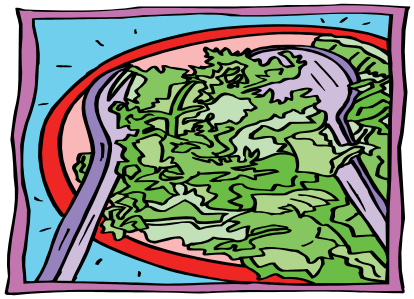
Seskeha/August 2011
Lunch Menu & Activities

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Menu Pork Chops Boiled Potatoes 3 Bean Salad Applesauce Activities 9am Zumba Gold 1;00 Bingo	2 Menu Chicken Cordon Blue, Rice Pilaf Mixed Vegetables Berries & Yogurt Activities 8-10 am Fall Prevention 12:30 Shopping 1:30 Zumba Gold	3 Menu Hash, Asparagus Corn bread Chocolate Cake Activities 10am Sewing A quilted Banner 11:15 Nutritional Bingo	4 Menu Fish burger Macaroni & Cheese ' Stewed Tomatoes, Pears Activates 8-10am Fall Prevention 12:30 Mall Trip	5 Menu Cold Plate w/Turkey Potato Salad Tomato/Cucumber Slices, Watermelon Slice Activities 12:30pm Trip to IGA	6 6:30 Pm A-K
7 6:30 Pm A-K	8 Menu Spanish Rice Buttered Turnips Mandarin Oranges Activities 9am Zumba 11:15 Lifeline w/ Tammy Lippacher 1:00 Bingo	9 Menu BBQ Spareribs Mashed Potatoes Carrots Applesauce Activities 8-2pm Massage 12:30 Shopping 1:30 Zumba Gold	10 Menu Chicken Casserole Green Beans Cantaloupe Slice Activities 9am Zumba Gold 10am Sewing A Quilted Banner	11 Menu Tuna Noodle Casserole Peas, Fruited Jell-o w/topping Activities 10am Hair Cuts w/ Lisa Jock 12:30 Mall Trip 1:30 Legal Aid	12 Menu Senior Picnic No Home Delivery Activities Bean Bag Horseshoes Garage Sale Ladder Ball Wiffle Ball Golf	13 6:30Pm A-K

14 6:30Pm A-K	15 Menu Beef Stew Biscuit Peaches Activities 9am Zumba Gold 1:00 Bingo	16 Menu Chicken Tetrazzini Waxed Beans Chocolate Pudding Activities 12:30 Shopping 1:30 Zumba Gold	17 Menu Spaghetti &Meatball Tossed Salad Italian Bread Italian Ice Activities 9am Zumba Gold 10amClub Mt. 11:15 Nutrition Ed 2pm Fun w/ Mohawk Language	18 Menu Baked Fish Potato Wedges Broccoli/Cauliflower Peanut Butter Activities 10:30am Advisory Mt 12:30 Cornwall Shopping	19 Menu Chicken Salad in a Pita, To-mato/Cucumber Slices, Butter-scotch Pudding Activities 10am Book Club 12:30Trip to IGA 1pm Painting	20 6:30 pm A-K 12pm Cribbage
21 6:30 Pm A-K	22 Menu Beef Stroganoff Over noodles, Ca Blend Vegetables Pears Activities 9am Zumba Gold 1:00 Bingo	23 Menu Italian Sausages w/ Onions, Green peppers, Macaroni Salad, Baked beans Mandarin Oranges Activities 123:30 Shopping 1:30 Zumba Gold	24 Menu Breakfast Meal Waffles, Ham Slice Hash Browns, Fruit Cup Activities 9am Zumba Gold 10am Sewing a Quilted Banner	25 Menu Wellness Day Chicken BBQ at Pavilion, HDM Will get a Sandwich Salad Activities 10am Vital Signs 12:30 Mall Outside Activities	26 Menu Chili Johnny Cake Jell-o w/ Fruit Activities 12:30pmTrip to IGA 1pm Painting	27 6:30 pm A-K
28 6:00pm A-K Tournament 	29 Menu Cabbage Roll Casserole, Tossed Salad Fruit Ambrosia Activities 9am Zumba Gold 1:00 Bingo	30 Menu Sweet & Sour Pork Brown Rice, Mixed Oriental Vegetables Oatmeal Raisin Cookie Activities 8:30-2pm Massage 12:30 Shopping 1:30 Zumba Gold	31 Birthday Meal Roast Turkey, Mashed Potatoes Butternut Squash Cranberries Birthday Cake Activities 9am Zumba Gold 10am Vital Signs w/ Krystal 10:30 Remington Museum Trip 2pm Fun w/Mohawk			

- The Senior Center is open 8-4
- Please call for reservations by 9:30am to Arvella @ 358-2963, Ext. 108. This courtesy call ensures that we will have enough food for everyone.
- Salads are now available, and must be called in
- advance.

Starting in July on Tuesdays and Thursdays Shirley Peck's Vegetable Stand will be set-up @ Seniors