














# June 2019

**M - F 8:00 – 4:00**

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3            8:30 Coolidge Shopping            9:00 Hand Weights            9:30 Cards/games            10:30 Wii            1:00 Summer kids program</p>	<p>4            8:00 Commnnity Garden            9:30 Cards/games</p>	<p>5            Rudy's Riddle            8:00 Biscuits &amp; Gravy- \$2  <b>8:00 Thrift Store Shopping</b>            9:30 Cards and Games            10:00 Grief Support Group            12:15 Knit and Crochet Club</p>	<p>6 National Eyewear Day            9:30 Cards &amp; Games            10:00 Dollar Store            12:15 Bingo</p> 	<p>7            9:00 Music with Rudy            9:30 Cards and Games</p> 
<p>10            9:00 Hand Weights            9:30 Cards and Games            10:30 Wii            1:00 Summer kids program</p> 	<p>11            8:00 Community Garden            9:00 My Healthy Eating w/Lou            9:30 Cards and Games            10:30 Blood Pressures: FFD            4:00 Dinner Club-Raging Bull in Mesa</p>	<p>12 Rudy's Riddle            8:00 Biscuits and Gravy-\$2            9:30 Cards and Games            10:00 Grief Support Group            11:30 Celebrate Birthdays            12:00 Knit and Crochet Club</p> 	<p>13            9:00 CAHRA(2)            9:30 Cards &amp; Games            12:15 Anthem Shopping            12:15 Bingo  <b>1:00 Teen Council learns to Cook</b></p> 	<p>14 National Blue Day            National Arizona Day            9:00 Music with Rudy  <b>10:00 Fathers Day Celebration</b>  <b>1:00 Afternoon fun and games</b></p> <p><b>HAPPY FATHER'S Day!</b></p>
<p>17            9:00 Hand Weights            9:30 Cards and Games  <b>8:30 Coolidge Shopping</b>            10:30 Wii            1:00 Summer kids program</p> 	<p>18            8:00 Community Garden            9:30 Cards and Games            10:00 Arts with Doris            1:00 Bunko</p> 	<p>19            Rudy's Riddle            8:00 Biscuits &amp; Gravy-\$2            10:00 Grief Support Group            12:00 Knit/Crochet Club</p>	<p>20            8:30 CAHRA            10:00 Dollar Store            10:30 Angel Care In Service            10:45 EFP-Esmeralda            12:15 Bingo-Oasis Hospice</p> 	<p>21 National Yoga Day            9:00 Music with Rudy            9:30 Cards &amp; Games            10:00 Creation &amp; Libations</p> 
<p>24            9:00 Hand Weights            9:30 Cards and Games            10:30 Wii            1:00 Summer kids program</p> 	<p>25            8:00 Community Garden            9:00 My Healthy Eating w/ Lou            9:30 Cards and Games            12:15 Jewlery making with Doris</p>	<p>26 National chocolate pudding Day            Rudy's Riddle            8:00 Biscuits &amp; Gravy-\$2            10:00 Grief Support            12:00 Knit/ Crochet Club            1:00 Afternoon fun &amp; games</p>	<p>27            9:30 Cards &amp; Games            10:30 Hot Topics            12:15 Anthem Shopping            12:15 Bingo</p> 	<p>28            9:00 Music with Rudy            9:30 Cards &amp; Games            10:00 Wii</p> 

# Town of Florence Dorothy Nolan Senior

# JUNE 2019 --MENU

<p><b>3</b> Center closed</p>	<p><b>4</b> Center closed</p>	<p><b>5</b> CHICKEN BURGER ROASTED RED POTATOES SAUTEED MUSHROOMS/ONIONS WHOLE WHEAT BUN BANANA</p>	<p><b>6</b> PESTO CHICKEN PASTA SALAD CARROT/RAISIN SALAD DINNER ROLL SEASONAL FRUIT</p>	<p><b>7</b> COLD CUT SANDWICH PASTA SALAD CHIPS GELATIN WITH FRUIT </p>
<p><b>10</b> CHICKEN THIGHS W/GINGER GLAZE BROWN RICE BOK CHOY PEACH CRUMBLE</p>	<p><b>11</b> PASTA AND MEATBALLS GREEN BEANS SPINACH SALAD/DRESSING TROPICAL FRUIT</p>	<p><b>12</b> ROAST TURKEY/GRAVY MASHED SWEET POTATOES PEAS &amp; CARROTS AMBROSIA</p>	<p><b>13</b> SALISBURY STEAK/ GRAVY &amp; MUSHROOMS GARLIC ROSEMARY POTATOES HARVARD BEETS PEACHES</p>	<p><b>14</b> MEATLOAF MASHED POTATOES/GRAVY GREEN BEANS DESSERT</p>
<p><b>17</b> POT ROAST CARROT &amp; POTATOES GREEN BEANS WW BREAD/BUTTER BANANA</p>	<p><b>18</b> BBQ PULLED CHICKEN SANDWICH SAUTEED SWISS CHARD CAULIFLOWER SLAW WHOLE WHEAT BUN APPLE-CRANBERRY CRISP</p>	<p><b>19</b> ASIAN CHICKEN SALAD MARINATED BEET SALAD DINNER ROLL/BUTTER PINEAPPLE CHUNKS</p>	<p><b>20</b> CHEESE ENCHILADAS W/SPINACH ON TOP REFRIED BEANS GREEN SALAD/DRESSING BAKED APPLE &amp; RAISIN</p>	<p><b>21</b> SENIOR DAY </p>
<p><b>24</b> MEATLOAF MASHED POTATOES/GRAVY 5-WAY MIXED VEGETABLES BANANA CHOCOLATE PUDDING</p>	<p><b>25</b> PARMESAN-BAKED WHITE FISH BROWN RICE PILAF ROASTED BRUSSELS SPROUTS WW BREAD/BUTTER PLUMS</p>	<p><b>26</b> BEEF STROGANOFF EGG NOODLES CALIFORNIA BLEND VEGGIES SEASONAL FRUIT BIRTHDAY CHOCOLATE CUPCAKES</p>	<p><b>27</b> SOUTHWESTERN SALAD CITRUS SALAD DINNER ROLL/BUTTER</p>	<p><b>28</b> SOFT CHICKEN TACO REFRIED BEANS RICE FRUIT </p>

\*\* ALL MEALS ARE SERVED WITH 8 OUNCES OF MILK\*\*

\*\* NUTRITIONAL INFORMATION IS AVAILABLE AT THE SENIOR CENTER

*Thank You for your donations. Meals are provided in part by Pinal Gila Council Older Americans Act and The Town of Florence Under the Americans with Disabilities Act, Town of Florence must make a reasonable accommodation to allow a person with a disability to take part in a program, service or activity*

*Lunch is served at 11:30. **Must make reservations by Wednesday for the following week.** Suggested donation is \$4.00. Please be at the center by 11:00 for your meal*