



June 2018 Activities



<p>June 2018 Activities</p> 				<p>Friday, June 1 8:30 Donut Day 12:30 LUNCH 1:00 Mexican Train Dominos</p>
<p>Monday, June 4 9:00 Walkercise 9:30 Hatha Yoga 12:30 LUNCH</p> <p>6pm 1st Monday Dinner at Pennsburg U.C.C. and TOL Senior Center</p>	<p>Tuesday, June 5 10:00 WOW 11:00 Tai Chi 12:30 LUNCH 12:30 Woman's Club - Bridge 1:00 Mahjong</p>	<p>Wednesday, June 6 10:00 Quilting 12:30 LUNCH 1:00 Pinochle</p> <p>Center will open at 10:00 am</p> <p>MOW delivered at 11:00</p>	<p>Thursday, June 7 10:00 WOW 11:00 Tai Chi 12:30 BP/Health Checks 12:30 LUNCH 12:00 Diner's Club 1:00 Summer Heat; Staying Hydrated—Watermelon Day 1:00 Canasta</p>	<p>Friday, June 8 12:30 LUNCH 1:00 Mexican Train Dominos</p>
<p>Monday, June 11 9:00 Walkercise 9:30 Hatha Yoga 10:30 Bible Study 12:30 LUNCH</p>	<p>Tuesday, June 12 10:00 WOW 11:00 Tai Chi 12:30 LUNCH 12:30 Woman's Club - Country Cards 1:00 Mahjong</p>	<p>Wednesday, June 13 9:00 Walkercise 9:30 Yoga 10:00 Quilting 12:30 LUNCH 1:00 Pinochle</p>	<p>Thursday, June 14 10:00 WOW 11:00 Tai Chi 12:30 BP/Health Checks 12:30 LUNCH 1:00 Book Club 1:00 Canasta 1:00 Pizza in a Jar with Teri Wassel from MontCo Health Depart.</p>	<p>Friday, June 15 12:30 LUNCH 1:00 Mexican Train Dominos</p>
<p>Monday, June 18 9:00 Walkercise 9:30 Hatha Yoga 12:30 LUNCH</p>	<p>Tuesday, June 19 10:00 WOW 11:00 Tai Chi 12:30 LUNCH 1:00 Mahjong</p>	<p>Wednesday, June 20 9:00 Walkercise 9:30 Yoga 10:00 Quilting 12:30 LUNCH 1:00 Pinochle</p>	<p>Thursday, June 21 10:00 WOW 11:00 Tai Chi 12:30 BP/Health Checks 12:30 LUNCH 1:00 Canasta</p>	<p>Friday, June 22 12:30 Inside Out Picnic</p>
<p>Monday, June 25 9:00 Walkercise 9:30 Hatha Yoga 10:30 Bible Study 12:30 LUNCH 1:00 Country Cards</p>	<p>Tuesday, June 26 10:00 WOW 11:00 Tai Chi 12:30 LUNCH 1:00 Mahjong 1:00 Stages of Grief Presenta- tion— The Lincoln Center</p>	<p>Wednesday, June 27 9:00 Walkercise 9:30 Yoga 10:00 Quilting 12:30 LUNCH 1:00 Pinochle</p>	<p>Thursday, June 28 10:00 WOW 11:00 Tai Chi 12:30 BP/Health Checks 12:30 LUNCH with Executive Director 1:00 Canasta</p>	<p>Friday, June 29 12:30 LUNCH 1:00 Mexican Train Dominos</p>

JUNE 2018 Menu



				Friday, June 1
				BAKED FISH W/ TOMATO PEPPER OLIVE CAPERS (Tilapia) Yellow squash, carrot and broccoli Brown rice pilaf Bread Pineapples Apple juice
Monday, June 4	Tuesday, June 5	Wednesday, June 6	Thursday, June 7	Friday, June 8
CHICKEN SALAD PLATTER Green leaf lettuce, tomato slice WW bread Cold pea salad Saltines Chicken noodle soup Fresh plum	BEEF STRIPS W/ BURGUNDY WINE SAUCE Carrots Rosemary roasted potatoes Roll Chunky applesauce Grape juice	BAKED ZITI W/SPINACH Caesar salad (romaine) Italian blend (cauliflower, red pepper, Italian green bean) Chocolate chip cookie	SWEET & SOUR MEATBALLS Green beans almonidine Brown rice w/ bell peppers Bread Fruit cocktail Unsweetened Iced Tea	PANKO CRUSTED FISH Tomatoes w/ zucchini Scalloped potatoes White roll Mandarin oranges
Monday, June 11	Tuesday, June 12	Wednesday, June 13	Thursday, June 14	FATHER'S DAY MEAL
PINEAPPLE CHICKEN STIRFRY Stir-fry vegetables Brown fried rice WW roll Pears	SLICED BEEF with PEPPER CREAM SAUCE Roasted beets & carrots Chopped kale and spinach Rye bread Tropical fruit salad Orange juice	CRAB SALAD PLATTER Green leaf lettuce, tomato slice Broccoli & craisin salad 7-grain bread Cream of mushroom soup Saltines Fresh orange	WHOLE GRAIN ROTINI W/ TURKEY MEATBALLS Mixed greens (romaine and spinach) Balsamic vinaigrette Broccoli & cauliflower Marble muffin	DIPPED FRIED CHICKEN Glazed sweet potatoes Green beans almandine Dinner roll Coconut custard pie Diet Jello
Monday, June 18	Tuesday, June 19	Wednesday, June 20	Thursday, June 21	Friday, June 22
HERB ROASTED CHICKEN LEG w/ gravy Collard greens Buttery grits 7-grain bread cup peaches Unsweetened Iced Tea	TURKEY ALA KING Warm peaches w/ crisp topping Wide noodles Pumpernickel bread Cinnamon applesauce	ROAST BEEF SPECIAL Cole slaw Rye bread 1000 island dressing Pineapples Italian wedding soup	BREADED CHICKEN STRIPS Sweet potato cubes Health salad WW roll Fruit cocktail Unsweetened iced tea	MEATLOAF W/ MUSHROOM GRAVY Green beans and carrots Whipped potatoes & cauliflower WW bread Small blueberry muffin Apple juice
Monday, June 25	Tuesday, June 26	Wednesday, June 27	Thursday, June 28	Friday, June 29
CRABCAKE & MAC&CHEESE Stewed tomatoes Winter blend (broc/cauli) White bread Fresh peach	SUNDAY ROASTED CHICKEN Peas & onions Mashed sweet potatoes WW bread Pudding	EGG SALAD SANDWICH Green leaf lettuce, tomato slice Black-eyed pea salad Pumpernickel bread Vegetable soup Fresh orange	GRILLED HONEY BBQ CHICKEN Baked beans Broccoli and carrots Wheat bread Pears Unsweetened iced tea	PIZZA BURGER Tossed Salad Italian dressing Potato wedges WW Hamburger roll Peaches