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| **August 2024 - Meal Calendar** | | | | | |  | | **August 2024 - Activity Calendar** | | | | |
| **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |  | | **MONDAY** | | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
|  |  | July 9th, in loving memory of Betty Rottman | 1  **11:30a-12:30p Lunch**  Lasagna, Mixed Vegetables, Grapes  **4:30-5:30p Dinner**  Chicken Stew with Biscuit, Brussels Sprouts, Pear | 2  **11:30a-12:30p Lunch**  Sloppy Joe on Bun, Green Beans, Carrots, Burst O' Berries |  | |  | |  |  | **1**  10a Pokeno  10a Zumba Gold  1p Penny Bingo  **3p Medicine Shoppe Bingo** | 2  10:45a Fit for the Aging  1p Pantry Bingo |
| 5  **11:30a-12:30p Lunch**  BBQ Pork Sandwich, Dill and Garlic Potatoes, Crinkle Cut Carrots, Kiwi  **4:30-5:30p Dinner**  Taco Salad, Corn, Grapes | 6  **11:30a-12:30p Lunch**  Spaghetti and Meatballs, Broccoli, Cantaloupe & Honeydew, Breadsticks  **4:30-5:30p Dinner**  Beef Tips, California Blend Vegetable, Pear | 7  **11:30a-12:30p Lunch**  Chicken Stir Fry, Brown Rice, Sugar Snap Peas, Apricots  **4:30-5:30p Dinner**  Lemon Baked Fish, Redskin Potatoes, Green Beans, Pear | 8  **11:30a-12:30p Lunch**  BBQ Chicken, Fried Cabbage with Bacon, Beans Baked, Grapes  **4-6pm Hog Roast Dinner**  Roasted Hogs, Cole Slaw, Potato Salad, Apple Sauce, Caramel Apple Bars | 9  **11:30a-12:30p Lunch**  Roast Turkey, Mashed Potatoes & Gravy, Peas & Onions, Orange |  | | 5  **10a Silver Sneakers CANCELLED**  1-4p Chess Club  2-3p Diamond Art Club | | 6  10a Zumba Gold  **7a-8p Primary Election Voting @ Polling Locations** | **7**  **10a Silver Sneakers CANCELLED**  11-1p Blood Pressure  12:30p Mahjong  **1:30p-3:30p Tai Chi**  3:30p Senior Moments Acting Class | 8  10a Pokeno  10a Zumba Gold  1p Penny Bingo  **4p–6p Hog Roast Special Dinner** | 9  10:45a Fit for the Aging  1p Pantry Bingo |
| 12  **11:30a-12:30p Lunch**  Chicken Cordon Bleu, Mashed Potatoes & Gravy, Green Beans, Pineapple  **4:30-5:30p Dinner**  Beef Enchilada, Spanish Rice, Carrots, Kiwi | 13  **11:30a-12:30p Lunch**  Chicken and Dumplings, Harvest Blend Vegetables, Orange  **4:30-5:30p Dinner**  Beef Stew, California Blend Vegetable,  Apple | 14  **11:30a-12:30p Lunch**  Hamburger Stroganoff,  Green Beans, Apricots  **4:30-5:30pm Dinner**  Pork Roast, Baked Potato, Green Beans, Pear | 15  **11:30a-12:30p Lunch**  Macaroni & Cheese with Ham, Harvest Blend Vegetables, Grapes  **4:30-5:30p Dinner**  Scrambled Eggs,  Turkey Sausage, Hash Browns, Yogurt Blueberry, Wheat Toast | 16  **11:30a-12:30p Lunch**  Cheese Ravioli w/Sauce, Asparagus, Italian Blend, Grapes |  | | 12  **10a Silver Sneakers CANCELLED**  1-4p Chess Club  2-3p Diamond Art Club | | 13  **9a-2p Housing Counseling Class**  10a Zumba Gold  **11:30a Gordon Food Service Taste Test**  **1p Jeopardy** | 14  **10a Silver Sneakers CANCELLED**  11a **Alzheimer’s**  **Support Grp @ The Brook**  11-1p Blood Pressure Check  12:30p Mahjong  **1p-5p CPR/First Aid Class**  **1:30p-3:30p Tai Chi**  3:30p Senior Moments Acting Class | 15  10a Pokeno  10a Zumba Gold  1p Penny Bingo  **1:30p Senior Project Fresh**  **1-5p Legal Assistance** | 16  10:45a Fit for the Aging  1p Pantry Bingo  **\* Lavendar Farm Trip Registration Due, See Page 4 for Details** |
| 19  **11:30a-12:30p Lunch**  Breaded Fish Fillet, Cheesy Mashed Potatoes, Crinkle Cut Carrots, Pineapple  **4:30-5:30p Dinner**  Chicken Tacos,  Refried Beans, Kiwi | 20  **11:30a-12:30p Lunch**  Western Omelet, Redskin Potatoes, Broccoli and Cauliflower, Grapes  **4:30-5:30p Dinner**  Stuffed Peppers, Broccoli, Cauliflower  Kiwi, Wheat Bread | 21  **11:30a-12:30p Lunch**  Pork Chop Supreme,  Baked Potato, Brussels Sprouts, Kiwi  **4:30-5:30p Dinner**  Shepard’s Pie, Carrots,  Grapes, Wheat Bread | 22  **11:30a-12:30p Lunch**  Beef and Broccoli, Brown Rice, Stir Fry Vegetables, Berry Blend  **4:30-5:30p Dinner**  Chili with Beans, Broccoli and Cauliflower, Wheat Bread, Banana | 23  **11:30a-12:30p Lunch**  Pot Roast, Mashed Potato w/ Gravy, Corn, Kiwi |  | | 19  10a Silver Sneakers  1-4p Chess Club  2-3p Diamond Art Club | | 20  10a Zumba Gold  **4:30p COA Board Meeting** | 21  10a Silver Sneakers  **11a New to Medicare**  **11-1p Blood Pressure Check & Brown Bag Medication Review**  12:30p Mahjong  **1:30p-3:30p Tai Chi**  3:30p Senior Moments Acting Class | 22  10a Pokeno  10a Zumba Gold  1p Penny Bingo | 23  10:45a Fit for the Aging  **12p-3p Lavendar Farm Visit**  1p Pantry Bingo |
| 26  **11:30a-12:30p Lunch**  Chicken Drumsticks, Beans Baked Prince Charles Vegetables, Apricots  **4:30-5:30p Dinner**  Sweet and Sour Meatballs, Brown Rice, Stir Fry Vegetables, Pineapple    In loving memory of Audrey Rice | 27 **Cookies & Ice Cream**  **11:30a-12:30p Birthday Lunch**  Meatloaf, Mashed Potatoes w/ Gravy,  Brussels Sprouts,  Strawberries  **4:30-5:30p Dinner**  Chicken Fajita, Roasted Corn & Black Bean Fiesta, Grapes | 28  **11:30a-12:30p Lunch**  Lemon Pepper Chicken, Baked Potato,  Brussels Sprouts, Orange  **4:30-5:30p Dinner**  Beef Stroganoff, Asparagus, Italian Blend, Breadstick, Apple | 29  **11:30a-12:30p Lunch**  Chicken Tenders,  Cheesy Mashed Potatoes, Broccoli and Cauliflower, Orange  **4:30-5:30pm Dinner**  Chicken Fettuccine, Sugar Snap Peas, Broccoli, Orange | 30  **11:30a-12:30p Lunch**  Pepper Steak, Brown Rice, Stir Fry Vegetable, Sugar Snap Peas, Kiwi |  | | 26  **9:15a-5:30p Foot Clinic –Appt. Required**  10a Silver Sneakers  1-4p Chess Club  2-3p Diamond Art Club | | 27  10a Zumba Gold  **11:30a Birthday Lunch** | 28  10a Silver Sneakers  **11-1p Blood Pressure Check & Brown Bag Medication Review**  12:30p Mahjong  **1:30p-3:30p Tai Chi**  3:30p Senior Moments Acting Class | **29**  10a Pokeno  10a Zumba Gold  1p Penny Bingo | **30**  10:45a Fit for the Aging  1p Pantry Bingo  **\*Art Class Sign Up Fee Due, See Page 11 for Details** |
| **Light Bites**  Egg Salad on Croissant  Cucumber Dill Salad  Red Grapes | **Light Bites**  Southern Style Chicken Salad on Croissant  Garden Salad  Orange | **Light Bites**  Italian Meatball Sub  Garden Salad | **Light Bites**  Mojo Chicken Bowl  Grapes | **Light Bites**  Garden Salad  BBQ Chicken Flatbread  Fresh Pear |  | |  | |  |  |  |  |