

JULY MENU **GLADSTONE SENIOR CENTER**

Mon **Tue** **Wed** **Thu** **Fri**

<p>2 Goulash Corn Bread/Butter Fruit</p>	<p>3 BBQ Chicken Baked beans Potato salad Red, White, Blue Dessert</p>	<p>4 CLOSED FOR FOURTH OF JULY</p>	<p>5 Pasty Coleslaw Copper Penny Salad Tropical Fruit</p>	<p>6 BLT wrap Zucchini/Tomato Salad Bag of Chips Yogurt/Blueberries</p>
<p>9 Ring Bologna Oven Potatoes Mixed Vegetables Fruit</p>	<p>10 Shepard's Pie (Mash Potatoes, Ground Beef, Cream Corn) Strawberry Spinach Salad Escaloped Apples</p>	<p>11 BBQ Ribs Twice-Baked Potato Key West Vegetables Fresh Fruit</p>	<p>12 Tater Tot Taco Casserole Mexi-Corn Cornbread Fruit Cup</p>	<p>13 Chicken Noodle Soup Egg Salad Sandwich Chilled-Vegetable Salad Lemon/Blueberry Dessert</p>
<p>16 Swiss Chicken with Mushrooms Garlic-Mashed Potatoes Broccoli Fruit</p>	<p>17 Stuffed Green Peppers California Blend Veggies Garlic Bread Snowball Dessert</p>	<p>18 Swedish Meatballs Mashed Potatoes/Gravy Cucumber Salad Warm Bread Pudding Dessert</p>	<p>19 Pork Chop Boiled Potatoes Garden Salad Applesauce</p>	<p>20 Cold Tuna Macaroni Salad Zucchini Bean Salad Mandarin Orange Fluff</p>
<p>23 Biscuits and Gravy Scrambled Eggs Hash Browns Fresh Orange</p>	<p>24 Lasagna Caesar Salad Garlic Bread Fruit Crisp</p>	<p>25 Bourbon Steak Coconut Rice Italian Vegetables Tomato/Zucchini Salad Orange/Pineapple Cake</p>	<p>26 Baked Chicken Mashed Potatoes and Gravy Peas Fruited Jello</p>	<p>27 Meatloaf Baked Potato Green Beans Pistachio Dessert</p>
<p>30 Pizza Casserole Corn Breadstick Fruit</p>	<p>31 Cranberry-Glazed Pork Loin Boiled Potatoes Key Largo Vegetables Applesauce</p>	<div style="border: 2px solid red; padding: 10px;"> <p style="color: red; font-weight: bold;">Menu is for all our senior centers. Call your senior center with questions/comments.</p>  </div>		

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

WEEKLY ACTIVITIES: GLADSTONE 428-2201

Every Monday, Sit N Be Fit, 10-10:45 a.m. Cribbage, noon. Hand & Foot, noon. Painting, 12:30 p.m.

Every Tuesday, Card making 12:30 p.m. 500 cards, 12:30 p.m. Evening bingo, 6:45 p.m.

Every Wednesday, Sit N Be Fit, 10-10:45 a.m. Pinochle, 12:30 p.m.

Every Thursday, Tai Chi, 10-11 a.m. Hand & Foot, 12:30 p.m. Center Bingo, 1-4 p.m.

Every Friday, Line Dancing (beginners), 9:30-11 a.m. Line Dancing (regular).

OTHER ACTIVITIES:

Closed July 4. Monthly Food Distribution, July 5, 8:30-9:30 a.m. Arts and Crafts Club, July 16, noon to 3:30 p.m. Foot Clinic, July 18, (by appointment only, call 428-2201).

Night Meal, July 18, 4-7 p.m. (call 428-2201 at least one day prior to reserve a seat).

Movie Day ("Field of Dreams"), July 20, 12:30 p.m. Alzheimer's Awareness, July 24, 12:30-1:30 p.m. Birthday Lunch, July 31, 11:30 a.m. (call 428-2201 at least one day prior to reserve a seat).