

NAME:



July 2026 Calendar






MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
		10a=BCH Nutrition 11a=Drum w/Debra 11a=Brass Crochet 11:30a=Pop-Up Cook- ie Baking No Stretch/Tone	250 America Birthday Celebration 10am ~ \$5/pp No Activities 	
6	7	8	9	10
10a=BRASS Paint \$2 11a=BRASS Zumba 11a=Setback 12p=Senior Ctr Mtg Guests: Next Gen, Ridge Homecare	9:30a=Chair Yoga 1 10a=Bronson Library 10a=B/P 10a-12p=FARMERS MARKET STARTS 10:30a=Chair Yoga 2 11:30a=Café Lunch 11:30a=Chair Yoga 3 12:30p=Bingo	9:30a=Stretch/Tone 10a=BCH Nutrition 11a=Drum w/Debra 11a=Brass Crochet 12:30p-2p=Monitor My Health (16)	10a=BRASS Quilting 11a=Poker 11:30a=Café Lunch 12:30p=Oak St. Health No Chorus, Ukulele	9:30a=BRASS Chair Strength 10a=Tech Help 11a=Sewing w/Maggie 11a=City Mission 11a=Computer Class 11a=Paint w/Silvia \$2 11a=Spades
13	14	15	16	17
10a=BRASS Paint \$2 11a=BRASS Zumba 11a=Setback 12:30p=Health Coach Estevan- Hydration, Sun Safety	9:30a=Chair Yoga 1 9:30a=Gtr Wby Transit District 10a=B/P 10a=Farmers Market 10:30a=Chair Yoga 2 11:30a=Café Lunch 11:30a=Chair Yoga 3 12:30p=Bingo	9:30a=Stretch/Tone 10a=Dolce (there) 10a=BCH Nutrition 11a=Brass Crochet 12:30p-2p=Monitor My Health (17)	10a=BRASS Quilting 11a=Poker 11:30a=Café Lunch 12:30 p=Senior Dine Sign-up No Chorus, Ukulele	9:30a=BRASS Chair Strength 9:30a=AARP Driver 10a=Tech Help 11a=Sewing 11a=Computer Class 11a=Paint w/Silvia \$2 11a=Spades
20	21	22	23	24
10a=BRASS Paint \$2 11a=BRASS Zumba 11a=Setback 12:30p=Jessica Dorner Nutrition= Farmers Market Finds	9:30a=Chair Yoga 1 10a=B/P 10a=Farmers Market 10:30a=Chair Yoga 2 11:30a=Café Lunch 11:30p=Reflexology 11:30a=Chair Yoga 3 12:30p=Bingo	9:30a=Stretch/Tone 10a=BCH Nutrition 11a=BRASS Crochet 11a=Drum w/Debra 12p-1:30p=Dementia Listening Program 12:30p-2p=Monitor My Health (18)	10a=BRASS Quilting 11a=Poker 11:30a=Café Lunch 12:30p=Mandy Dupont Bicentennial/50 Years No Chorus, Ukulele	9:30a-1:30a=Smart House Tour & Lunch \$3 9:30a=BRASS Chair Strength 10a=Tech Help 11a=Computer Class 11a=Paint w/Silvia \$2 11a=Sewing 11a=Spades
27	28	29	30	31
10a=BRASS Paint \$2 11a=BRASS Zumba 11a=Setback 12:30p=Memory Tips w/Dr. Wendy Lunch & Learn	9:30a=Chair Yoga 1 10a=B/P 10a=Farmers Market 10:30a=Chair Yoga 2 11:30a=Café Lunch 11:30a=Chair Yoga 3 12:30p=Bingo	9:30a=Stretch/Tone 10a=BCH Nutrition 11a=BRASS Crochet 11a=Drum w/Debra	10a=BRASS Quilting 10:30a=Ukulele 11a=Poker 11:30a=Café Lunch 12:30p=Blind & Low Vision Visual Aids No Chorus, Ukulele	9:30a=BRASS Chair Strength 10a=Tech Help 11a=Computer Class 11a=Sewing 11a=Paint w/Silvia \$2 11a=Spades 11:30=Reiki



July 2026 Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Café Lunch served 11:30a to 12:30p Tuesday & Thursday</p> <p>All menus are subject to change</p>			<p>Frankie's Truck \$5.00/pp</p> <p>UNITED STATES OF AMERICA 250 ANNIVERSARY</p>	<p>Suggested Donation for Seniors \$4.00</p>
<p>If you are on Meals on Wheels, you are not eligible for Café Lunch</p>	<p>7</p> <p>Szechuan style chick- en breast Brown rice Broccoli Wheat bread Cookie Fruit juice</p>		<p>9</p> <p>Potato soup/crx Chef salad (lettuce, to- mato, carrots, ham, turkey, egg, cheddar cheese, Ranch dressing) Rye bread Mandarin oranges Cookie Fruit juice</p>	<p><u>PLEASE NOTE</u> Aids & Guests are asked to pay \$9.73 for lunch. That is what the WSC pays New Opp for lunch</p>
	<p>14</p> <p>BBQ glazed pork rib patty w/WG hamburg- er bun Ranch beans Cucumber salad Seasonal fruit White bread Fruit</p>		<p>16</p> <p>Salisbury steak w/ brown gravy Whipped potatoes Brussel sprouts Wheat bread Cookie Fruit juice</p>	
	<p>21</p> <p>WG Mac & cheese Baked beans Collard greens WG cornbread muffin Diced pears</p>		<p>23</p> <p>Cream of broccoli soup/crx Creamy sun-dried to- mato chicken thigh Wheat bread Diced peaches</p>	
	<p>28</p> <p>Beef chili Corn Carrots WG cornbread muffin Mixed fruit</p>		<p>30</p> <p>Chopped salad (mixed greens, tomatoes, red on- ion, mozzarella cheese, ham, Italian dressing) Kidney bean salad Wheat bread Vanilla pudding Fruit juice</p>	