


July 2019



Keeping Well
Monday, July 15, 10:00am
Topic: Anxiety

Join SASH Wellness nurse, Samantha, for this important topic.



July Birthday Luncheon
Tuesday, July 9, 11:45 am
Lunch is \$5 or FREE for participants with July Birthdays
Zachary's baked ziti, salad, garlic bread, and birthday cake
Please call 863-3982 by Friday, July 5th
(Reservations can be left on voice mail if we are closed)

July 2019 Meals - Suggested \$5 donation

Reservations required - call 863-3982 or stop by the front desk

Tuesday lunches: Served at 11:45am **RSVP by Thursday 9:30am**




- **July 2:** Roast pork with applesauce, mashed potatoes, squash, wheat bread, cake
- **July 9 July Birthday Luncheon** - Zachery's baked ziti, salad, garlic bread, and birthday cake
- **July 16:** Stuffed chicken with sage sauce, mashed potatoes, green beans, wheat roll, vanilla pudding with cream and peaches
- **July 23:** Salisbury steak with brown sauce, mashed potatoes, broccoli florets, wheat roll, pumpkin cookie
- **July 30:** Vegetable and cheese quiche, squash, green beans, wheat bread, chocolate chip cookie

WEDNESDAY LUNCHES: Served at 11:45am **RSVP by Thursday 1:00pm**



- **July 3: Independence Day Meal:** BBQ Chicken Thighs, Corn, Macaroni Salad or Potato Salad, Dessert
- **July 10:** Choice of Western or Veggie Quiche, Seasonal Vegetables, Green Salad, Dessert
- **July 17:** Butler Farm Meatloaf with Savory Herb Gravy, Mashed Potatoes, Buttered Peas, Green Salad, Dessert
- **July 24:** Butler Farm Pot Roast, Steamed Carrots, Red Potatoes, Green Salad & Dessert
- **July 31:** Turkey Piccata, Buttered Herbed Bowtie Pasta, Seasonal Vegetables, Green Salad, Dessert

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July 2019 Activities

Monday	Tuesday	Wednesday	Thursday	Friday
1 9:45 Novice Tai Chi 10:45 Computer Support* 11:00 Yoga 12:30 Mahjongg 12:30 Adult Coloring	2 11:45 Lunch* 1:00 BINGO 1:00 Bone Builders	3 9:40 Independent Yoga 10:45 Tai Chi 11:45 Lunch* 1:00 BINGO 1:00 Line Dancing 2:30 Beginner Line Dancing	 <p>4</p>	5 9:45 Novice Tai Chi 10:45 Tai Chi
8 9:45 Novice Tai Chi 10:45 Computer Support* 11:00 Yoga 12:30 Mahjongg 12:30 Adult Coloring 1:00 Book Club	9 10:00 TED Talk 11:45 Birthday Lunch* 12:30 – 2:30 Chair massage* 11:15 Blood Pressure Clinic 1:00 BINGO 1:00 Bone Builders	10 9:40 Independent Yoga 10:45 Tai Chi 11:45 Lunch* 1:00 BINGO 1:00 Line Dancing 2:30 Beginner Line Dancing	11 Age Well Ticket Sales 8:45 Food Day 9:40 Yoga 10:00 Wii Bowling 12:30 Cribbage 12:30 Scrabble 12:30 Bridge 1:00 Bone Builders	12 9:45 Novice Tai Chi 10:45 Tai Chi
15 9:45 Novice Tai Chi 10:00 Wellness Chat 10:45 Computer Support* 11:00 Yoga 12:30 Mahjongg 12:30 Adult Coloring	16 11:45 Lunch* 1:00 BINGO 1:00 Bone Builders	17 9:40 Independent Yoga 10:45 Tai Chi 11:45 Lunch* 1:30 BINGO 1:00 Line Dancing 2:30 Beginner Line Dancing	18 8:45 Food Day 9:40 Yoga 9:45 – 11:45 Chair massage* 10:00 Wii Bowling 12:30 Cribbage 12:30 Bridge 1:00 Bone Builders	19 9:45 Novice Tai Chi 10:45 Tai Chi
22 9:45 Novice Tai Chi 10:45 Computer Support* 11:00 Yoga 12:30 Mahjongg 12:30 Adult Coloring	23 9:45 - 12:30 Foot Clinic* 11:45 Lunch* 1:00 BINGO 1:00 Bone Builders	24 9:40 Independent Yoga 10:45 Tai Chi 11:45 Lunch* 1:00 BINGO 1:00 Line Dancing 2:30 Beginner Line Dancing	25 8:45 Food Day 9:40 Yoga 10:00 Wii Bowling 12:30 Cribbage 12:30 Bridge 1:00 Bone Builders	26 9:45 Novice Tai Chi 10:45 Tai Chi
29 9:45 Novice Tai Chi 10:45 Computer Support* 11:00 Yoga 12:30 Mahjongg 12:30 Adult Coloring	30 9:45 - 12:30 Foot Clinic* 11:45 Lunch* 1:00 BINGO 1:00 Bone Builders	31 9:40 Independent Yoga 10:45 Tai Chi 11:45 Lunch* 1:30 BINGO 1:00 Line Dancing 2:30 Beginner Line Dancing	Jazzercise Hours M -EXPRESS -8:30am, 4:30pm, 5:45pm T - 8:30am, 4:30pm W - 8:30am, 4:30am, 5:45pm	Th - 8:30am, 4:30pm F - 8:30am, 4:30pm Sa - 7:30am, 8:30am Su - 8:30am, 4:30pm * - Reservation needed