

*Join the Fun!*

Rasmussen Senior Center - 115 East Roberts Lane - 392.2030

**VOLUNTEERS NEEDED!** Front sign in desks, servers, after lunch clean up, etc.

Please see office staff to inquire

Meals on Wheels - 392.2016

WE RESERVE THE RIGHT TO CHANGE MENU WITHOUT NOTICE.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Orange Chicken Broccoli Watermelon WW Roll Steamed Rice Milk	2 Chili Beans Coleslaw Cantaloupe Corn Bread Milk	3 Chicken Fajitas Spinach Salad Fajita Veggies Tortilla Spanish Brown Rice Pinto Beans Milk	4 Scrambled Eggs & Sausage Link Roasted Potatoes Honeydew Melon WW Roll Milk	5 Stuffed Bellpeppers Carrots Mashed Potatoes WW Roll Apple Sauce Milk
8 Chicken & Pasta Italian Green Beans Spinach Salad WW Roll Fruit Salad Apple Juice Milk	9 Chicken Fried Steak Mashed Potatoes Broccoli WW Roll Watermelon Milk	10 Pork Stir Fry Stir Fry Veggies Perfection Salad WW Roll Steamed Rice Milk	11 Gumbo Soup Coleslaw Apple Waldorf Salad WW Roll Milk	12 Minestrone Soup Carrot Salad Watermelon WW Roll Apple Juice Milk
15 Beef Patty Mashed Potatoes Carrots WW Roll Pudding Apple Juice Milk	16 Kielbasa Sausage Roasted Potatoes Steamed Cabbage WW Roll Fruit Salad Milk	<b>HAPPY BIRTHDAY!</b> 17	18 Beef Stew Corn & Black Bean Salad Honeydew Corn Bread Milk	19 BBQ Pork Sandwich Cantaloupe Coleslaw WW Roll Milk
22 Ground Beef over Noodles Carrots Green Salad WW Roll Orange Milk	23 BBQ Chicken Mashed Potatoes Corn WW Roll Cantaloupe Milk	24 Egg Salad Sandwich Coleslaw Watermelon WW Bread Milk	25 Chicken Pot Pie Whole Grain Salad Fruit Salad Biscuit Apple Juice Milk	26 Baked Potato w/ Ground Beef Chili Carrots Zucchini WW Roll Apple Sauce Milk
29 Ground Turkey Taco Pinto Beans Cantaloupe Spanish Rice Corn Tortilla Milk	30 Spaghetti w/ Meat Sauce Italian Green Beans Spinach Salad WW Roll Watermelon Milk			

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
9:00: Exercise Class 9:00: Cards in the Library 9:30: Loteria 10:00: Live Music & Dancing 12:00: Lunch 12:15 Karaoke	9:00: Cards in the Library 9:00: Sewing /Quilting 9:00 Chair Yoga (\$6) 10:00: Live Music & Dancing 12:00: Lunch 1:00: Grocery Bingo	9:00: Exercise Class 9:00: Cards in the Library 9:00: Crafts 9:30: Loteria 9:30: Tech Savvy Seniors 10:00: Live Music & Dancing 12:00: Lunch	9:00: Cards in the Library 9:00: Crochet 9:00: Exercise w/Music (\$6) 9:30: Loteria 10:00: Live Music & Dancing 10:30 - Beginning Line Dance (\$6) 12:00: Lunch 12:15: Karaoke 1:30: Intermediate Line Dance Class (\$6)	9:00: Exercise Class 9:00: Cards in the Library 9:00: Painting 10:00: Live Music & Dancing 12:00: Lunch 1:00: Penny Bingo
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
9:00: Exercise Class 9:00: Cards in the Library 9:30: Loteria 10:00: Live Music & Dancing 12:00: Lunch 12:15 Karaoke	9:00: Cards in the Library 9:00: Sewing /Quilting 9:00 Chair Yoga (\$6) 10:00: Live Music & Dancing 12:00: Lunch 1:00: Grocery Bingo	9:00: Exercise Class 9:00: Cards in the Library 9:00 Crafts 9:30: Loteria 9:30: Tech Savvy Seniors 10:00: Live Music & Dancing 12:00: Lunch 1:00: Senior Afternoon Movie	9:00: Cards in the Library 9:00: Crochet 9:00: Exercise w/Music (\$6) 9:30: Loteria 10:00: Live Music & Dancing 10:30 - Beginning Line Dance (\$6) 12:00: Lunch 12:15: Karaoke 1:30: Intermediate Line Dance Class (\$6)	9:00: Exercise Class 9:00: Cards in the Library 9:00: Painting 10:00: Live Music & Dancing 12:00: Lunch 1:00: Penny Bingo
<b>15</b>	<b>16</b>	<b>BIRTHDAY PARTY! 17</b>	<b>18</b>	<b>19</b>
9:00: Exercise Class 9:00: Cards in the Library 9:30: Loteria 10:00: Live Music & Dancing 12:00: Lunch 12:15 Karaoke	9:00: Cards in the Library 9:00: Sewing /Quilting 9:00 Chair Yoga (\$6) 10:00: Live Music & Dancing 12:00: Lunch 1:00: Grocery Bingo	9:00: Exercise Class 9:00: Cards in the Library 9:00: Crafts 9:00: Senior Marketplace 9:30: Loteria 9:30: Tech Savvy Seniors 10:00: Live Music & Dancing 12:00: Lunch	9:00: Cards in the Library 9:00: Crochet 9:00: Exercise w/Music (\$6) 9:30: Loteria 10:00: Live Music & Dancing 10:30 - Beginning Line Dance (\$6) 12:00: Lunch 12:15: Karaoke 1:30: Intermediate Line Dance Class (\$6)	9:00 - Exercise Class 9:00 - Cards in the Library 9:00 - Painting Class 10:00 - Live Music & Dancing: West Coast Country Sounds 12:00 - Lunch 1:00 - Penny BINGO
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
9:00: Exercise Class 9:00: Cards in the Library 9:30: Loteria 10:00: Live Music & Dancing 12:00: Lunch 12:15 Karaoke	9:00: Cards in the Library 9:00: Sewing /Quilting 9:00 Chair Yoga (\$6) 10:00: Live Music & Dancing 12:00: Lunch 1:00: Grocery Bingo	9:00: Exercise Class 9:00: Cards in the Library 9:00: Crafts 9:30: Loteria 9:30: Tech Savvy Seniors 10:00: Live Music & Dancing 12:00: Lunch 1:00 - Senior Afternoon-Movie	9:00: Cards in the Library 9:00: Crochet 9:00: Exercise w/Music (\$6) 9:30: Loteria 10:00: Live Music & Dancing 10:30 - Beginning Line Dance (\$6) 12:00: Lunch 12:15: Karaoke 1:30: Intermediate Line Dance Class (\$6)	9:00 - Exercise Class 9:00 - Cards in the Library 9:00 - Painting Class 10:00 - Live Music & Dancing: West Coast Country Sounds 12:00 - Lunch 1:00 - Penny BINGO
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