


Monday	Tuesday	Wednesday	Thursday	Friday
Hairdresser (By Appointment Only) 2 Monthly Gazette Clown Toss Exercise: Roll the Dice Music with Ron Common Endings	3 Cologne Germany Nix the Six/Bakers Rack: Black Forest Cake Exercise: NE Style Music with Ron Take a "Trip"	4 Star of the Month Bingo Exercise: Presidential Fitness Washer Toss What Would You Do?	Foot care 9:15 5 Body Language Bowling Exercise: Chair Boxing Music with Ron Common Endings #2	Gardening-Nature and 6 Therapy I Got it!/Gardening Club: Sunflower Seedlings Exercise: Rain Forest Hike Horse Shoes Crooning with Karen
Hairdresser (By Appointment Only) 9 Deep Dive into Jaws Corn Hole Exercise: Qigong Music with Ron Movie Moments	10 Connecticut Dinosaurs Five Alive/Craft Club: Paper Plate Dinos Exercise: In Madrid Music with Ron Wild Times at the Zoo	11 Caribbean Cultures & Customs EZ Yahtzee/Bakes Rack: Caribbean Corn Bread Exercise: 2-Min Tune Up Bulls Eye Mat 5-Clue What Am I?	Bowling Club 9:30 12 Weather Proverbs Birdie Toss Exercise: Fishing Trip Music with Ron Grand Ole "Flag"	13 Flag Day Bingo Exercise: Key West Workout Bowling Crooning with Karen
Hairdresser (By Appointment Only) 16 In their Father's Footsteps Bowling Exercise: Bay Swim Music with Ron Mixed-up Father's Day	17 Who am I? Bingo Exercise: Pass the Torch Music with Ron Drive it, Dig it, Drink it	18 Ultimate Scrabble Chase the Ace/Craft Club: Scrabble Mania Exercise: All Weather Workout Hula Hoop Challenge Common Endings #3	Bowling Club 9:30 19 Juneteenth: Finding Your Roots Shooters Exercise: An Apple a Day Music with Ron Juneteenth Word Jumble	20 Dramatic Dragonflies Dice & Strikes/Craft Club: Twig & Leaf Dragonflies Exercise: Chair Yoga Bucket Brigade Crooning with Karen
Hairdresser (By Appointment Only) 23 Who am I? Players Choice Exercise: Roll the Dice Music with Ron White Board Mash-Up	Merrow Meadow Park 9:30 24 Fairies, Elves & Gnomes One & Done/Bakers Rack: Strawberry Game Bites Exercise: NE Style Music with Ron Gnomes Category	25 Jeopardy Bingo Exercise: Presidential Fitness Bowling Measuring Up	26 Monstrous Inventions Ladder Bolo Exercise: Chair Boxing Music with Ron Australia, Canada or The USA	27 Natures Masked Bandits Elevenses/Craft Club: Raccoon Puppets Exercise: Rain Forest Hike Ping Pong Pyramid Crooning with Karen
Hairdresser (By Appointment Only) 30 50's Music Trivia Ice Cream Cone Toss Exercise: Qigong Music with Ron Word Jumbles	 <div> Senior Moments Adult Day Center <h1>June 2025</h1> Activity Calendar </div>			

June Birthdays: Charlie 6/30

Monday	Tuesday	Wednesday	Thursday	Friday
2 Salisbury Steak w/Mashed Potatoes & Peas Oreos	3 Chicken Alfredo w/Spinach & Roll **Black Forest Cake**	4 Chef Salad w/Buttered Biscuit Butter Cookies	5 Grand Slam Sliders w/Turkey, Ham, Lettuce & Tomatoes Yogurt Parfait w/Fruit & Granola	6 Hot Dog on a Bun w/Butter Beans Fiber One Brownie
9 Chicken Tender Sandwich w/Veggie Rice Chocolate Pudding	10 Baked Ziti w/Meat & Salad Ice Cream Cup	11 Shepherd's Pie w/ **Caribbean Corn Bread** Blueberry Pie w/Cool Whip	12 Fish Sandwich w/Cole Slaw Jell-O w/Cool Whip	13 Beef Casserole w/Potatoes & Beans Strawberry Shortcake
16 Beef Lo Mein w/Veggies & Rice Stella D'oro Biscuit	17 Hawaiian Meatballs w/Mashed Potatoes Pound Cake w/Fruit	18 Taco Bar w/Ground Meat, Lettuce, Tomato, Olives, Cheese, Salsa & Guacamole Cheese Danish	19 Chicken & Stuffing Casserole w/Mixed Vegetables Blondie Brownies	20 Cheeseburgers on a Bun w/Potato Salad & Pickles Chocolate Chip Muffin
23 Chicken Parmigiana Sandwich w/Alfredo Noodles Tomato Soup Cake	24 Pork Loin w/Gravy, Applesauce & Roll **Strawberry Game Bites*	25 Antipasto w/3 Bean Salad Banana Cream Pie	26 Vegetable Soup w/Half Sandwich Orange Jell-O	27 Macaroni & Cheese w/Peas & Carrots Ice Cream Cup
30 Kielbasa w/Buttered Noodles & Broccoli Coffee Cake	<div>  <div> Senior Moments Lunch & Snack Menu <h1>June 2025</h1> **Snacks made by clients in the "Baker's Rack" Cooking Club** </div> </div>			

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