


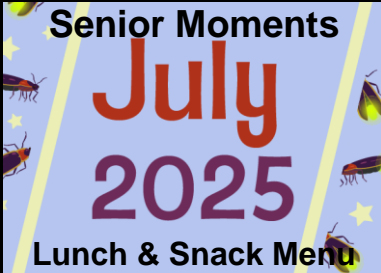

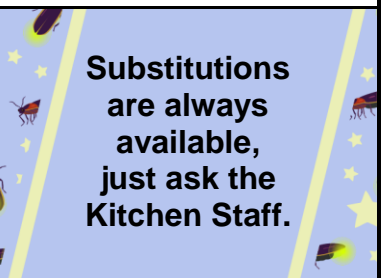


Monday	Tuesday	Wednesday	Thursday	Friday
 Senior Moments July 2025 Activity Calendar	1 Red White & Blue Nix the Six/Craft Club: Wooden Flag Exercise: In Madrid Music with Ron Pass It On	2 Monthly Gazette Bingo Exercise: 2-Min Tune-Up Clown Toss Patriotic Puzzles	3 Patriotic Quotes Bowling Exercise: Fishing Trip Music with Ron Independence Day Word Mining	4  Closed: 4th of July
7 Hairdresser (By Appointment Only) New Zealand Week Bowling Exercise: Key West Workout Music with Ron New Zealand Hangman	8 Christmas in July I Got It!/Craft Club: Sea Shell Ornament Exercise: Bay Swim Music with Ron Christmas in July Word Mining	9 Geckos of New Zealand Five Alive/Craft Club: Bejeweled Geckos Exercise: Pass the Torch Horse Shoes New Zealand Animals	10 Star of the Month: Russell Crowe Washer Toss Exercise: All Weather Workout Music with Ron Verb Generation	11 New Zealand Trivia Bingo Exercise: Chair Yoga Corn Hole Crooning with Karen
14 Hairdresser (By Appointment Only) Emoji's Bulls Eye Mat Exercise: Roll the Dice Music with Ron Whiteboard Mash-up	15 Who am I? Bingo Exercise: NE Style Music with Ron In the News	16 Fragrances EZ Yahtzee/Craft Club: Floral Bath Salts Exercise: Presidential Fitness Bowling Rhymes with...	17 Bowling Club 9:30 Quirky Festivals Birdie Toss Exercise: Chair Boxing Music with Ron Mixed-Up Parks & Rec	18 Frida Kahlo's Life Chase the Ace/Art Club: Frida Kahlo Dolls Exercise: Rain Forest Hike Hula Hoop Challenge Crooning with Karen
21 Hairdresser (By Appointment Only) Hot Tips for Keeping Cool Bucket Brigade Exercise: Qigong Music with Ron Songs of Summer	22 Ooh La La Bikini Dice & Strikes/Craft Club: Bikini Aprons Exercise: In Madrid Music with Ron Summer Wear Jumble	23 What's Your Verdict? Bingo Exercise: 2-Min Tune-Up Barrel Ball Common Endings	24 Manly Trivia Bowling Exercise: Fishing Trip Music with Ron Tiki Torch Word Find	25 Hawaiian Luau One & Done/Craft Club: Table Top Palm Trees Exercise: Key West Workout Ladder Bolo Crooning with Karen
28 Hairdresser (By Appointment Only) Modern Jeopardy Ping Pong Pyramid Exercise: Bay Swim Music with Ron Begins with...	29 Fantastic Fingerprints Elevenes/Art Club: Fingerprint Painting Exercise: Pass the Torch Music with Ron A-Z Words	30 Food of the Gods Chips On, Chips Off/ **Bakers Rack: Chocolate Lasagna** Exercise: Weather Hike Washer Toss Word Association	31 Bowling Club 9:30 History of Playgrounds Shooters Exercise: Chair Yoga Music with Ron Park Categories	 **Snacks made by Clients in the "Bakers Rack" Cooking Club**

July Birthdays: Joan 7/2, Dottie 7/4, Anne 7/8, Nola 7/11 and Joanne 7/17

Monday	Tuesday	Wednesday	Thursday	Friday
Senior Moments  July 2025 Lunch & Snack Menu	1 Turkey & Cheese Sandwich w/Veggie Chips Vanilla Pudding	2 Chef Salad w/Roll Butter Cookies	3 Cheese Burgers on a Roll w/Pasta Salad Ice Cream Cup	4  Closed: 4th of July
7 Macaroni & Cheese w/Green Beans Stella D'oro Biscuit	8 Hot Dog on a Bun w/Baked Beans Banana Bread	9 Grilled Cheese Sandwich w/Cucumber Salad Fruit Cup w/Cool Whip	10 Chicken Parmigiana Sandwich w/Buttered Noodles Oreos	11 Kielbasa w/Potatoes & Green Beans Orange Cranberry Muffin
14 Taco Salad w/Guacamole & Salsa Banana Cream Pudding w/Nilla Wafers	15 Chicken Alfredo w/Spinach & Roll Yogurt Parfait	16 Baked Ziti w/Meat Sauce & Salad Brownie	17 Pork Loin w/Mashed Potatoes, Gravy & Applesauce Chocolate Pudding	18 Chicken Casserole w/Steamed Veggies Pretzel Sticks w/Honey Mustard
21 Veggie Lasagna w/Garlic Bread Blueberry Muffin	22 Fish Sandwich w/Cole Slaw Ice Cream Sandwich	23 Chicken Stuffing Casserole w/Mixed Veggies & Roll Pound Cake w/Fruit	24 Antipasto w/Chickpea Salad Oatmeal Cookies	25 Butter Beef Tips w/Green Beans Cheese & Crackers
28 Tortellini Soup w/Half a Sandwich Strawberry Shortcake	29 Hawaiian Meatballs w/Rice Fruit Cup w/Cool Whip	30 Shredded BBQ Chicken Sandwich w/Cole Slaw **Chocolate Lasagna**	31 Sloppy Joe on a Roll w/Green Salad Jell-O w/Cool Whip	 Substitutions are always available, just ask the Kitchen Staff.

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