#### West Shore Senior Center Activity Calendar



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

## West Shore Senior Center Activity Calendar



May 2024

Monday	Tuesday	Wednesday	Thursday	Friday
		1 CLOSED SENATORS GAME	2 Grilled Chicken Caesar Salad Mixed Greens Cream of Broccoli Soup Dinner Roll Blushed Pears	3 CINCO DE MAYO FESTIVITIES
6 Pot Roast with Gravy Mashed Potatoes Mixed Vegetables White Bread Fresh Fruit	7 Baked Salmon w/ White Wine / White Rice Island Blend Vegetables Wheat Bread Cinnamon Applesauce	<b>8</b> Stadium Hot Dog Cheesy Potatoes Green Beans Pineapple & Mandarin in Oranges	<ul> <li>9 Salisbury Steak with Gravy</li> <li>Baked Potatoes</li> <li>Broccoli</li> <li>Gelatin</li> </ul>	<ul> <li>10 Pesto Chicken</li> <li>Buttered Pasta</li> <li>Dinner Roll</li> <li>Seasonal Fresh Fruit</li> </ul>
<ul> <li>13 Baked Cabbage w/ Sauce Garlic Whipped Potatoes Carrots White Bread Seasonal Fresh Fruit Roll</li> </ul>	14 Roast Pork w/ Sauerkraut Whipped Potatoes w/ Chives Mixed Vegetables White Bread Cookie	15 Swedish Meatballs w/ Gravy Buttered Noodles Peas / Dinner Roll Fresh Fruit	<ul> <li>16 Baked Pollock</li> <li>Macaroni and Cheese</li> <li>Spinach</li> <li>Wheat Bread</li> <li>Mandarin Oranges</li> </ul>	<b>17</b> Taco Bake Tortilla Chips Corn with Pimentos Pineapple
20 BBQ Pulled Pork Sandwich Hawaiian Coleslaw Ranch Potatoes Sandwich Roll Cookie	21 Baked Beef Ravioli With Shredded Cheese Garlic Breadstick Seasonal Fresh Fruit	22 Open Faced Turkey Sandwich Whipped Potatoes w/ Chives / Sweet Corn White Bread Cookie	23 Birthday Celebration! Cheeseburger w/ Lettuce & Tomato Creamy Potato Soup Seasonal Fresh Fruit	24 MEMORIAL DAY BARBECUE
27 CLOSED MEMORIAL DAY	28 Teriyaki Chicken Vegetable Rice Pilaf Oriental Blend Vegetables Wheat Bread	29 Sliced Ham w/ Pineapple Sauce / Whipped Cream Potatoes Green Beans Dinner Roll	30 Orange Glazed Pork Loin Buttered Pasta California Blend Wheat Bread	<b>31</b> Tuna Salad Sandwich w/ Lettuce & Tomato Bean Soup Coleslaw

## West Shore Senior Center Activity Calendar



June 2024

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

# West Shore Senior Center

#### Menu



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