



JULY 2025



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
		Osteo Exer. 10am KNITTING CLASS 10:00am-11:00am Grief Support Group 1:00pm-2:00pm	HDM-Crafts 10:00am	Osteo Exer. 10am	Mattress Pad Project 10:00am-11:00am 	
6	7	8	9	10	11	12
	Fitness Room open Mon-Fri 9am to 12pm 1:00pm-2:30pm GARDEN CLUB 1:30pm TAI-CHI CLASS 10:00AM	Osteo Exer. 10am KNITTING CLASS 10:00am-11:00am	HDM-Crafts 10:00am	Osteo Exer. 10am	Mattress Pad Project 10:00am-11:00am	
13	14	15	16	17	18	19
	Fitness Room open Mon-Fri 9am to 12pm 1:00pm-2:30pm TAI-CHI CLASS 10:00AM	Osteo Exer. 10am KNITTING CLASS 10:00am-11:00am	HDM-Crafts 10:00am	Osteo Exer. 10am	Mattress Pad Project 10:00am-11:00am Afternoon Dance 1:30 pm to 3:00pm By Glen Willis 	
20	21	22	23	24	25	26
	Fitness Room open Mon-Fri 9am to 12pm 1:00pm-2:30pm TAI-CHI CLASS 10:00AM	Osteo Exer. 10am KNITTING CLASS 10:00am-11:00am	HDM-Crafts 10:00am Dept. Of Health 10:00 AM Veteran Rep. Clarissa Sierra 10:00am	Osteo Exer. 10am COA BOARD MEETING 8:30AM	Mattress Pad Project 10:00am-11:00am	
27	28	29	30	31		
	Fitness Room open Mon-Fri 9am to 12pm 1:00pm-2:30pm TAI-CHI CLASS 10:00AM	Osteo Exer. 10am KNITTING CLASS 10:00am-11:00am	HDM-Crafts 10:00am	Osteo Exer. 10am		



FEBRUARY 08



MONDAY				TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Lenten							1
MILK IS SERVED DAILY							Chili Dog...2 Baked Potato Wedges Mixed Vegetables & Margarine Orange
4	5	6	7	8			
Pork Cutlet...1 Mashed Potatoes with Gravy Oriental Blend Vegetables Biscuit & Margarine Pears in Grape Juice	Beef Stew...2 Green Beans Crackers Banana Pudding Cottage Cheese with Peaches	Burrito...1 Spanish Rice Salsa Corn Salad & Dressing Spiced Apple	Chicken and Vegetables Pasta Broccoli w/ Margarine Whole Wheat Roll w/ Margarine Pears & Sugar Free Brownie GNS 202	Salmon Patty...1 Baked Potato & Margarine Hominy Spinach Wheat Bread Chocolate Pie			
11	12	13	14 Valentines Day	15			
Beef Steak Ranchero...1 Pinto Beans With Green Chilies Salad & Dressing Strawberry Shortcake	Chicken & Dumplings...1 Asparagus Carrots Sugar Cookie Pears	Sour Cream Enchilada...1 Spanish Rice Green Beans with Green Chilies Salsa Oatmeal Cookie Fruit Cocktail	Curried Chicken Kabobs Mashed Potatoes w/ Gravy Broccoli w/ Margarine Whole Wheat Roll w/ Margarine Applesauce GNS 208	Tuna and Noodles Tossed Salad w/ Ranch Dressing Low Sodium Crackers Sliced Pears and Mandarin Oranges GNS 410			
18	19	20	21	22			
Chicken Nuggets...1 Honey Mustard/BBQ Sauce Baked Potato Wedges Broccoli with Cheese Fruit Cocktail PRESIDENTS DAY	Macaroni & Cheese Brussels sprouts w/ Margarine Dinner Roll w/ 1Margarine Chocolate Pudding GNS 408	Taco Soup...1 Salad & Dressing Flour Tortilla & Salsa Gelatin Apricots	Steak & Stuff...1 Spinach Parmesan Potato Rounds Wheat Roll & Margarine Lemon Bar	Fish Sandwich...2 Lima Beans Carrot Sticks Plums			
25	26	27	28	29			
Italian Pork Chop...3 Broccoli & Cheese Mixed Vegetables Wheat Roll & Margarine Cottage Cheese with Peaches	RC Beef & Potatoes...1 Pinto Beans Flour Tortilla Pumpkin Pie with Topping	Chicken Taquito...1 Spanish Rice Garden Salad with Broccoli Onion, Tomato, Cauliflower Chocolate Pudding	Carne Adovada...1 Spanish Rice Country Blend Vegetables Flour Tortilla Jell-O with Fruit	Grilled Cheese Sandwich Vegetable Soup Crackers Apricots			