painting 10:30 Qigong <b>11:30 Lunch</b> 12:00 Get~n~Step	<b>18</b> 9:00 Brain/Board Games 9:45 Stix & Tones 10:00 The "Foster Grandparent Program" 10:30 Basic Steps Line Dance <b>11:30 Lunch</b> 12:00 Line Dancing 12:00 Chair Volleyball	<b>19</b> 9:00 Brain/Board Games 9:15 Feel the Beat 9:30 Arts & Craft ~ DIY Candy Dish 10:00 CBS Class 10:30 Armchair Travelers <b>11:30 Lunch</b> 12:00 Penny BINGO
<b>22</b> 9:00 Brain/Board Games 9:15 Strength Training for Seniors 10:00 Blood Pressure Checks 10:30 Gift Card & Goodies BINGO w/ Senior Commons of Powder Mill <b>11:30 Lunch</b> 12:00 Target Shooting	<b>23</b> 9:00 Brain/Board Games 9:45 Stix & Tones 10:00 Ladder Golf w/ Jill Kaylor from Visiting Angels 10:30 Basic Steps Line Dance <b>11:30 Lunch</b> 12:00 Line Dancing 12:00 Wii/Games	<b>24</b> 9:00 Brain/Board Games 9:15 Strength Training for Seniors 10:00 Bible Study 10:30 Monthly Mocktails 10:30 Qigong <b>11:30 Lunch</b> 12:00 Get~n~Step	<b>25</b> 9:00 Brain/Board Games  9:45 Stix & Tones  10:00 Essential Oils 101 10:30 Basic Steps Line Dance <b>11:30 Lunch</b> 12:00 Line Dancing 12:00 Nail Art	<b>26</b> 9:00 Brain/Board Games 9:15 Feel the Beat 9:30 Arts & Craft ~ Modern Floral Wreath 10:30 Bocce Ball <b>11:30 Lunch</b> 12:00 Penny BINGO
<b>29</b> <div style="text-align: center;"> <h2>Center Closed</h2> <p><i>Memorial Day</i></p> </div>	<b>30</b> 9:00 Brain/Board Games 9:45 Aerobic Video 10:15 Chair Volleyball 10:30 Basic Steps Line Dance <b>11:30 Lunch</b> 12:00 Line Dancing 12:00 Wii/Games 	<b>31</b> 9:00 Brain/Board Games 9:15 Strength Training for Seniors 10:30 Independent Art ~ Oil Pastels 10:30 Qigong <b>11:30 Lunch</b> 12:00 Get~n~Step 12:00 Wii Bowling League Awards Ceremony		



## May 2023 Congregate Meal Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
May 1	May 2	May 3	May 4	May 5
Mango BBQ Chicken Breast 1/2c. Brown Rice 1/2c. Carrots Wheat Bread Fresh Orange	Cheddar Cheese Omelet w/ Ham, Peppers, Onions, Cheese 1 Sausage Patty 1/2c Breakfast Potatoes 1 English Muffin w/ Jelly 4oz Apple Juice	Baked Crab Cake 1/2c Parmesan Garlic Noodles 1/2c Peas 1 Wheat Bread Seasonal Fresh Fruit	Pasta & Meatballs (4) 1/2c Pasta w/ Marinara 1c Tossed Salad w/ Tomato 1 Garlic Breadstick 1/2c Mixed Fruit Salad	Creamy Parmesan Pork Chop 1/2c Diced Redskin Potatoes 1/2c Green Beans 1 Dinner Roll 1/2c Pineapple Tidbits Cookie
May 8	May 9	May 10	May 11	May 12
Chicken Cacciatore (2oz Tomato Sauce, Peppers, Onions) 1/2c. Blended Rice 1/2c Peas 1 Breadstick 1/2c Applesauce	Pot Roast w/ Gravy 1/2c Mashed Potatoes 1/2c Coin Carrots 1 Italian Bread 1/2c Peach Crisp	Stadium Hot Dog 1/2c Cheesy Potatoes 1 Hot Dog Roll 1/2c Pineapple & Mandarin Oranges	Salisbury Steak w/ Gravy Baked Potato w/ Margarine 1/2c Corn 1 Wheat Bread 1/2c Gelatin	Sweet Bologna & Am. Cheese Lettuce & Tomato Coleslaw Fresh Fruit Cookie Milk
May 15	May 16	May 17	May 18	May 19
Taco Salad (3oz Taco Meat, .5oz Cheddar, Lettuce, Tomato, Salsa) Tortilla Chips 1/2c Corn w/ Pimentos 1/2c Pineapple	<p><b>Center Closed</b></p> <p><i>Election Day</i></p> <p><i>Bag Lunch will be handed out Monday, May 15<sup>th</sup></i></p>	Baked Cabbage Casserole w/ 2oz Sauce 1c. Tossed Salad w/ Tomato 1/2c Carrots 1 White Bread Seasonal Fresh Fruit	Baked Pollock 1/2c Macaroni & Cheese 1/2c Stewed Tomatoes 1 Wheat Bread 1/2c Mandarin Oranges	Roasted Pork w/ Peach Glaze 1/2c Whipped Potatoes w/ Chives 1/2c Mixed Vegetables 1 Wheat Bread Cookie
May 22	May 23	May 24	May 25	May 26
Sweet & Sour Pork 1/2c. Rice 1/2c. Peas 1 Wheat Bread Seasonal Fresh Fruit	Parmesan Chicken Over 1/2c. Lemon Asparagus Pasta 1c. Tossed Salad W/Tomato 1 Italian Bread 1/2c. Apple Crisp	1c. Pizza Casserole 1c Tossed Salad 1/2c Green Beans 1 Italian Bread 1/2c Applesauce	Cheeseburger w/ Lettuce, Tomato 1/2c Potato Salad 1 Hamburger Roll Seasonal Fresh Fruit	Sliced Turkey on Whole Wheat Bread Lettuce & Tomato Potato Salad Fresh Fruit Brownie Milk
MEMORIAL DAY May 29	May 30	May 31		
	Chicken & Biscuits 1/2c Mixed Vegetables 2 Mini Biscuits Seasonal Fresh Fruit	Baked Meatloaf w/ Gravy Baked Potato w/ Margarine 1/2c Beets 1 White Bread Seasonal Fresh Fruit	*menu subject to change	

\*\*\* Served daily: Milk and Margarine