







July 2024



Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 Closed</p> 	<p>2 Closed</p> 	<p>3</p> <p>9:00 Brain/Board Games 9:15 CBS Class 10:15 4th of July Ice Cream Social 11:30 Lunch 12:00 Qigong 12:00 Wii/Games</p>	<p>4 Closed</p> 	<p>5</p> <p>9:00 Brain/Board Games 9:15 CBS Class 9:30 Arts & Crafts w/ Amanda ~Personalized Summer Tote bags 10:30 Head, Shoulders, Knees & Cup! Game 11:30 Lunch 12:00 Penny BINGO</p>
<p>8</p> <p>9:00 Brain/Board Games 9:15 Movie of The Month ~ Family Switch 9:30 Blood Pressure Checks 10:15 Family Feud Game 11:30 Lunch 12:00 Penny BINGO</p>	<p>9</p> <p>9:00 Brain/Board Games 9:15 Stix & Tones 10:15 LHM Hospice 11:30 Lunch 12:00 Line Dancing 12:00 Wii/Games</p>	<p>10</p> <p>9:00 Brain/Board Games 9:15 CBS Class 10:15 Bible Study 10:30 Corn Hole 11:30 Lunch 12:00 Armchair Travelers 12:00 Qigong</p>	<p>11</p> <p>9:00 Brain/Board Games 9:15 SHARK WEEK Stix & Tones 10:15 "Beat The Heat" w/ Jill Kaylor 11:30 Lunch 12:00 Line Dancing 12:00 Get N Step 12:00 Caregiver Class</p>	<p>12</p> <p>9:00 Brain/Board Games 9:30 Independent Art 10:15 Gentle Seated Yoga 10:30 Grocery List Game 11:30 Lunch 12:00 Penny BINGO</p>
<p>15</p> <p>9:00 Brain/Board Games 9:15 Strength Training w/ Kasie 10:15 Blank Slate Game 10:30 Chair Volleyball 11:30 Lunch 12:00 Penny BINGO</p>	<p>16</p> <p>9:00 Brain/Board Games 9:00 Early Bird Stix & Tones 9:45 Stix & Tones 10:15 Community Benefit Solutions w/ Jolynn Holtzman 10:30 Basic Steps Line Dance 11:30 Lunch 12:00 Line Dancing 12:00 Wii/Games</p>	<p>17</p> <p>9:00 Brain/Board Games 9:15 CBS Class 10:30 Bocce Ball 11:30 Lunch 12:00 Qigong 12:00 Dimes LCR Game</p>	<p>18</p> <p>9:00 Brain/Board Games 9:15 Stix & Tones 10:15 Jeopardy w/ Amanda from Hearing Life 10:30 Basic Steps Line Dance 11:30 Lunch 12:00 Line Dancing 12:00 Get N Step</p>	<p>19</p> <p>9:00 Brain/Board Games 9:15 CBS Class 9:30 Arts & Crafts w/ Ami ~ Olympic Torches 10:30 Nail Art 11:30 Lunch 12:00 Penny BINGO</p>
<p>22 Olympic Game Sign-ups!</p> <p>9:00 Brain/Board Games 9:15 Strength Training w/ Kasie 9:30 Blood Pressure Checks 10:15 Now You Have It Game 11:30 Lunch 12:00 Penny BINGO</p>	<p>23</p> <p>9:00 Brain/Board Games 9:00 Early Bird Stix & Tones 9:45 Stix & Tones 10:15 Presentation w/ Ginnie Kite 10:30 Basic Steps Line Dance 11:30 Lunch 12:00 Line Dancing 12:00 Wii/Games</p>	<p>24</p> <p>9:00 Brain/Board Games 9:15 CBS Class 10:15 Bible Study 10:30 Pictionary 11:30 Lunch 12:00 Qigong 12:00 Hope Squad Curriculum ~Older Adult Health</p>	<p>25</p> <p>9:00 Brain/Board Games 9:45 Stix & Tones 10:15 Dementia Training w/ White Rose Hospice 10:30 Basic Steps Line Dance 11:30 Lunch 12:00 Line Dancing 12:00 Get N Step</p>	<p>26</p> <p>9:00 Brain/Board Games 9:30 Independent Art 10:15 Gentle Seated Yoga 10:30 Family Feud Game 11:30 Lunch 12:00 Penny BINGO</p>
<p>29</p> <p>9:00 Brain/Board Games 9:15 Strength Training w/ Kasie 9:30 Adult Coloring 10:15 Round 1~ Olympic Games 11:30 Lunch 12:00 Quarter BINGO</p>	<p>30</p> <p>9:00 Brain/Board Games 9:00 Early Bird Stix & Tones 9:45 Stix & Tones 10:15 AARP w/ Sheri Moore 10:30 Basic Steps Line Dance 11:30 Lunch 12:00 Line Dancing 12:00 Wii/Games</p>	<p>31</p> <p>9:00 Brain/Board Games 9:15 CBS Class 10:15 Round 2~Olympic Games 11:30 Lunch 12:00 Qigong 12:00 Chair Volleyball</p>		

July

York County

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>Drive-through Bagged Lunches</p>	<p>2</p> <p>Drive-through Bagged Lunches</p>	<p>3</p> <p>Roast Pork w/ 2oz Sauerkraut 1/2c Whipped Potatoes w/ Chives 1/2c Mixed Vegetables 1 Wheat Bread Cookie</p> <p>NEW ITEM</p>	<p>4</p> <p>Happy 4th of July!</p>  <p>NEW ITEM</p>	<p>5</p> <p>Taco Bake (3oz Taco Meat, .5oz Cheddar, Lettuce, Tomato, Salsa) Tortilla Chips 1/2c Corn w/ Pimentos 1/2c Pineapple</p> <p>NEW ITEM</p>
<p>8</p> <p>BBQ Pulled Pork Sandwich 1/2c Coleslaw 1/2c Ranch Potatoes Sandwich Roll Cookie</p>	<p>9</p> <p>Baked Beef Ravioli (6 Ravioli) w/ 1oz Shredded Cheese 1c Tossed Salad w/ Tomato 1 Garlic Breadstick Seasonal Fresh Fruit</p> <p>NEW ITEM</p>	<p>10</p> <p>Cheeseburger w/ Lettuce, Tomato 1c Creamy Potato Soup w/ Crackers 1 Hamburger Roll Seasonal Fresh Fruit</p>	<p>11</p> <p>Open Faced Turkey Sandwich w/ Gravy 1/2c Whipped Potatoes w/ Chives 1/2c Sweet Corn 1 White Bread 1 Cookie</p>	<p>12</p> <p>Chicken, Spinach & Cranberry Salad w/ Dressing (3oz chix, .5oz cheese, 1t. Cran) 1c. Mixed Greens & Spinach 1/2c. Beets 1 Breadstick 1 Cookie</p>
<p>15</p> <p>Teriyaki Chicken 1/2c Vegetable Rice Pilaf 1/2c Carrots 1 Wheat Bread Seasonal Fresh Fruit</p>	<p>16</p> <p>Roast Beef w/ Gravy 1/2c Mashed Potatoes 1/2c Mixed Vegetables 1 White Bread 1/2c Pudding</p>	<p>17</p> <p>Sliced Ham w/ Pineapple Sauce 1/2c Whipped Sweet Potatoes 1/2c Green Beans 1 Dinner Roll 1 Cookie</p>	<p>18</p> <p>Orange Glazed Pork Loin 1/2c Buttered Pasta 1/2c Corn 1 Wheat Bread 1/2c Peach Crisp</p>	<p>19</p> <p>4oz Tuna Salad Sandwich w/lettuce & tomato 1/2c Broccoli Salad 1/2c Coleslaw 2 White Bread Seasonal Fresh Fruit</p>
<p>22</p> <p>1c Stuffed Pepper Casserole 1/2c Wax Beans 1/2c Peas & Carrots 1 White Bread 1/2c Pudding</p>	<p>23</p> <p>Sweet & Sour Pork 1/2c. Rice 1/2c Mixed Vegetables 1 Wheat Bread 1/2c. Apple Crisp</p>	<p>24</p> <p>Turkey Chef Salad (2oz Turkey, 1oz Cheddar, over 1c Mixed Greens w/ Tomato) 1c Vegetable Soup w/ Crackers 1 Dinner Roll 1/2c Gelatin</p>	<p>25</p> <p>Parmesan Chicken Over 1/2c. Lemon Asparagus Pasta 1c. Tossed Salad W/Tomato 1 Breadstick Fresh Fruit</p>	<p>26</p> <p>4oz Sloppy Joe Baked Potato 1/2c Green Beans 1 Hamburger Bun Seasonal Fresh Fruit</p>
<p>29</p> <p>Swiss Steak w/ 2oz Onion Gravy 1/2c Cubed Parsley Potatoes 1/2c Carrots 1 Wheat Bread 1/2c Blushed Pears</p>	<p>30</p> <p>Creamy Vegetable Lasagna .5oz Shredded Mozzarella 1c Tossed Salad 1 Garlic Breadstick 1/2c Peaches w/ 1/4c Cottage Cheese</p> <p><i>*menu subject to change</i></p>	<p>31</p> <p>Creamy Garlic Chicken Breast 1/2c Buttered Noodles 1/2c Spinach 1 Wheat Bread 1/2c Mandarin Oranges</p> <p>NEW ITEM</p>		