

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<h1>JULY 2016</h1>				<b>1</b> 9:00am...Zumba Gold 10:00am...Scrabble Club 1:00pm...Flowers for Everyone 1:00pm...Yoga
<b>CLOSED</b> <b>for</b> <b>INDEPENDENCE DAY</b>	<b>4</b> <b>5</b> 9:15am...A Matter of Balance 10:00am...Meeting of the Minds 10:00am...Beginners Bridge 1:00pm...Fun and Games 1:00pm...Benefit Rep	<b>6</b> <b>7</b> 9:00am...Chair Yoga 10:00am...Knitting 10:00am...Line Dancing 11:30am...Shopping at Shaw's 12:30pm...Bridge	<b>8</b> 9:00am...Senior Strength I 10:00am...Senior Strength II 10:00am...Computer Basics 10:30am...Blood Pressure 1:00pm...Bingo	<b>8</b> 9:00am...Zumba Gold 10:00am...Scrabble Club 1:00pm...Yoga
<b>11</b> 9:00am...Chair Yoga 9:15am...A Matter of Balance 12:30pm...Bridge 12:30pm...Mah Jong 6:45pm...Duplicate Bridge 1:00pm...Alzheimer's Support	<b>12</b> 9:00am...Senior Strength I 10:00am...Senior Strength II 10:00am...Beginners Bridge 10:00am...Hot Topics 1:00pm...Bridge 1:00pm...Fun and Games 1:00pm...Benefit Rep	<b>13</b> 9:00am...Chair Yoga 10:00am...Knitting 10:00am...Line Dancing 11:30am...Shopping at Shaw's 12:30pm...Bridge	<b>14</b> 9:00am...Senior Strength I 10:00am...Senior Strength II 10:00am...Computer Basics 10:30am...Blood Pressure 10:45am...Wellness 1:00pm...Bingo	<b>15</b> 9:00am...Zumba Gold 10:00am...Scrabble Club 1:00pm...Yoga
<b>18</b> 9:00am...Chair Yoga 9:15am...A Matter of Balance 12:30pm...Bridge 12:30pm...Mah Jong 6:45pm...Duplicate Bridge	<b>19</b> 9:00am...Senior Strength I 10:00am...Senior Strength II 10:00am...Meeting of the Minds 10:00am...Beginners Bridge 1:00pm...Fun and Games 1:00pm...Benefit Rep	<b>20</b> 9:00am...Trip to Log Cabin 9:00am...Chair Yoga 10:00am...Knitting 10:00am...Line Dancing 11:30am...Shopping at Shaw's 12:30pm...Bridge	<b>21</b> 9:00am...Senior Strength I 10:00am...Senior Strength II 10:00am...Computer Basics 10:30am...Blood Pressure 1:00pm...Bingo	<b>22</b> 9:00am...Zumba Gold 10:00am...Scrabble Club 1:00pm...Yoga
<b>25</b> 9:00am...Chair Yoga 9:15am...A Matter of Balance 12:30pm...Bridge 12:30pm...Mah Jong 6:45pm...Duplicate Bridge	<b>26</b> 9:00am...Senior Strength I 10:00am...Senior Strength II 10:00am...Beginners Bridge 10:00am...Hot Topics 1:00pm...Bridge 1:00pm...Fun and Games 1:00pm...Benefit Rep	<b>27</b> 9:00am...Chair Yoga 10:00am...Knitting 10:00am...Line Dancing 11:30am...Shopping at Shaw's 12:30pm...Bridge	<b>28</b> 9:00am...Senior Strength I 10:00am...Senior Strength II 10:30am...Blood Pressure 1:00pm...Bingo	<b>29</b> 9:00am...Zumba Gold 10:00am...Scrabble Club 10:00am...Annual Picnic 1:00pm...Yoga

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<h1>JULY 2016</h1>			Please make reservations by 12:00 noon one day in advance at 247-1926	<b>1</b> Lemonade <b>Fried Steak with Country Gravy</b> Potato Salad Cole Slaw Jello <i>(Hot Dog on a Roll)</i>
<b>4</b>  <b>CLOSED</b>  <b>for</b>  <b>INDEPENDENCE DAY</b>	<b>5</b> Vegetable Soup <b>Pub Burger with Gravy</b> Mashed Potatoes Broccoli Cuts Diced Peaches <i>(Meatball Grinder)</i>	<b>6</b> Orange Juice Fruit Stuffed Pancakes <b>Sausage Links</b> Omelet w/ Tomato Slice Fruit Cup	<b>7</b> Onion Soup <b>American Chop Suey</b> Elbow Pasta Green Beans Shortbread Cookie <i>(Italian Grinder)</i>	<b>8</b> Red Chowder <b>Florentine Fish</b> Crispy Potatoes Sliced Carrots Fresh Fruit <i>(Corned Beef on Rye)</i>
<b>11</b> Chicken Soup <b>Beef Stroganoff</b> Buttered Egg Noodles Mixed Vegetables Pudding <i>(Grilled Chicken on Wheat)</i>	<b>12</b> Italian Wedding Soup <b>Chicken Cacciatore</b> Basil Rice Seasoned Summer Squash Fruit Cocktail <i>(Tuna on Italian)</i>	<b>13</b> Cream of Broccoli Soup <b>Liver &amp; Onions</b> Mashed Potatoes Asparagus Cuts Fresh Fruit <i>(Chicken Salad on Oatmeal)</i>	<b>14</b> Vegetable Soup <b>Pork Chop w/Applesauce</b> Roasted Potatoes Brussel Sprouts Chocolate Chip Cookie <i>(Light Bologna on Wheat)</i>	<b>15</b> Corn Chowder <b>Southwest Entrée Salad with Chicken</b> Angel Cake <i>(Egg Salad on a Roll with Salad)</i>
<b>18</b> Potato and Leek Soup <b>Oven Roasted Turkey &amp; Gravy</b> Whole Grain Stuffing Peas and Carrots Oatmeal Cookie <i>(Shrimp Salad on White)</i>	<b>19</b> Split Pea Soup <b>Baked Ham</b> Mashed Sweet Potatoes Vegetable Blend Lemon Pudding <i>(Pastrami &amp; Cheese on Multi-grain)</i>	<b>20</b> Escarole and Bean Soup <b>Chicken à la King</b> Whole Grain Biscuit Garden Salad Seasonal Fresh Fruit <i>(Hamburger with Side Salad)</i>	<b>21</b> Tomato Soup <b>Shepherd's Pie</b> California Blend Vegetables Frosted Cupcake Snowflake Roll <i>(Ham and Cheese on Rye)</i>	<b>22</b> Low Sodium V8 <b>Shrimp Jambalaya</b> Collard Greens Corn Bread Diced Pears <i>(Sliced Chicken on Roll)</i>
<b>25...</b> Beef Barley Soup <b>Roast Pork Loin with Gravy</b> Mashed Potatoes Green Beans Fresh Fruit <i>(Turkey and Swiss on Wheat)</i>	<b>26</b> Chicken Escarole Soup <b>Grilled Chicken</b> Corkscrew Pasta Primavera Side Salad Diced Peaches <i>(Salmon Salad on a Roll)</i>	<b>27</b> Vegetable Soup <b>Swedish Meatballs</b> Buttered Noodles Mixed Vegetables Cookie <i>(Italian Tuna on a Roll)</i>	<b>28</b> Egg Drop Soup <b>Crispy Chicken Asian Salad</b> Coffee Cake <i>(Pulled Pork on a Roll with Side Salad)</i>	<b>29</b> Lemonade <b>BBQ Chicken Breast</b> Baked Beans Tomato, Onion, Cucumber Salad Watermelon <i>(Hot Dog on a Roll)</i>