








July 2018

Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 4:00 Vespers Church Service 6:00 Bingo	2 9:00 Meijer's shopping 10:00 Chair Exercise	3 10:00 Chair Yoga video 10:00 Wii Bowling 1:00 Errand Run	4  4th of July OFFICE CLOSED TODAY	5 10:00 Elastic Band exercise 10:30 Wii Bowling 3:00 Bible Study	6 10:00 Chair Exercise 11:00 Church Bulletin 1:00 Euchre 3:30 Karaoke	7 10:00 Chair Exercise 2:00 Corn Hole Toss 4:00 Coffee
8 4:00 Vespers Church Service 6:00 Bingo	9 10:00 Chair Exercise 3:00 Movie & Popcorn	10 10:00 Chair Yoga video 10:00 Wii Bowling 1:00 Errand Run	11 10:00 Balance Ball exercise 11:00 Steve Berkmeier entertains 2:15 Bingo	12 10:00 Elastic Band exercise 10:30 Wii Bowling 2:00 Laura's Bridal Shower 3:00 Bible Study Margaret Johnson's Birthday	13 Friday the 13th 10:00 Cardio Drumming 11:00 Church Bulletin 1:00 Euchre 3:00 Birthday celebration	14 10:00 Chair Exercise 2:00 Corn Hole Toss 4:00 Coffee Ruth Hoover's' Birthday
15 4:00 Vespers Church Service 6:00 Bingo	16 9:00 Gals & Guys Shopping day! 3:00 Movie & Popcorn 	17 10:00 Chair Yoga video 10:00 Wii Bowling 1:00 Errand Run	18 10:00 Balance Ball exercise 10:30 Trivia Game 2:15 Bingo	19 Pam gone today 10:30 Catholic Mass 1:00 Wii Bowling	20 Pam gone today 11:00 Church Bulletin 1:00 Euchre	21 10:00 Chair Exercise 2:00 Corn Hole Toss 4:00 Coffee
Watch the sky for Hot Air Balloons... they may float by!						
22 4:00 Vespers Church Service 6:00 Bingo	23 10:00 Chair Exercise 3:00 Movie & Popcorn	24 9:00 Chair Yoga 9:30 Wii Bowling Tourney 1:00 Errand Run	25 Christmas in JULY! 10:00 Balance Ball exercise 3:00 Volunteer Celebration 	26 Rummage Sale at Free Methodist Church! 10:00 Elastic Band exercise 3:00 Bible Study	27 Bake & Rummage Sale at Arbor Oaks  11:00 Church Bulletin 1:00 Euchre	28 10:00 Chair Exercise 2:00 Corn Hole Toss 4:00 Coffee
29 4:00 Vespers Church Service 6:00 Bingo	30 10:00 Chair Exercise 3:00 Bingo Buck Store Shirley Knudson's Birthday 	31 10:00 Chair Yoga video 10:00 Wii Bowling 1:00 Errand Run				

July 2018

Lunch Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Roast beef, baked potato, cauliflower, dinner roll, tossed salad, pie	2 Chicken leg quarters, au gratin potatoes, peas, broccoli salad, strawberry cake mix brownie	3 Taco salad, Hawaiian delight salad, zucchini chocolate cake	4  Hamburger deluxe, baked beans, coleslaw, ice cream	5 Lasagna, cauliflower, garlic bread, 3 bean salad, cranberry orange cookie	6 Salmon, wild rice, carrots, romaine salad, dreamsicle dessert	7 Grilled chicken breast, baked potato, mixed veg., greek pasta salad, cookie
8 Meat loaf, mashed potatoes, corn, dinner roll, jello salad, pie	9 Grilled cheese, tomato soup coleslaw, cheese-cake	10 Chicken Caesar salad, garlic bread, jello salad, pink flamingo cake	11 Stuffed cabbage, mashed potatoes, peas, cottage cheese salad, pudding	12 Chicken & spinach alfredo lasagna, broccoli, dinner roll, romaine salad, oatmeal cookie	13 Tilapia, country rice, carrots, marinated tomatoes, mandarin orange cake	14 Chicken fingers, mac & cheese, green beans, sauerkraut salad, brownie
15 Pot roast, redskin potatoes, mixed veg., dinner roll, romaine salad, pie	16 White chili, cornbread, jello salad, chocolate chip cookie	17 Chicken cordon bleu, baked potato, peas, broccoli salad, applesauce cake	18 Tuna salad, chips, croissant, spring pea salad, chocolate peanut butter oatmeal bars	19 Chicken leg quarters, mac & cheese, broccoli, 5 cup salad, silver white cake	20 Pollack, country rice, green beans, spinach salad, orange creamsicle pie	21 Chicken fried steak w/ sausage gravy, mashed potato, corn, cottage cheese w/fruit, molasses cookie
22 Pork roast, diced rosemary garlic redskin potatoes, mixed veg., dinner roll, cucumber salad, pie	23 Chicken Harvest salad, cherry bread, fruit, banana split dessert salad	24 Goulash, carrots, pea & cauliflower salad, sour cream sugar cookie	25 Christmas in July Ham, mashed potatoes, green bean casserole Christmas cranberry salad, Christmas cookie 	26 Taco salad, waldorf salad bread pudding	27 Salmon, diced rosemary garlic redskin potatoes, peas, mexican cucumber salad, peach cobbler	28 Chicken parmesan, spaghetti noodles, broccoli, garlic bread, spinach salad, pineapple upside down cake
29 Roast beef, mashed potatoes, corn, dinner roll, tropical orange jello salad, pie	30 Chicken berry spinach salad, lemon poppy-seed bread, creamy dill cucumber tomato salad, orange buttermilk cake	31 Pepper steak, white rice, carrots, applesauce jello, cookie				