



















May 2019




M - F 8:00 – 4:00

Monday	Tuesday	Wednesday	Thursday	Friday
		<p>1Rudy's Riddle 8:00 Biscuits & Gravy- \$2 9:30 Cards and Games 9:30 Non-Denom Bible Study 10:00 Grief Support Group 12:15 Knit and Crochet Club</p>	<p>2 9:00 60-day challenge 9:00 CAHRA(2) 9:30 Cards & Games 10:00 Dollar Store 10:45 EFP-Esmeralda 12:15 Bingo 4:00 Roars & Pours -Phoenix Zoo</p>  	<p>3 10:00 Cinco De Mayo Celebration-music by Rudy</p> 
<p>6 9:00 Hand Weights 9:00 Retail Store 9:30 Cards and Games 10:30 Wii 12:15 Coolidge Shopping</p> 	<p>7 8:00 Community Garden 9:00 60-day challenge 9:30 Cards and Games 10:00 Healthy Bingo-Steward Health Care</p> 	<p>8National Have a Coke Day Rudy's Riddle 8:00 Biscuits and Gravy-\$2 9:30 Cards and Game 9:30 Non-Denom Bible Study 10:00 Grief Support Group 12:00 Knit and Crotchet Club</p>	<p>9 9:00 CAHRA (2) 9:00 TRIAD 9:00 60-day challenge 9:30 Cards & Games 10:00 Alzheimer's Support Group 11:30 Celebrate Birthdays 12:15 Anthem Shopping 12:15 Bingo</p> 	<p>10 9:00 Music with Rudy 10:00 MothersDay Celebration</p> 
<p>13 9:00 Hand Weights 9:30 Cards and Games 10:30 Wii</p> 	<p>14 8:00 Community Garden 9:00 60-day challenge 9:00 My Healthy Eating w/Lou 9:30 Cards and Games 10:30 Blood Pressures FFD 4:00 Dinner Club-Texas Road House</p>	<p>15 Rudy's Riddle 8:00 Biscuits & Gravy-\$2 9:30 Non-Denom Bible Study 10:00 Grief Support Group 12:00 Knit/Crochet Club</p> 	<p>16 National Do Something Good for your Neighbor Day 10:00 Dollar Store 10:30 Angel Care In Service 12:15 Bingo-Oasis Hospice</p> 	<p>17 9:30 Nutrtrion demo-Susan 9:30 Cards & Games 9:30 Music by Rudy 10:00 Creation & Libations 1:00 Yahtzee and Ice cream social</p>
<p>20 9:00 Hand Weights 9:30 Cards and Games 10:30 Wii 12:15 Coolidge Shopping</p> 	<p>21 8:00 Community Garden 9:00 60-Day Challenge 9:30 Cards and Games 10:00 Arts with Doris 1:00 Bunko</p> 	<p>22 Rudy's Riddle 8:00 Biscuits & Gravy 9:30 Non-Denom Bible Study 10:00 Grief Support 12:00 Knit/ Crotchet Club</p>	<p>23National Lucky Penny Day 9:00 60-day challenge 9:30 Card & Games 10:30 Hot Topics 12:15 Anthem Shopping 12:15 Bingo</p> 	<p>24 9:30 Nutrtrion demo-Susan 9:30 Music w/Rudy 9:30 Cards & Games 10:00 Wii</p> 
<p>27 Memorial Day Center Closed</p> 	<p>28 8:00 Community Garden 9:00 60-day challenge 9:00 My Healthy Eating w/Lou 9:30 Cards & Games 12:15 Jewerly w/Doris 1:00 CLR& cheese, crackers</p> 	<p>29 Rudy's Riddle 8:00 Biscuits & Gravy-\$2 9:30 Non-Denom Bible Study 10:00 Grief Support Group 12:00 Knit/Crochet Club</p>	<p>30 9:00 60-Day Challenge 9:30 Cards & Games 12:15 Bingo</p> 	<p>31National Smile Day 😊 9:30 Nutrtrion demo-Susan 9:30 Music w/Rudy 9:30 Cards & Games 10:00 Wii</p>

Town of Florence Dorothy Nolan Senior

May 2019 --MENU



		<p>1 CHICKEN MARSALA ROASTED CAULIFLOWER RICE GREEN BEANS WW BREAD/BUTTER CINNAMON APPLESAUCE</p>	<p>2 HAMBURGER ROASTED GARLIC POTATOES BLACK-EYED PEAS TOMATO/LETTUCE WW BUN PEARS MUSTARD/MAYO</p>	<p>3 CHEESE ENCHILADAS REFRIED BEANS FRIED RICE FRUIT </p>
<p>6 CREAMY CHICKEN RICE SOUP GREEN BABY PEAS DINNER ROLL/BUTTER PEACHES</p>	<p>7 BEEF MAC MIXED VEGGIES GREEN SALAD/DRESSING BLUEBERRY COBLER</p>	<p>8 CHICKEN CACCIATORE PENNE PASTA PESTO CAULIFLOWER MANDARIN ORANGES</p>	<p>9 MONGOLIAN BEEF BASMATI RICE ROASTED BUTTERNUT SQUASH SEASONAL FRUIT</p>	<p>10 QUICHE COTTAGE CHEESE FRUIT </p>
<p>13 PINEAPPLE CHICKEN BROWN RICE ROASTED BRUSSELS SPROUTS PLUMS OATMEAL COOKIE</p>	<p>14 NAVY BEAN SOUP SAVORY CARROTS DINNER ROLL/BUTTER TROPICAL FRUIT</p>	<p>15 SLOPPY JOE ROASTED POTATOES BROCOLI SALAD HAMBURGER BUN SEASONAL FRUIT</p>	<p>16 BBQ CHICKEN GARLIC ROASTED POTATOES 3-BEAN SALAD APPLE CRISP</p>	<p>17 SENIOR DAY </p>
<p>20 MEATLOAF MASHED POTATOES/GRAVY PEAS & CARROTS APPLESAUCE</p>	<p>21 LEMON-BAKED FISH SAVORY CARROTS DINNER ROLL/BUTTER TROPICAL FRUIT</p>	<p>22 ROAST TURKEY/GRAVY SWEET POTATOES & APPLES GREEN PEAS DINNER ROLL/BUTTER AMBROSIA</p>	<p>23 MEDITERRANEAN BEEF LEMON-HERBED QUINOA CALIFORNIA VEGETABLES MANGO-PINEAPPLE SALAD</p>	<p>24 NORTHERN BEAN AND HAM SOUP CORN BREAD GREEN SALAD FRUIT </p>
<p>27 MEMORIAL DAY CLOSED</p>	<p>28 BEEF STEW POTATOES & CARROTS HARVARD BEETS DINNER ROLL/BUTTER PEARS</p>	<p>29 CHEESE ENCHILADAS SMOOTH BEANS GREEN SALAD/DRESSING BIRTHDAY CHOCOLATE CUPCAKES</p>	<p>30 CHILI CON CARNE STEAMED CARROTS CORN BREAD/BUTTER TROPICAL FRUIT</p>	<p>31 STUFFED SHELLS GREEN SALAD FRUIT SALAD </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