



Seskeha/August 2009



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>"Motivation is what gets you started, habit is what keeps you going."</p> <p>The Senior Center is open 8:00 am-4:00 pm. Please call in your reservation by 9:30 am at 358-2963 A birthday meal is held the last Wednesday of the month. Chef salads are available daily and must be called in advance with your choice of dressings: Ranch, Italian, Raspberry, or French</p>						<p>1</p> <p>6:30 Pm A-K</p>
<p>2</p> <p>6:30 Pm A-K</p>	<p>3</p> <p><u>Menu:</u> Chicken & Biscuits Peas & Carrots Cranberry Applesauce Tapioca Pudding</p> <p><u>Activities</u> 1:00 Bingo</p>	<p>4</p> <p><u>Menu:</u> Spaghetti & Meatballs Tossed Sal Italian Bread Jell-o w/topping</p> <p><u>Activities</u> 8:30-2:30 Massages 11:00 Fitness W/Jared 11:30 Horseshoe 1:00 Shopping</p>	<p>5</p> <p><u>Menu:</u> Cold Plate w/ Turkey Potato Salad Cucumber/tomato Watermelon Slice</p> <p><u>Activities</u> 9-12 Diabetes w/ Diane 10-2:00 Hair Cuts 11:30-1:00 Caregivers & Alzheimer Support Group w/ guest speaker</p>	<p>6</p> <p><u>Menu:</u> Mushroom Pork Chops, Egg Noodles Blend Vegetables Italian Ice</p> <p><u>Activities</u> 9:30 Golf@Cedar 11:00 Fitness/Jared 11:30 Horseshoe</p>	<p>7</p> <p><u>Menu:</u> Tuna Fish Sandwich Tomato soup Oatmeal Cookie</p> <p><u>Activities</u> 10:00 Wii Bowling 11:00 Beading w/ Tina</p>	<p>8</p> <p>12 Pm Cribbage 6:30 Pm A-K</p>
<p>9</p> <p>6:30 Pm A-K</p>	<p>10</p> <p><u>Menu:</u> Spanish Rice Green Beans Mandarin Oranges</p> <p><u>Activities</u> 1:00 Bingo</p>	<p>11</p> <p><u>Menu:</u> Open Faced Turkey Sandwich ,Sweet Potatoes, Cauliflower Pears</p> <p><u>Activities</u> 11:00 Fitness/Jared 11:30 Horseshoes 11:30-12 Nutrition 1:00 Shopping</p>	<p>12</p> <p><u>Menu:</u> Hash Asparagus Applesauce, Cornbread Black Forest Cake</p> <p><u>Activities</u> 9-12 Diabetes W/Diane 10-1:30 JOM Heroes Activity w/ Grandparents</p>	<p>13</p> <p><u>Menu:</u> Baked Fish Rice Pilaf Corn, Coleslaw Vanilla Pudding</p> <p><u>Activities</u> 9:30 Golf@Cedar 10:00 Adv 10:30 Club 11:00 Fitness w/Jared 11:30 Horseshoe w/Jared</p>	<p>14</p> <p><u>Menu:</u> 10-3:00 Annual Picnic Chicken, hamburgers, Hotdogs/sausages You bring the Salads</p> <p><u>Activities</u> 1-3 D.J Brian Garrow Golf, Horseshoes Pokerwalk , Bowling</p>	<p>15</p> <p>6:30 Pm A-K</p>
<p>16</p> <p>6:30Pm A-K</p>	<p>17</p> <p><u>Menu:</u> Beef Stew Potatoes, Vegetables Peaches</p> <p><u>Activities</u> 1:00 Bingo</p>	<p>18</p> <p><u>Menu:</u> Sweet & Sour Pork Rice Mixed Vegetables Jell-o w/topping</p> <p><u>Activities</u> 8:30-2:30 Massages 11:00 Fitness w/Jared 11:30 Horseshoe 1:00 Shopping</p>	<p>19</p> <p><u>Menu:</u> Pancakes Sausage Scrambled Eggs Strawberries</p> <p><u>Activities</u> 9-12 Diabetes/Diane 10-1:30 Jom</p>	<p>20</p> <p><u>Menu:</u> Macaroni & Cheese Stewed Tomatoes Broccoli Chocolate Pudding</p> <p><u>Activities</u> 9:30 Golf@ Cedar 11:00 Fitness/Jared 11:30 Horseshoe</p>	<p>21</p> <p><u>Menu:</u> Chicken Caesar Salad, Breadstick Fresh Fruit Cup Butterscotch Pudding</p> <p><u>Activities</u> Wii Bowling</p>	<p>22</p> <p>6:30 Pm A-K</p>
<p>23</p> <p>6:30 Pm A-K</p>	<p>24</p> <p><u>Menu:</u> Lemon Pepper Chicken Rice Pilaf Green Beans, Squash Berries & Yogurt</p> <p><u>Activities</u> 1:00 Bingo</p>	<p>25</p> <p><u>Menu:</u> Baked Pork Chop Stuffing Beets, Applesauce Peanut Butter Cookie</p> <p><u>Activities</u> 9-12 HT.&WT. w/Kim 11:00 Fitness w/Jared 11:30 Horseshoes 1:00 Shopping 1-5 Safe Driver course</p>	<p>26</p> <p><u>Menu:</u> Roast Beef Mashed Potatoes Carrots Birthday Cake Meal</p> <p><u>Activities</u> 9-12 Diabetes w/Diane 1-5 Safe Driver Course</p>	<p>27</p> <p><u>Menu:</u> Mini Turkey & Cheese Sub Coleslaw Cantaloupe</p> <p><u>Activities</u> 9:30 Golf Tournament 11:00 Fitness/Jared 11:30 Horseshoes</p>	<p>28</p> <p><u>Menu:</u> Ham & Cheese Sandwich Chicken Rice Soup Pineapple Chunks</p> <p><u>Activities</u> 10:00 Wii Bowling 1:00 Painting</p>	<p>29</p> <p>6:30 Pm A-K</p>
<p>30</p> <p>6:30 Pm A-K</p>	<p>31</p> <p><u>Menu:</u> Turkey Tetrazini over Noodles Wax beans Butterscotch Pudding</p> <p><u>Activities</u> 1:00 Bingo</p>					