

Monday	Tuesday	Wednesday	Thursday	Friday
 <p><b>Senior Moments Adult Day Center</b>  <b>May 2024</b>  <b>31 Kingsbury Ave, Tolland 860-643-9500</b></p>		<p>1            May Day Traditions            Bingo            Exercise: Rain Forest            Ladder Bolo            Mixed-Up May Day</p>	<p>2            Monthly Gazette  <b>Music with Ron</b>            Exercise: Qigong            Washer Toss            Horse Categories</p>	<p>3            Talk Derby to Me            One &amp; Done/            Cooking Club:            Pimiento Cheese Dip            Exercise: In Madrid            Bowling  <b>Crooning with Karen</b></p>
<p>Hairdresser (By appointment only) 6  <b>National Nurses Week</b>            Cinco de Mayo            Bowling            Exercise: 2-Min Tune-Up  <b>Music with Ron</b>            Cinco de Mayo Word Match</p>	<p>7  <b>National Nurses Week</b>            Classic Clydesdales            Nix the Six/Craft Club:            Boot Bedazzling            Exercise: Fishing Trip  <b>Music with Ron</b>            A Horse's "Neigh"</p>	<p>8  <b>National Nurses Week</b>            Star of the Month            Bingo            Exercise: Key West            Workout            Ice Cream Cone Toss            Invention or Imagination?</p>	<p>9  <b>National Nurses Week</b>            What am I?  <b>Music with Ron</b>            Exercise: Bay Swim            Shooters            Word Jumbles</p>	<p>10  <b>National Nurses Week</b>            Happy Mother's Day            Elevenses/Bakers Rack:            Mother's Day Cupcakes            Exercise: Gimme an E!            Corn Hole  <b>Crooning with Karen</b></p>
<p>Hairdresser (By appointment only) 13            Morning Laugh            Birdie Toss            Exercise: Apple a Day  <b>Music with Ron</b>            Mother's Day Word            Mining</p>	<p>14            Heyday of the Drive-In            Bingo            Exercise: Chair Yoga  <b>Music with Ron</b>            Mixed-up Movies</p>	<p>15            National Chocolate Chip            Day            I Got it/Bakers Rack:            Chocolate Chip Cookies            Exercise: Roll the Dice            Bowling            My Kingdom for a Word</p>	<p>16            1950's Trivia  <b>Music with Ron</b>            Exercise: NE Style            Horse Shoes            Military Double Take</p>	<p>17            Armed Forces Day            Five Alive/Bakers Rack:            Patriotic Dessert Bars            Exercise: Presidential            Fitness            Clown Toss  <b>Crooning with Karen</b></p>
<p>Hairdresser (By appointment only) 20            Remembering Recess            Bean Bag Toss            Exercise: Chair Boxing  <b>Music with Ron</b>            Outdoor Games Match</p>	<p>21            Tiptoe Through Tulips            EZ Yahtzee/Craft Club:            Tulip Print Cards            Exercise: Rain Forest            Hike  <b>Music with Ron</b>            Nature Idioms</p>	<p>22            9:30am Bowling Club Trip            Indy 500 Women Drivers            Bingo            Exercise: Qigong            Golf            Out for a Ride</p>	<p>23            Who am I?  <b>Music with Ron</b>            Exercise: In Madrid            Bowling            Double Trouble</p>	<p>24            Memorial Day            Chase the Ace/Craft Club:            Painted Poppy Rocks            Exercise: 2-Min Tune-up            Ping Pong Pyramid  <b>Crooning with Karen</b></p>
<p><b>CLOSED</b> 27  </p>	<p>28            Volkswagen            "The Peoples Car"            Dice &amp; Strikes/Craft Club:            Paper Plate "Bugs"            Exercise: Fishing Trip  <b>Music with Ron</b>            Word Jumbles</p>	<p>29            Wonderful Weeds            Chips On Chips Off/Art            Club: Dandelion Painting            Exercise: Key West            Workout            Bucket Brigade            "Weed" it Out</p>	<p>30            The Great Outdoorsman  <b>Music with Ron</b>            Exercise: Bay Swim            Hula Hoop Challenge            Outdoor Rhyme Time</p>	<p>31            Hiking the Pacific            Northwest Trail            Bingo            Exercise: Gimme an E!            Bowling  <b>Crooning with Karen</b></p>

May Birthdays: Joe 5/10

Monday

Tuesday

Wednesday

Thursday

Friday

**Senior Moments Lunch & Snack Menu**



May 2024



**\*\*Snacks made by Clients in the "Bakers Rack" Cooking Club\*\***

<p>1</p> <p>Sloppy Joe on a Roll w/Tater Tots &amp; Green Beans</p> <p>Jell-O w/Cool Whip</p>	<p>2</p> <p>Ham &amp; Cheese Sandwich w/Macaroni Salad</p> <p>Nilla Wafers w/Nutella</p>	<p>3</p> <p>Chicken Tenders w/Creamed Spinach &amp; Corn</p> <p>**Pimiento Cheese Dip w/Crackers**</p>		
<p>6</p> <p>Hot Dogs on a Roll w/Baked Beans &amp; Fries</p> <p>Fiber One Brownie</p>	<p>7</p> <p>Grilled Cheese w/Vegetable Soup</p> <p>Vanilla Pudding</p>	<p>8</p> <p>Egg Salad Sandwich w/3 Bean Salad</p> <p>Butter Cookies</p>	<p>9</p> <p>Peanut Butter &amp; Jelly Sandwich w/Bananas</p> <p>Cheese &amp; Crackers</p>	<p>10</p> <p>Cheeseburgers on a Roll w/Pasta Salad</p> <p>**Mother's Day Cupcakes**</p>
<p>13</p> <p>Peanut Butter &amp; Jelly Sandwich w/Pretzels</p> <p>Nutter Butter Wafers</p>	<p>14</p> <p>Vegetable Lasagna w/Crescent Roll</p> <p>Pita Chips w/Hummus</p>	<p>15</p> <p>Taco in a Bowl w/Salsa, Cheese &amp; Chips</p> <p>**Chocolate Chip Cookies**</p>	<p>16</p> <p>Macaroni &amp; Cheese w/Peas</p> <p>Rice Cake w/Peanut Butter</p>	<p>17</p> <p>Turkey &amp; Cheese Sliders w/Pickles &amp; Chips</p> <p>**Patriotic Dessert Bars**</p>
<p>20</p> <p>Veggie Rice w/Kielbasa &amp; Roll</p> <p>Chocolate Covered Banana Bites</p>	<p>21</p> <p>Fish Fillet w/Cole Slaw &amp; Corn</p> <p>Oatmeal Cookies</p>	<p>22</p> <p>Hawaiian Meatballs w/Rice</p> <p>Oreo Cookies</p>	<p>23</p> <p>Tuna Fish Sandwich w/Fritos &amp; Pickles</p> <p>Fruit Salad w/Cool Whip</p>	<p><b>Cookout</b> 24</p> <p>Hamburgers on a Roll w/Potato &amp; Macaroni Salad</p> <p>Ice Cream Cup</p>
<p><b>CLOSED</b> 27</p>  <p>Happy MEMORIAL DAY Remember and honor</p> 	<p>28</p> <p>Vegetable Soup w/Dinner Roll</p> <p>Crumb Cake</p>	<p>29</p> <p>Turkey Chili w/Cheese</p> <p>Peanut Butter Wafers</p>	<p>30</p> <p>Chicken Salad w/Cranberries</p> <p>Cherry Jell-O</p>	<p>31</p> <p>Brown Gravy Meatballs w/Mash Potatoes &amp; Peas</p> <p>Shortbread Cookies</p>

Rotating Menu/Substitutes available/Menu includes 5 Nutritional food components/Dairy Product offered with each meal/Fruit offered with Breakfast