West Shore Senior Center Activity Calendar



Monday	Tuesday	Wednesday	Thursday	Friday
		1 CLOSED SENATORS GAME	 2 8:30 Dominoes/Games 9:30 Blood Pressure 10:00 Bingo 12:00 Tai Chi w/Juli - \$3/pp 	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	 7 8:30 Dominoes/Games 9:00 Billiards 12:00 BoomWhackers Class 	 8 8:30 Dominoes/Games 9:00 Billiards 10:30 Bible Study 12:00 Healthy Steps 	 9 8:30 Dominoes/Games 9:30 Blood Pressure 10:00 Bingo 12:00 Tai Chi w/Juli - \$3/pp 	 10 8:30 Dominoes/Games 11:00 Chair Yoga 12:00 TTFI Zumba/Chair \$5/pp
13 8:30 Dominoes/Games 11:00 Chair Yoga 12:00 Crafts with Judy, Sally and Loretta	 14 Painting class 8:30 Dominoes/Games 9:00 Billiards 12:00 BoomWhackers Class 	 15 8:30 Dominoes/Games 9:00 Billiards 10:30 Bible Study 12:00 Healthy Steps 	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	 22 8:30 Dominoes/Games 9:00 Billiards 10:30 Bible Study 12:00 Healthy Steps 	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	 28 8:30 Dominoes/Games 9:00 Billiards 12:00 BoomWhackers Class 	 29 8:30 Dominoes/Games 9:00 Billiards 10:30 Bible Study 12:00 Healthy Steps 	 30 8:30 Dominoes/Games 9:30 Blood Pressure 10:00 Bingo 12:00 Tai Chi w/Juli - \$3/pp 	31 8:30 Dominoes/Games 11:00 Chair Yoga 12:00 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	8 Stadium Hot Dog Cheesy Potatoes Green Beans Pineapple & Mandarin in Oranges	 9 Salisbury Steak with Gravy Baked Potatoes Broccoli Gelatin 	 10 Pesto Chicken Buttered Pasta Dinner Roll Seasonal Fresh Fruit
 13 Baked Cabbage w/ Sauce Garlic Whipped Potatoes Carrots White Bread Seasonal Fresh Fruit Roll 	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	 16 Baked Pollock Macaroni and Cheese Spinach Wheat Bread Mandarin Oranges 	17 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	31 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
 10 8:30 Dominoes/Games 11:00 Chair Yoga 12:00 Crafts with Judy, Sally and Loretta 	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



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Monday	Tuesday	Wednesday	Thursday	Friday
3 Parmesan Chicken Over Lemon Asparagus Pasta Tossed Salad W/Tomato Italian Bread Apple Crisp	4 Sweet & Sour Pork Rice Broccoli & Cauliflower Blend Wheat Bread Seasonal Fresh Fruit	5 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	 7 Sloppy Joe Baked Potato Green Beans Hamburger Bun Seasonal Fresh Fruit
10 Swiss Steak with Onion Gravy Whipped Potatoes Diced Carrots Wheat Bread Blushed Pears	 11 Creamy Vegetable Lasagna Tossed Salad Garlic Breadstick Cottage Cheese & Peaches 	12 Creamy Garlic Chicken Breast Buttered Noodles Roasted Brussel Sprouts Wheat Bread Mandarin Oranges	 13 Baked Lemon Pepper Fish Rice Pilaf California Blend Vegetables Dinner Roll Seasonal Fresh Fruit 	 14 Baked Meatloaf w/ Gravy Mashed Potatoes Peas One White Bread Fresh Fruit
 17 Creamy Parmesan Pork Chop Diced Redskin Potatoes Green Beans Dinner Roll Pineapple Tidbits Cookie 	 18 Pasta & Meatballs Pasta w/ Marinara Tossed Salad w/ Tomato Garlic Breadstick Mixed Fruit Salad 	19 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	 25 Baked Salmon w/ White Wine Cream Sauce 1/2c White Rice 1/2c Island Blend Vegetables Wheat Bread 1/2c Cinnamon Applesauce 	26 Stadium Hot Dog Cheesy Potatoes Green Beans Hot Dog Roll Pineapple & Mandarin Oranges	 27 Salisbury Steak w/ Gravy Baked Potato w/ Margarine 1/2c Broccoli 1 Wheat Bread 1/2c Gelatin 	28 Pesto Crusted Chicken Bowties Tossed Salad w/ tomato Italian Bread Seasonal Fresh Fruit