



May

2025



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
				Osteo Exer. 10am	Mattress Pad Project 10:00am-11:00am	
4	5	6	7	8	9	10
	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  Grief Support Group 1:00pm-2:00pm	HDM-Crafts 10:00am  Learn Sign Language with Chole Young 1:00pm-3:00pm	Osteo Exer. 10am	Mattress Pad Project 10:00am-11:00am   Mother's Day Dance 1:30pm to 3:00pm	
11	12	13	14	15	16	17
	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  Learn Sign Language with Chole Young 1:00pm-3:00pm	Osteo Exer. 10am	Mattress Pad Project 10:00am-11:00am	
18	19	20	21	22	23	24
	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  OLDER AMERICANS ACT INFORMATION FAIR 9:00AM-12:30PM	HDM-Crafts 10:00am  Learn Sign Language with Chole Young 1:00pm-3:00pm	Osteo Exer. 10am  COA BOARD MEETING 8:30AM	Mattress Pad Project 10:00am-11:00am	
25	26	27	28	29	30	31
	SENIOR CENTER CLOSED 	Osteo Exer. 10am  KNITTING CLASS 10:00am-11:00am	HDM-Crafts 10:00am  Learn Sign Language with Chole Young 1:00pm-3:00pm	Osteo Exer. 10am	Mattress Pad Project 10:00am-11:00am	



# FEBRUARY 08



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