
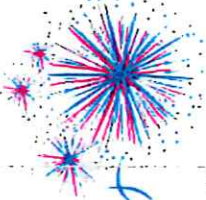

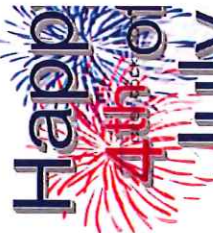


July

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Meatloaf w/Gravy Mashed Potatoes Mixed Vegetables	2 Three Bean Chili w/Bulgur Wheat Confetti & Pea Vegetable Apple Crumble	3 Paprika Chicken Wild & Brown Rice Peas & Carrots Poached Pear	4  Sweet Italian Sausage, Peppers & Onions w/Marinara Roasted Potatoes Steamed Peas	5
8 Roasted Chicken Thighs w/Sweet Potatoes Green Beans Blueberry Buckle	9 Cheesy Stuffed Shells w/Crushed Tomato Sauce Steamed Carrots Mixed Vegetables	10 Swedish Meatballs over Egg Noodles Peas Applesauce	11 Pork & Sauerkraut w/Apples Cauliflower w/Cheddar Sauce Peach Crumble	12 Roasted Tilapia w/Lemon over Rice Capri Vegetable Blend Stewed Tomatoes
15 Baked Mac & Cheese Roasted Peppers Green Beans	16 Gingered Mustard Pork Brussels Sprouts Sweet Potatoes	17 Caribbean Flounder w/Dirty Rice Steamed Carrots Brussels Sprouts	18 Beef Stroganoff w/ Egg Noodles Mixed Vegetables Applesauce	19 French Toast Sticks Scrambled Eggs w/Cheese Peaches w/Granola
22 Chicken Burger w/Roasted Peppers & Provolone Wild & Brown Rice Pilaf Steamed Broccoli	23 Pasta w/Meatballs Peas Poached Pear 	24 Korean Style BBQ Beef Fried Rice Roasted Peppers & Onions	25 Roasted Chicken w/Beans & Sun- dried Tomatoes Quinoa Pilaf w/Riced Vegetables Broccoli & Cheese Sauce	26 Korean Roast Pork Fried Rice Capri Vegetables
29 Meatloaf w/Gravy Mashed Potatoes Mixed Vegetables	30 Three Bean Chili w/Bulgur Wheat Peas and Carrots Apple Crumble	31 Paprika Chicken Wild & Brown Rice Peas & Carrots Poached Pear	 Ending Hunger, Building Community, Transforming Lives	

Congregate Lunch

July 2024

Monday		Tuesday		Wednesday		Thursday		Friday	
10:00 10:30 10:30 11:15 12:00 12:30	Workout Drums Alive Humor Hour Meditation Monday Matinee July IQ	2	10:00 Workout 10:30 Yoga w/ Laurie 10:30 Word N a Word 11:00 Health/Wellness 12:15 BINGO	3	10:00 Workout 10:30 Tai Chi w/ Darrel 10:30 TBD 11:30 4th of July party 12:00 Music Magic 12:15 Bible Study	4	CENTER CLOSED 	5	10:00 Workout 10:30 Tai Chi w/ Darrel 10:30 Art 4 Me w/Jen 12:15 Gardens/Habitats 12:30 Art 4 Me w/Jen
8	10:00 Workout 10:30 Drums Alive 10:30 Humor Hour 11:15 Meditation 12:00 Monday Matinee 12:30 July IQ	9	10:00 Workout 10:30 Yoga w/ Laurie 10:30 Word N a Word 11:00 Health/Wellness 12:15 Aetna BINGO	10	10:00 Workout 10:30 Tai Chi w/ Darrel 10:30 Category's Game 10:30 PREMIER BARBERS 12:00 Music Magic 12:15 Bible Study	11	10:00 Yoga Video 10:30 Zumba w/Nancy 10:30 Art with Jennifer 10:30 Tranquility 12:30 Art w/Jen 12:30 Line Dancing	12	10:00 Workout 10:30 Tai Chi w/ Darrel 10:30 Art 4 Me w/Jen 12:15 Gardens/Habitats 12:30 Gospel Music 12:30 Art 4 Me w/Jen
15	10:00 Workout 10:30 Drums Alive 10:30 Humor Hour 11:15 Meditation 12:00 Monday Matinee 12:30 July IQ	16	10:00 Workout 10:30 Yoga w/ Laurie 10:30 Word N a Word 11:00 Health/Wellness 12:15 Aetna Craft	17	10:00 Workout 10:30 Tai Chi w/ Darrel 10:30 Humana's Time with Tina 12:00 Music Magic 12:15 Bible Study	18	10:00 Yoga Video 10:30 Zumba w/Nancy 10:30 Art with Jennifer 10:30 Tranquility 12:15 Master Ur Mind 12:30 Art w/Jen 12:30 Line Dancing	19	10:00 Workout 10:30 Tai Chi w/ Darrel 10:30 Art 4 Me w/Jen 12:15 Gardens/Habitats 12:30 Gospel Music 12:30 Art 4 Me w/Jen
22	10:00 Workout 10:30 Drums Alive 10:30 Humor Hour 11:15 Meditation 12:00 Monday Matinee 12:30 July IQ	23	10:00 Workout 10:30 Yoga w/ Laurie 10:30 Word N a Word 11:00 Health/Wellness 12:15 BINGO	24	10:00 Workout 10:30 Tai Chi w/ Darrel 10:30 Category's Game 12:00 Music Magic 12:15 Bible Study	25	10:00 Yoga Video 10:30 Zumba w/Nancy 10:30 Art with Jennifer 10:30 Tranquility 12:15 Master Ur Mind 12:30 Art w/Jen 12:30 Line Dancing	26	10:00 Workout 10:30 Tai Chi w/ Darrel 10:30 Art 4 Me w/Jen 12:15 Gardens/Habitats 12:30 Gospel Music 12:30 Art 4 Me w/Jen
29	10:00 Workout 10:30 Drums Alive 10:30 Humor Hour 11:15 Meditation 12:00 Monday Matinee 12:30 July IQ	30	10:00 Workout 10:30 Yoga w/ Laurie 10:30 Word N a Word 11:00 Health/Wellness 12:15 BINGO	31	10:00 Workout 10:30 Tai Chi w/ Darrel 10:30 Category's Game 12:00 Music Magic 12:15 Bible Study	<p>This calendar will be changing throughout the month as we add programs and get a new Program Coordinator in place.</p>			