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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**  | 210:45a 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 Club2-3p Diamond Art Club | 610a Zumba Gold **7a-8p Primary Election Voting @ Polling Locations** | **7****10a Silver Sneakers CANCELLED**11-1p Blood Pressure12:30p Mahjong**1:30p-3:30p Tai Chi**3:30p Senior Moments Acting Class  | 810a Pokeno 10a Zumba Gold 1p Penny Bingo **4p–6p Hog Roast Special Dinner** | 910:45a Fit for the Aging1p 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 Club2-3p 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 Check12:30p Mahjong**1p-5p CPR/First Aid Class****1:30p-3:30p Tai Chi**3:30p Senior Moments Acting Class  | 1510a Pokeno 10a Zumba Gold 1p Penny Bingo**1:30p Senior Project Fresh****1-5p Legal Assistance**  | 1610:45a Fit for the Aging1p 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, CauliflowerKiwi, 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 |  | 1910a Silver Sneakers 1-4p Chess Club2-3p Diamond Art Club | 2010a Zumba Gold **4:30p COA Board Meeting** | 2110a 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  | 2210a Pokeno 10a Zumba Gold 1p Penny Bingo  | 2310:45a 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, PineappleIn 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 Club2-3p Diamond Art Club | 2710a Zumba Gold **11:30a Birthday Lunch** | 2810a 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 Aging1p Pantry Bingo**\*Art Class Sign Up Fee Due, See Page 11 for Details** |
| **Light Bites**Egg Salad on CroissantCucumber Dill SaladRed Grapes | **Light Bites**Southern Style Chicken Salad on Croissant Garden SaladOrange | **Light Bites**Italian Meatball SubGarden Salad | **Light Bites**Mojo Chicken BowlGrapes | **Light Bites**Garden SaladBBQ Chicken FlatbreadFresh Pear |  |  |  |  |  |  |