



# JULY 2017



Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1)
2)	3) <i>CLOSED</i>	4) <i>CLOSED</i>	5) <i>10:00 AM Nutrition w/ Mike VNS</i>	6) <i>10:00 AM Advisory Board Meeting 10:30 AM Chair Exercise</i>	7) <i>9:45 AM Pokeno 10:00 AM West Nile Virus</i>	8)
9)	10) <i>9:00 AM Arts and Crafts 10:00 AM Dancercise</i>	11) <i>9:30 AM Walking w/ ease 10:00 AM Assembly Man Michael Sim- anowitz 1:00 PM Bingo</i>	12) <i>8:30 AM Yonkers</i>	13) <i>10:00 AM Hearing Aid presentation 10:30 AM Chair Exercise</i>	14) <i>9:45 AM Pokeno 10:00 AM WII Bowl- ing</i>	15)
16)	17) <i>9:00 AM Arts &amp; Crafts 10:00 AM Dancercise</i>	18) <i>9:30 AM Walking w/ Ease 10:00 AM Tyche w/ Emblem 1:00 PM Bingo</i>	19) <i>10:00 AM Chair Exercise w/ Integra</i>	20) <i>10:00 AM General Board Meeting 10:30 AM Chair Exercise</i>	21) <i>9:45 AM Pokeno 10:00 AM WII Bowl- ing</i>	22)
23)	24) <i>9:00 AM Arts &amp; Crafts 10:00 AM Dancercise</i>	25) <i>9:30 AM Walking w/ Ease 1:00 PM BINGO</i>	26) <i>10:00 WII Bowling</i>	27) <i>10:30 AM Chair Exercise</i>	28) <i>9:45 AM Pokeno 10:00 AM WII Bowl- ing</i>	29)
30)	31) <i>9:00 AM ARTS &amp; Crafts 10:00 AM Dancercise</i>	<i>* pool dates will follow</i>				

# July

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Su	Monday	Tuesday	Wednesday	Thursday	Friday	Satu
2	3 CLOSED 	4 Happy July 4th  CLOSED	5 MAC & CHEESE with SALAD & BEETS SALAD	6 CHICKEN CACCIATORE With BROWN RICE	7 BAKED FISH with NOODLES & corn/peas	8
9	10 PORKLOIN with red potatoes & veggie	11 CHEESEBURGER SWEET POTATO FRIES & BEANS	12 MEATBALLS & SPAGHETTI with BEETS SALAD	13 TERIYAKI CHICKEN with RICE & cabbage	14 BAKED FISH with noodles & Italian Blend	15
16	17 DELI PLATE TURKEY with BEAN SALAD & COLE SLAW	18 PEPPER STEAK with ONIONS RICE PILAF & CAULIFLOWER/ CARROTS	19 AMERICAN FRITTATA with carrots	20 HAWAIIAN CHICKEN with CUT BEANS	21 STUFFED SHELLS with CHICPEA SALAD	22
23	24 MEATLOAF with sweet mashed potatoes & corn/peas	25 HERBED PORKLION with ASPARAGUS & CARROTS	26 BAKED FISH with ORZO & MIXED VEGGIE	27 ITALIAN ROAST CHICKEN with ROASTED POTATOES	28 EGG SALAD BEETS SALAD & CORN SALAD	29
30	31 BAKED TILAPIA with GREEN SALAD & slice CARROTS	1	2	3	4	5







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HELP  
YOU TO BE AT  
YOUR BEST**

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