

Monday	Tuesday	Wednesday	Thursday	Friday
Hairdresser (By Appointment Only) 3 Monthly Gazette Bowling Exercise: Presidential Fitness Music with Ron Measuring Up	4 Who am I? Bingo Exercise: Chair Boxing Music with Ron Five Clues	5 Glorious Giraffes Nix the Six/Bakers Rack: Giraffe Cookies Exercise: Rain Forest Hike Ladder Bolo Sticking Your Neck Out	6 Foot Care Nurse (9:30) Fabulous Fifties Music Trivia Music with Ron Exercise: Qigong Washer Toss Common Endings #1	7 Renaissance Faires Elevenses/Bakers Rack: Ye Olde Gingerbread Exercise: In Madrid Ice Cream Cone Toss Crooning with Karen
Hairdresser (By Appointment Only) 10 Morning Laugh Shooters Exercise: 2-Min Tune-Up Music with Ron McDonald's or Burger King	11 African Safari I Got It/Cooking Club: Kachumbari Salad Exercise: Fishing Trip Music with Ron Take a Trip	12 Star of the Month Bingo Exercise: Key West Workout Bowling Common Endings #2	13 Jeopardy Music with Ron Exercise: Bay Swim Corn Hole Pass It On	14 Flag Day Five Alive/Craft Club: Star Garland Exercise: Apple a Day Ping Pong Pyramid Crooning with Karen
Hairdresser (By Appointment Only) 17 Father's Day Birdie Toss Exercise: Scarf Dancing Music with Ron Mixed Up Dads	18 What am I? EZ Yahtzee/Craft Club: Elephant Sand Painting Exercise: Chair Yoga Music with Ron Word Match	19 Bowling Club 9:30 Juneteenth Chase the Ace/Craft Club: African Necklace Exercise: Roll the Dice Horse Shoes Juneteenth Word Match	20 The Funny Forties Music with Ron Exercise: NE Bowling 1940's The Price was Right	21 What am I? Bingo Exercise: Presidential Fitness Clown Toss Crooning with Karen
Hairdresser (By Appointment Only) 24 Weather Prediction Proverbs Bean Bag Toss Exercise: Chair Boxing Music with Ron Mixed Up Summer Fun	25 Peculiar Patents Bingo Exercise: Rain Forest Hike Music with Ron Who Invented It?	26 Fabulous Fireflies Dice & Strikes/Craft Club: Painted Fireflies Exercise: Qigong Bucket Brigade Word Jumbles	27 WWI Doughnut Girls Music with Ron Exercise: In Madrid Hula Hoop Challenge "Donut" Categories	28 Milkweed & Monarchs Chips On Chips Off/ Craft Club: Coffee Filter Monarchs Exercise: 2-Min Tune-Up Bowling Crooning with Karen



June Birthdays: Peg 6/9, Charlie 6/30

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<p>Macaroni & Cheese w/Peas 3</p> <p>Fiber One Brownie</p>	<p>Hawaiian Meatballs w/Rice 4</p> <p>Jell-O w/Cool Whip</p>	<p>Chicken Parmigiana w/Alfredo Noodles 5</p> <p>**Giraffe Cookies**</p>	<p>Muffin w/Fruit Salad 6</p> <p>Cheese Crackers</p>	<p>Pizza w/Green Salad 7</p> <p>**Ye Olde Gingerbread**</p>
<p>Turkey Sandwich w/Veggie Chips 10</p> <p>Butter Cookies</p>	<p>Fish & Chips w/Corn 11</p> <p>**Kachumbari Salad**</p>	<p>Egg Salad Sandwich w/Pickles 12</p> <p>Coffee Cake</p>	<p>Chili w/Sour Cream & Tostitos 13</p> <p>Chocolate Covered Banana Bites</p>	<p>Hamburgers w/Fries & Salad 14</p> <p>Ice Cream Cup</p>
<p>Veggie Lasagna w/Dinner Roll 17</p> <p>Rice Cake w/Peanut Butter</p>	<p>Chicken Tenders w/Veggie Rice 18</p> <p>Chocolate Pudding w/Cool Whip</p>	<p>Peanut Butter & Jelly w/Banana 19</p> <p>Lady Finger Cookies</p>	<p>Hot Dogs on a Bun w/Baked Beans 20</p> <p>Blueberry Muffin</p>	<p>Meatball Grinder w/Fries 21</p> <p>Chocolate Covered Bananas</p>
<p>Ham & Cheese Sandwich w/Veggie Chips 24</p> <p>Crackers & Cheese</p>	<p>Alfredo Chicken w/Noodles & Beans 25</p> <p>Stella D'oro Biscuits</p>	<p>Ham Steak w/Green Beans 26</p> <p>Nilla Wafers w/Nutella</p>	<p>Chicken Salad Sandwich w/Cranberry 27</p> <p>Butter Cookies</p>	<p>Pizza w/3 Bean Salad 28</p> <p>Ice Cream Sandwich</p>

Senior Moments Lunch & Snack Menu

June 2024

****Snacks made by Clients in the 'Bakers Rack' Cooking Club****

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