

AUGUST MENU

ROCK SENIOR CENTER

Mon

Tue

Wed

Thu

Fri

<p>Menu is for all our senior centers. Call your senior center with questions/comments.</p> 		<p>1 Pepper Steak Over Rice French Style Green Beans Pineapple/orange cup Dessert</p>	<p>2 Chicken Breast Philly Potatoes Mixed Vegetables; Pears</p>	<p>3 CLOSED</p>
<p>6 Cheeseburger w/bun Sweet Potato Wedges Baked Beans Tropical Fruit</p>	<p>7 Beef w/Gravy over Potatoes Monte Carlo Vegetables Coleslaw Peaches</p>	<p>8 Baked Chicken Baked Potato Broccoli Strawberry Fluff</p>	<p>9 Omelet/Breakfast Bake Hash Browns Juice Sausage Links Fresh Fruit</p>	<p>10 CLOSED</p>
<p>13 Turkey Broccoli Casserole Peas Mandarin Orange Fluff</p>	<p>14 Pork Roast Red Potatoes Carrots Applesauce</p>	<p>15 Tasty Hamburger Casserole Mixed Vegetables Peach Crisp</p>	<p>16 Beef Stroganoff Over Noodles Spinach Salad Prince Charles Veggies Escaloped Apples</p>	<p>17 CLOSED</p>
<p>20 Cheesy Chicken Penne Mediterranean Veg Pineapple</p>	<p>21 Spaghetti w/ Meat Sauce Caesar Salad Garlic Bread Strawberry Shortcake</p>	<p>22 Hot Dog w/Bun Au Gratin Potatoes Broc/Califlower Salad Warm Cobbler</p>	<p>23 Tater Tot Casserole Corn Biscuit Cantaloupe</p>	<p>24 CLOSED</p>
<p>27 Polish Sausage Sauerkraut Sliced Potatoes Corn Fruit</p>	<p>28 Sloppy Joe w/Bun Mac & Cheese Three Bean Salad Fresh Orange</p>	<p>29 BBQ Chicken Baked Beans Potato Salad Pineapple</p>	<p>30 Pasty Coleslaw Fruit Cocktail</p>	<p>31 CLOSED</p>

[HOW DO I GET TO THE SENIOR CENTER?](#)

[EMAIL THE CENTER](#)

Subject to change

WEEKLY ACTIVITIES (center closed on Fridays): **ROCK** 356-6420
Every Monday, Senior Yoga, 8:30-9:30 a.m.; Line Dancing with Linda, 10:30 a.m.;

Dime bingo, 12:30-2:15 p.m.

Every Tuesday, Play cards, 1-4:30 p.m. Evening meal, 5 p.m.

Every Wednesday, Senior Yoga, 8:30-9:30 a.m.; Play cards, 10:30 a.m. to 3 p.m.

Every Thursday, Chair Yoga, 1 p.m.

OTHER ACTIVITIES:

Presque Isle Walk, Aug. 6, 5 p.m. meet at center. Closed for Election, Aug. 7. Senior Corporation Dance, Aug. 12, 1-5 p.m. Crafts with Mollie, Aug. 13, 1 p.m. Bake sale, Aug. 14, 4 p.m. Monthly Food Distribution, Aug. 15, 8 a.m. to 3 p.m. Crafts with Mollie, Aug. 20, 1 p.m. Tea Party, Aug. 21, 1 p.m. Spin the wheel, Aug. 21, 6 p.m. Birthday Party, Aug. 29, noon (call 356-6420 at least one day prior to reserve a seat).