



May 2024 Activities

Monday	Tuesday	Wednesday	Thursday	Friday
				
6	7	8	9	10
8:30 AM- Crafting Group 9:00AM- Tai Chi Class 10:00AM -Bingo 11:00AM Clothes Closet 11:30AM– Lunch 1:00PM- Line Dancing Class 2:00PM– Beginner Tablet Class	9:00AM- Quilters 9:00AM Pickleball in Byesville 10:00AM– Bingo 11:00AM Free DermaScan 11:00 AM- Blood Pressure Checks 11:30AM– Lunch 12:00PM Bookmobile 1:00PM- Cardio Drumming Class 1:30PM- Alzheimer’s Support Group 6:00PM– Good Ole Gospel Music Night	9:00AM- Sewing 10:00AM -Bingo 11:30AM– Lunch 12:00PM– Mahjong Older Adult Extravaganza at Prichard Laughlin Civic Center 10:00AM-2:00PM	10:00AM -Bingo 11:30AM– Lunch 12:30 PM- Open Cards 2:00PM– Beginner Tablet Class Lion King Musical Trip Payment Due	9:00AM Breakfast Buffet 10:00AM -Bingo 11:00AM Guest Speaker 11:30AM– Lunch 11:30AM Cambridge Primary Choir 12:30 PM- Euchre
13	14	15	16	17
8:30 AM- Crafting Group 9:00AM- Tai Chi Class 10:00AM -Bingo 11:00AM Clothes Closet 11:30AM– Lunch 1:00PM- Line Dancing Class 2:00PM– Beginner Tablet Class	11:30AM-1:00PM Grab & Go Lunch No activities will be held at the Senior Center on this day due to preparations for the Senior Citizens Day Luncheon	Senior Citizens Day Luncheon Begins at 10:30AM <u>Advanced Tickets Required</u>	10:00AM Bingo 11:30AM- Lunch 12:30 PM- Open Cards 2:00PM– Beginner Tablet Class	10:00 AM - 3:00 PM- Food Commodity Pick Up 10:00AM -Bingo 11:30AM Lunch 12:00PM Free Food Preservation Class 12:30 PM- Euchre
20	21	22	23	24
8:30 AM- Crafting Group 9:00AM- Tai Chi Class 10:00AM -Bingo 11:00AM Clothes Closet 11:30AM– Lunch 1:00PM -Line Dancing Class 2:00PM Painting Class 2:00PM– Beginner Tablet Class	9:00AM- Quilters 10:00AM Bingo 11:00 AM- Blood Pressure Checks 11:30AM– Lunch	9:00AM- Sewing 10:00AM -Bingo Senior Citizens Picnic at the Cambridge City Park 10:30 AM—2:00 PM Advanced Tickets Required 11:30AM Lunch 12:00PM– Mahjong	10:00AM -Bingo 11:00AM Free DermaScan 11:30AM– Lunch 12:30 PM- Open Cards 1:00PM Card Making Class 2:00PM– Beginner Tablet Class	10:00AM -Bingo 11:30AM– Memorial Day Cookout 12:30 PM- Euchre
27	28	29	30	31
CLOSED 	9:00AM- Quilters 10:00AM Pickleball in Byesville 10:00AM -Bingo 11:00 AM- Blood Pressure Checks 11:30AM– Lunch 12:15PM– Ice Cream Treat Day at Razor’s in Byesville 1:00PM- Cardio Drumming Class	9:00AM- Geri Fit Exercise 9:00AM- Sewing 10:00AM -Bingo 11:30AM Birthday Luncheon 12:00PM– Mahjong 12:00PM Free Freezer Jam Preservation Class	8:45AM Tanger Outlet Shopping Trip 10:00AM Bingo 11:30AM- Lunch 12:30 PM- Open Cards 2:00PM– Beginner Tablet Class	10:00AM -Bingo 11:30AM– Lunch 12:30 PM- Euchre

May 2024 Menu

<p>We invite you to join us for lunch at the Guernsey County Senior Center from 11:30 am until 1:00 pm Monday – Friday. The Byesville Site serves lunch at 11:30 am. Monday—Friday. Pleasant City 11:30-1:00 pm Monday & Thursday, Cumberland 11:30-1:00 pm, Tuesday & Friday, Londonderry site serves at 11:30 on Monday—Friday, and Old Washington site Wednesday & Friday from 11:30am-1:00pm. Dine-In or Grab & Go Options Available. If you have any questions about our nutrition services please call 740-439-5717 or toll free at 1-866-534-2349. Each meal includes a choice of white, wheat, or specified bread and a choice of either 2% or Skim Milk. Ingredient content can be found on our website at www.GuernseySenior.org .</p> <p><i>*Menu subject to change depending on item availability.</i></p>		<p>1 Pepperoni Pizza Italian Green Beans Tossed Salad w/Dressing Peach Cobbler Choice of Milk</p>	<p>2 Baked Ham Slice Scalloped Potatoes Broccoli Florets Diced Pineapple Dinner Roll/Margarine Choice of Milk</p>	<p>3 Shepard's Pie Buttered Potatoes Creamed Peas Ambrosia Salad Dinner Roll/Margarine Choice of Milk</p>
<p>6 Macaroni & Cheese Stewed Tomatoes California Blend Vegetables Fresh Apple Dinner Roll/Margarine Choice of Milk</p>	<p>7 Chinese Pepper Steak over Rice Asian Vegetables Pineapple Casserole Fresh Orange Choice of Bread/ Margarine Choice of Milk</p>	<p>8 Roasted Pork Loin Yukon Gold Potatoes Lima Beans Fruit Cocktail Choice of Bread/ Margarine Choice of Milk</p>	<p>9 Baked Cod Hashbrown Casserole Buttered Peas Fresh Banana Dinner Roll/Margarine Choice of Milk</p>	<p>10 Grilled Chicken Salad w/ Dressing Grape Salad Fresh Fruit Cup Croissant w/Margarine & Honey Cupcake Choice of Milk</p>
<p>13 Swedish Meatballs over Noodles Zucchini & Squash Harvard Beets Fresh Pear Blueberry Muffin Choice of Milk</p>	<p>14 Country Fried Steak w/ Gravy Hashbrown Carrots 100% Orange Juice Biscuit/Margarine Choice of Milk</p>	<p>15 Ham Salad Sandwich w/ Bun Coleslaw Three Bean Salad Sliced Peaches Choice of Milk</p>	<p>16 Cabbage Rolls Mashed Potatoes Creamed Corn Mandarin Oranges Choice of Bread/Margarine Sugar Cookie Choice of Milk</p>	<p>17 Cubed Steak w/Mushroom Gravy Whole Buttered Potatoes Brussel Sprouts Fresh Grapes Dinner Roll/Margarine Choice of Milk</p>
<p>20 Chipped Beef over Texas Toast Loaded Mashed Potatoes Glazed Baby Carrots 100% Fruit Juice Choice of Milk</p>	<p>21 Rotini w/Meat Sauce French Style Green Beans Tossed Salad w/Dressing Apricots Garlic Toast Choice of Milk</p>	<p>22 Chicken Leg Au Gratin Potatoes Baked Beans Watermelon Dinner Roll/Margarine Choice of Milk</p>	<p>23 Meatloaf Baby Baker Potatoes Mixed Vegetables Tropical Fruit Dinner Roll/Margarine Choice of Milk</p>	<p>24 Cheeseburger w/Bun Potato Salad Buttered Corn Broccoli Fresh Fruit Cup Jell-O Cake Choice of Milk</p>
<p>27 Closed in Observation of Memorial Day. <i>Frozen Meals are Available upon Request</i></p>	<p>28 Sloppy Joe w/Bun Tater Tots Peas & Carrots Diced Pears Choice of Milk</p>	<p>29 Baked Pork Chop Roasted Root Vegetables Succotash Cantaloupe Chocolate Chip Cookie Choice of Bread/ Margarine Choice of Milk</p>	<p>30 Roast Turkey w/Stuffing Noodles Green Bean Casserole Cucumber Onion Salad 100% Fruit Juice Choice of Milk</p>	<p>31 Salisbury Steak' w/Gravy Sour Cream & Chive Mashed Potatoes Parmesan Cheese Corn Fresh Tangerine Dinner Roll/Margarine Choice of Milk</p>