

# Senior Wellness Center

60 and older = free  
 59 and under = \$3.00 or Assist with  
 Clean up.

Children 18 and under = \$1.00

## July 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>Moving</b> Moving Moving	<b>moving</b> back to the Senior Building!!	<sup>1</sup> <b>Moving</b> Moving Moving	
	<sup>4</sup> <b>Open</b> hrs. 8 am to 5 pm Monday thru Friday	<sup>5</sup> <b>Lukamean</b> oven fried potatoes ww bread fresh salad canned fruit	<sup>6</sup> <b>Sloppy Joes</b> Sweet potato fries pineapple cole slaw canned fruit	<sup>7</sup> <b>Open</b> Hours 8am to 5pm Monday thru Friday	<sup>8</sup> <b>turkey wrap</b> w/ spinach carrot slaw w/ raisens canned fruit	
	<sup>11</sup> <b>Open</b> hours 8 am to 5 pm Monday thru Friday	<sup>12</sup> <b>Broccoli Lasagna</b> green salad garlic bread canned fruit	<sup>13</sup> <b>Parmeasean Chicken</b> Broccoli grape Salad spiral pasta fresh fruit	<sup>14</sup> <b>Open</b> Hours 8am to 5 pm Monday thru Friday	<sup>15</sup> <b>BBq Pork Sandwich</b> hamburger buns roasted carrots and squash canned fruit	
	<sup>18</sup> <b>Open</b> Hours 8am to 5 pm Monday thru Friday	<sup>19</sup> <b>Black Bean Spinach</b> casserole mixed salad canned fruit	<sup>20</sup> <b>Grilled Salmon</b> Brown rice carrots and walnuts fresh fruit	<sup>21</sup> <b>Open</b> Hours 8am to 5pm Monday thru Friday	<sup>22</sup> <b>Indian</b> Beef tacos cabage,olives,cheese, etc., canned fruit	
	<sup>25</sup> <b>Open</b> Hours 8am to 5pm Monday thru Friday	<sup>26</sup> <b>Tuna Casserole</b> mixed vegetables canned fruit	<sup>27</sup> <b>Chicken Ques.</b> Pico de gelo Spanish Rice fresh fruit	<sup>28</sup> <b>Open</b> Hours 8am to 5pm Monday thru Friday	<sup>29</sup> Beef Strognoff ww spiral pasta sauteed zucchini canned fruit	

Approved by Kacey Conyers, RD 5/28/19

**Monday, Wednesday and Friday are Exercise Days lunch for participants**  
**Tuesday and Thursday is Senior Luncheon at noon (12pm)**