

**JUNE MENU**

**ROCK SENIOR CENTER**


**Mon**

**Tue**

**Wed**

**Thu**

**Fri**

<p><b>Menu is for all our senior centers. Call your senior center with questions/comments.</b></p> 				<p><b>1</b></p> <p><b>CLOSED</b></p>
<p><b>4</b> Potato-Crusted Pollock Twice-Baked Potatoes California Blend Veggies Diced Pears</p>	<p><b>5</b> Spaghetti w/Meat Sauce Caesar Salad Garlic Bread Fresh Melon</p>	<p><b>6</b> Sweet and Sour Pork Oriental Coleslaw Chinese Veggies, Mandarin Oranges</p>	<p><b>7</b> Beef Steak (or Liver &amp; Onions) Mashed Potatoes with Gravy  Green Beans Cranberry Jell-O</p>	<p><b>8</b></p> <p><b>CLOSED</b></p>
<p><b>11</b> Tasty Hamburger Casserole Cook's Choice Vegetable Chunky Applesauce</p>	<p><b>12</b> Fish Sandwich on a Bun Oven Potatoes Mixed Veggies Tropical Fruit</p>	<p><b>13</b> Roast Beef Mashed Potatoes and Gravy; Glazed Carrots Strawberry Shortcake</p>	<p><b>14</b> Pasty Coleslaw Fruited Jell-O</p>	<p><b>15</b></p> <p><b>CLOSED</b></p>
<p><b>18</b> Tator Tot Casserole Garden Salad Plums</p>	<p><b>19</b> Chicken Breast Sour Cream &amp; Chive Potatoes; Spinach Peaches</p>	<p><b>20</b> Ham Roll-Ups Scalloped Potatoes Peas Pineapple Tidbits</p>	<p><b>21</b> Cheeseburger on Bun Diced Potatoes Fresh Vegetables Citrus Pie Square</p>	<p><b>22</b></p> <p><b>CLOSED</b></p>
<p><b>25</b> Cheesy Penne Chicken Casserole Monte Carlo Veggies Tossed Salad Apricots</p>	<p><b>26</b> Bratwurst on a Bun Potato Salad Corn on the Cob Watermelon</p>	<p><b>27</b> Baked Chicken Philly Cheese Potatoes Peas and Carrots Fresh Fruit</p>	<p><b>28</b> Stacked Turkey &amp; Cheese Sandwich Tomato Basil Soup Mango Coleslaw Fruit</p>	<p><b>29</b></p> <p><b>CLOSED</b></p>

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

**WEEKLY ACTIVITIES** (center closed on Fridays): **ROCK** 356-6420

Every Monday, Hatha Yoga, 8:30 a.m. Line Dancing, 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, Hatha Yoga, 8:30 a.m. Play cards, 10:30 a.m. to 3 p.m.

Every Thursday, Lunch and Bingo at Cornell

**OTHER ACTIVITIES:**

Crafts with Mollie, June 4, 8:30 a.m. TEFAP Food Distribution, June 7, 8-1 p.m.

Senior Corporation Dance, June 10, 1-5 p.m. Bake sale, June 12, 4-6 p.m.

Father's Day BBQ, June 12, 5 p.m. (call 356-6420 at least one day prior to reserve a seat). Crafts with Mollie, June 18, 8:30 a.m. Spin the wheel, June 19, 6 p.m.

Monthly Food Distribution, June 20, 8 a.m. to 3 p.m. Special presentation on

Phone, Email and E-scams, June 20, 10:30 a.m. Movie ("Top Gun"), June 28, 2

p.m. Birthday Party, June 27, noon (call 356-6420 at least one day prior to reserve a seat).