

# West Shore Senior Center

## Activity Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1</b>  <b>CLOSED</b> <b>SENATORS GAME</b>	<b>2</b> 8:30   Dominoes/Games 9:30   Blood Pressure 10:00   Bingo 12:00   Tai Chi w/Juli - \$3/pp	<b>3</b> 8:30   Dominoes/Games 11:00   Chair Yoga 12:00   TTFI Zumba/Chair \$5/pp <b>CINCO DE MAYO</b> <b>FESTIVITIES</b>
<b>6</b> 8:30   Dominoes/Games 11:00   Chair Yoga	<b>7</b> 8:30   Dominoes/Games 9:00   Billiards 12:00   BoomWhackers Class	<b>8</b> 8:30   Dominoes/Games 9:00   Billiards 10:30   Bible Study 12:00   Healthy Steps	<b>9</b> 8:30   Dominoes/Games 9:30   Blood Pressure 10:00   Bingo 12:00   Tai Chi w/Juli - \$3/pp	<b>10</b> 8:30   Dominoes/Games 11:00   Chair Yoga 12:00   TTFI Zumba/Chair \$5/pp
<b>13</b> 8:30   Dominoes/Games 11:00   Chair Yoga 12:00   Crafts with Judy, Sally and Loretta	<b>14</b> <b>Painting class</b> 8:30   Dominoes/Games 9:00   Billiards 12:00   BoomWhackers Class	<b>15</b> 8:30   Dominoes/Games 9:00   Billiards 10:30   Bible Study 12:00   Healthy Steps	<b>16</b> <b>Birthday Celebration!</b> 8:30   Dominoes/Games 9:30   Blood Pressure 10:00   Bingo 12:00   Tai Chi w/Juli - \$3/pp	<b>17</b> 8:30   Dominoes/Games 11:00   Chair Yoga 12:00   TTFI Zumba/Chair \$5/pp
<b>20</b> 8:30   Dominoes/Games 11:00   Chair Yoga	<b>21</b> 8:30   Dominoes/Games 9:00   Billiards 12:00   BoomWhackers Class	<b>22</b> 8:30   Dominoes/Games 9:00   Billiards 10:30   Bible Study 12:00   Healthy Steps	<b>23</b> 8:30   Dominoes/Games 9:30   Blood Pressure 10:00   Bingo 12:00   Tai Chi w/Juli - \$3/pp	<b>24</b> <b>MEMORIAL DAY</b> <b>BARBECUE</b> 8:30   Dominoes/Games 11:00   Chair Yoga 12:00   TTFI Zumba/Chair \$5/pp
<b>27</b>  <b>CLOSED</b> <b>MEMORIAL DAY</b>	<b>28</b> 8:30   Dominoes/Games 9:00   Billiards 12:00   BoomWhackers Class	<b>29</b> 8:30   Dominoes/Games 9:00   Billiards 10:30   Bible Study 12:00   Healthy Steps	<b>30</b> 8:30   Dominoes/Games 9:30   Blood Pressure 10:00   Bingo 12:00   Tai Chi w/Juli - \$3/pp	<b>31</b> 8:30   Dominoes/Games 11:00   Chair Yoga 12:00   TTFI Zumba/Chair \$5/pp



# West Shore Senior Center

## Activity Calendar

June 2024

<p><b>3</b>                      8:30   Dominoes/Games                      11:00   Chair Yoga</p>	<p><b>4</b>                      8:30   Dominoes/Games                      9:00   Billiards                      12:00   BoomWhackers Class</p>	<p><b>5</b>                      8:30   Dominoes/Games                      9:00   Billiards                      10:30   Bible Study                      12:00   Healthy Steps</p>	<p><b>6</b>                      8:30   Dominoes/Games                      9:30   Blood Pressure                      10:00   Bingo                      12:00   Tai Chi w/Juli - \$3/pp</p>	<p><b>7</b>                      8:30   Dominoes/Games                      11:00   Chair Yoga                      12:00   TTFI Zumba/Chair \$5/pp</p>
<p><b>10</b>                      8:30   Dominoes/Games                      11:00   Chair Yoga                      12:00   Crafts with Judy, Sally and Loretta</p>	<p><b>11</b>                      8:30   Dominoes/Games                      9:00   Billiards                      12:00   BoomWhackers Class</p>	<p><b>12</b>                      8:30   Dominoes/Games                      9:00   Billiards                      10:30   Bible Study                      12:00   Healthy Steps</p>	<p><b>13</b>                      8:30   Dominoes/Games                      9:30   Blood Pressure                      10:00   Bingo                      12:00   Tai Chi w/Juli - \$3/pp</p>	<p><b>14</b>                      8:30   Dominoes/Games                      11:00   Chair Yoga                      12:00   TTFI Zumba/Chair \$5/pp</p>
<p><b>17</b>                      8:30   Dominoes/Games                      11:00   Chair Yoga</p>	<p><b>18</b>                      8:30   Dominoes/Games                      9:00   Billiards                      12:00   BoomWhackers Class</p>	<p><b>19</b>                      8:30   Dominoes/Games                      9:00   Billiards                      10:30   Bible Study                      12:00   Healthy Steps</p>	<p><b>20 Birthday Celebration</b>                      8:30   Dominoes/Games                      9:30   Blood Pressure                      10:00   Bingo                      12:00   Tai Chi w/Juli - \$3/pp</p>	<p><b>21</b>  <b>CLOSED</b>  <b>KNOEBELS</b>  <b>AMUSEMENT PARK</b></p>
<p><b>24</b>                      8:30   Dominoes/Games                      11:00   Chair Yoga</p>	<p><b>25</b>                      8:30   Dominoes/Games                      9:00   Billiards                      12:00   BoomWhackers Class</p>	<p><b>26</b>                      8:30   Dominoes/Games                      9:00   Billiards                      10:30   Bible Study                      12:00   Healthy Steps</p>	<p><b>27</b>                      8:30   Dominoes/Games                      9:30   Blood Pressure                      10:00   Bingo                      12:00   Tai Chi w/Juli - \$3/pp</p>	<p><b>28</b>                      8:30   Dominoes/Games                      11:00   Chair Yoga                      12:00   TTFI Zumba/Chair \$5/pp</p>

# West Shore Senior Center

## Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>3</b> Parmesan Chicken Over Lemon Asparagus Pasta Tossed Salad W/Tomato Italian Bread Apple Crisp</p>	<p><b>4</b> Sweet &amp; Sour Pork Rice Broccoli &amp; Cauliflower Blend Wheat Bread Seasonal Fresh Fruit</p>	<p><b>5</b> Stuffed Pepper w/ Sauce Garlic Whipped Potatoes Carrots / White Bread Pudding</p>	<p><b>6</b> Turkey Chef Salad with Turkey, Cheddar, over Mixed Greens w/ Tomato) Vegetable Soup / Dinner Roll Sunset Peaches</p>	<p><b>7</b> Sloppy Joe Baked Potato Green Beans Hamburger Bun Seasonal Fresh Fruit</p>
<p><b>10</b> Swiss Steak with Onion Gravy Whipped Potatoes Diced Carrots Wheat Bread Blushed Pears</p>	<p><b>11</b> Creamy Vegetable Lasagna Tossed Salad Garlic Breadstick Cottage Cheese &amp; Peaches</p>	<p><b>12</b> Creamy Garlic Chicken Breast Buttered Noodles Roasted Brussel Sprouts Wheat Bread Mandarin Oranges</p>	<p><b>13</b> Baked Lemon Pepper Fish Rice Pilaf California Blend Vegetables Dinner Roll Seasonal Fresh Fruit</p>	<p><b>14</b> Baked Meatloaf w/ Gravy Mashed Potatoes Peas One White Bread Fresh Fruit</p>
<p><b>17</b> Creamy Parmesan Pork Chop Diced Redskin Potatoes Green Beans Dinner Roll Pineapple Tidbits Cookie</p>	<p><b>18</b> Pasta &amp; Meatballs Pasta w/ Marinara Tossed Salad w/ Tomato Garlic Breadstick Mixed Fruit Salad</p>	<p><b>19</b> Western Omelet w/ Ham, Peppers, Onions, Cheese Sausage Patty Breakfast Potatoes English Muffin w/ Jelly Apple Juice</p>	<p><b>20</b> Grilled Chicken Caesar Salad / Mixed Greens (Diced Chicken Parmesan, Tomato, Croutons) Cream of Broccoli Soup Dinner Roll / Blushed Pears</p>	<p><b>21</b>  <b>CLOSED</b>   <b>KNOEBELS</b>  <b>AMUSEMENT PARK</b></p>
<p><b>24</b> Pot Roast w/ Gravy Mashed Potatoes Mixed Vegetables Italian Bread Fresh Fruit</p>	<p><b>25</b> Baked Salmon w/ White Wine Cream Sauce 1/2c White Rice 1/2c Island Blend Vegetables Wheat Bread 1/2c Cinnamon Applesauce</p>	<p><b>26</b> Stadium Hot Dog Cheesy Potatoes Green Beans Hot Dog Roll Pineapple &amp; Mandarin Oranges</p>	<p><b>27</b> Salisbury Steak w/ Gravy Baked Potato w/ Margarine 1/2c Broccoli 1 Wheat Bread 1/2c Gelatin</p>	<p><b>28</b> Pesto Crusted Chicken Bowties Tossed Salad w/ tomato Italian Bread Seasonal Fresh Fruit</p>