

NAME:



July 2025 Calendar



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Wii Bowling daily at 9am Cards, pool table, Chess, Dominoes, Fitness Room available daily	1 9:30a=Health Worker 9:30a=Chair Yoga I 10a=B/P 10:30a=Chair Yoga II 11:30a=Café Lunch 12:30p=Bingo	2 9:30a=Stretch/Tone 10a=BCH Nutrition 10a=Chair Massage 11a=BRASS Crochet 12:30p=Sewing (6/6)	3 10a=BRASS Quilting 11a=Poker 11:30a=Café Lunch 12:30p=Wisewoman	4 CLOSED JULY 4th HAPPY BIRTHDAY, USA!
7 10a=BRASS Paint \$2 11a=BRASS Zumba 11a=Setback 12:30p=Sr. Ctr. Meeting (Denise Martinez, New Opp)	8 9:30a=Chair Yoga I 10a=B/P 10a=Farmers Mkt 10:30a=Chair Yoga II 11:30a=Café Lunch 12:30p=Bingo	9 9:30a=Stretch/Tone 9:45a=BCH Hub Trip 11a=BRASS Crochet 12:30p=Sewing (1/6)	10 10a=BRASS Quilting 11a=Poker 11:30a=Café Lunch 12:30p=Mandy Dupont "Changes"	11 9:30a=BRASS Chair Strength 10a=Tech Help 11a=Computer Class 11a=City Mission Grocery Bag 11a=Paint w/Silvia \$2
14 10a=BRASS Paint \$2 11a=BRASS Zumba 11a=Setback 12:30p=Jessica Dorner Nutrition	15 9:30a=Chair Yoga I 10a=B/P 10a=Farmers Mkt 10:30a=Chair Yoga II 11:30a=Café Lunch 12:30p=Bingo	16 10a=BCH Nutrition 11a=BRASS Crochet 11a-1p=Orthopedic Lunch & Learn 12:30p=Sewing (2/6) No Stretch/Tone	17 10a=BRASS Quilting 11a=Poker 11:30a=Café Lunch 12:30p=Teri's Flower Shop \$2	18 9:30a=BRASS Chair Strength 9:30a=AARP Driver 10a=Tech Help 10a=Vets Coffee Hour 11a=Computer Class 11a=Paint w/Silvia \$2
21 10a=BRASS Paint \$2 11a=BRASS Zumba 11a=Setback 12p=Social Security w/Ben-Lunch & Learn	22 9:30a=Chair Yoga I 10a=B/P 10a=Farmers Mkt 10:30a=Chair Yoga II 11:30a=Café Lunch 12:30p=Bingo	23 9:30a=Stretch/Tone 11a=BRASS Crochet 12:30p=Sewing (3/6) No BCH Nutrition	24 10a=BRASS Quilting 11a=Poker 11:30a=Café Lunch 11:30a=Reiki 12:30p=Senior Dine Sign Up	25 9:30a=BRASS Chair Strength 10a=Tech Help 11a=Virtual Reality 11a=Paint w/Silvia \$2 11:30a=Vein Health Lunch & Learn
28 10a=BRASS Paint \$2 11a=BRASS Zumba 11a=Setback 12p=Fyzical Balance Lunch & Learn	29 9:30a=Chair Yoga I 10a=B/P 10a=Farmers Mkt 10:30a=Chair Yoga II 11:30a=Café Lunch 11:30a=Reflexology 12:30p=Bingo	30 9:30a=Stretch/Tone 10a=BCH Nutrition 10a=Dolce 11a=BRASS Crochet 12:30p=Sewing (4/6)	31 10a=BRASS Quilting 11a=Poker 11:30a=Café Lunch	



July 2025 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>1</p> <p>Beef stir-fry Brown rice Broccoli Wheat bread Mandarin oranges Juice</p>		<p>3</p> <p>Cream of tomato soup w/crx Turkey Primavera Penne pasta Italian bread Fruit juice</p>	<p>Suggested Donation for Seniors \$4.00</p>
	<p>8</p> <p>Tropical glazed chicken thigh Confetti brown rice Green beans Wheat bread Cookie Fruit juice</p>		<p>10</p> <p>Potato soup w/crx Chef salad (lettuce, tomato, egg, cheddar cheese & ranch dressing) Cornbread muffin Mandarin oranges Fruit juice</p>	<p>PLEASE NOTE Aids & Guests are asked to pay \$8.14 for lunch. That is what the WSC pays New Opp for lunch</p>
	<p>15</p> <p>Mediterranean Putta- nesca chix breast Lemon orzo Tossed salad/Ranch dressing Italian bread Fruit</p>		<p>17</p> <p>Calif. Veg soup w/crx Salisbury steak w/veg gravy Whipped potatoes Wheat bread Cookie Fruit juice</p>	<p>We are unable to use our funding to pay for lunch- es of individuals under the age of 60</p>
	<p>22</p> <p>Beef tips w/gravy Garlic whipped potato Garden Vegetables White bread Pineapple tidbits</p>		<p>24</p> <p>Mushroom barley soup w/crx Cobb salad (lettuce, tomato, cukes, turkey bacon, egg cheddar cheese & ranch dressing) Flour tortilla Cookie Fruit juice</p>	
	<p>29</p> <p>Meatloaf w/gravy Whipped potato Mixed vegetables Wheat bread Pineapple tidbits</p>		<p>31</p> <p>Bourbon pork Potato salad Sauteed mixed greens Wheat bread Vanilla pudding Juice</p>	