

| MONDAY   | TUESDAY  | WEDNESDAY   | THURSDAY   | FRIDAY  |
|--|--|---|--|---|
|   | ROY HILLSIDE SENIOR CENTER<br>5051 South 1900 West<br>Roy, Utah 84067<br>801-773-0860<br>Please check with the front desk. We add new things daily.  | <b>APRIL</b><br><b>2016</b>   |   | 1<br>9:00 Arthritis Exercise class<br>10:00 Coffee with our friends<br>11:30 Lunch  |
| 4<br>8:30 Lapidary & Silversmith<br>9:00 Oil Painting<br>9:00 Cards<br>11:30 lunch<br>12:30 Line dancing<br>1:00 Card Making<br>4:00 Out to eat Bunch  | 5<br>8:30 Ceramics<br>10:00 Colorful Conversation<br>10:00 <b>R.A.S.A. Meeting</b><br>11:30 Lunch<br>12:15 <b>Bingo Chancellors Gardens</b>  | 6<br>8:30 Ceramics<br>9:00 Alzheimer's Respite<br>9:00 Yoga floor<br>10:00 Yoga Chair & Crocheting<br>11:30 Lunch <b>KNIFE CLINIC</b><br>12:15 Bridge                               | 7<br>8:30 Blood pressure<br>9:00 Tai Chi<br>9:00 Crocheting & Oil Painting<br>11:30 Lunch<br>12:00 Cards<br>1:00 CPR Class Naydeen ( see front office to sign up) Ogden Regional<br><b>FIRST DAY OF OUR NEW DANCING BAND 11-1</b>                                    | 8<br>9:00 Arthritis Exercise class<br>10:00 Coffee with our friends<br>11:30 Lunch  |
| 11<br>8:30 Lapidary & Silversmith<br>9:00 Oil Painting<br>9:00 Cards<br>11:30 lunch<br>12:30 Line dancing<br>1:00 Card Making<br>4:00 Out to eat Bunch | 12<br>8:30 Ceramics<br>10:00 Colorful Conversation<br>11:30 Lunch <b>LINDA HAMMOND ON PIANO &amp; H.C.N.U. HOSPICE IF FINE WOOD ( Speaker)</b>   | 13<br>8:30 Ceramics<br>9:00 Alzheimer's Respite<br>9:00 Yoga Floor<br>10:00 Yoga Chair & Crocheting<br>11:30 Lunch <b>ROBIN ARNOLD ON STAGE!</b><br>12:15 Bridge                    | 14<br>8:30 Blood pressure<br>9:00 Tai Chi<br>9:00 Crocheting & Oil Painting<br>10:00 TEA TIME WITH FRIENDS<br>9:00 Oil Painting<br>11:30 <b>WHIS FREE MEDICARE COUNSELING</b><br>12:00 Cards   | 15<br>9:00 Arthritis Exercise class<br>10:00 Coffee with our friends<br>11:30 Lunch<br><b>SPRING BOUTIQUE</b><br><b>SATURDAY 04-16-2016</b> |
| 18<br>8:30 Lapidary & Silversmith<br>9:00 Oil Painting<br>9:00 Cards<br>11:30 lunch<br>12:30 Line dancing<br>1:00 Card Making<br>4:00 Out to eat Bunch | 19<br>8:30 Ceramics<br>10:00 Colorful Conversation<br>11:30 Lunch<br><b>The first class will be Tuesday, April 19 from 10 to 12. Learning to live with chronic Pain ( Alice Harai)</b><br><b>CENTER CLOSED EARLY STAFF MEETING</b> | 20<br>8:30 Ceramics<br>9:00 Alzheimer's Respite<br>9:00 Yoga Floor<br>10:00 Yoga Chair & Crocheting<br>11:30 Lunch <b>GARR ASHBY ON STAGE</b><br><b>12:15 BINGO by Legacy House</b> | 21<br>8:30 Blood pressure<br>9:00 Tai Chi<br>9:00 <b>Attorney (By Appointment)</b><br>9:00 Oil Painting & Crocheting<br>10:00 TEA-TIME:<br>11:30 Lunch <b>DANCING BAND 11-1</b><br>12:00 <b>Foot Clinic \$10.00 ( Kathy)</b><br>12:00 Card                           | 22<br>9:00 Arthritis Exercise class<br>10:00 Coffee with our friends<br>11:30 Lunch   |
| 25<br>8:30 Lapidary & Silversmith<br>9:00 Oil Painting<br>9:00 Cards<br>11:30 lunch<br>12:30 Line dancing<br>1:00 Card Making<br>4:00 Out to eat Bunch | 26<br>8:30 Ceramics<br>10:00 Colorful Conversation<br>11:30 Lunch Hearing Screen   | 27<br>8:30 Ceramics<br>9:00 Alzheimer's Respite<br>10:00 Yoga */ Crochet<br>11:30 Lunch <b>STAMPED ON STAGE!</b><br>12:15 Bridge  | 28<br>8:30 Blood pressure<br>9:00 Tai Chi<br>9:00 Crocheting & Oil Painting<br>10:00 TEA TIME WITH FRIENDS<br>11:30 Lunch- <b>MILES ON PIANO</b><br>12:15 <b>BINGO</b><br>12:00 Cards<br><b>HIGH TEA &amp; FASHION SHOW</b><br><b>Sponsored by Christopher Banks</b> | 29<br>9:00 Arthritis Exercise class<br>10:00 Coffee with our friends<br>11:30 Lunch   |

| MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY  |
|--|---|--|---|---|
| Weber Senior Nutrition Program<br>1176 W 3300 S Ogden UT 84401<br>801-399-8392<br><br>Milk Offered Daily<br>Menu Subject to Change                               |    | <h1>April<br/>2016</h1>  |    | Fish Sticks / Tartar Sauce <b>1</b><br>Macaroni and Cheese<br>Brussel Sprouts<br>Tossed Salad with Dressing<br>Fresh Fruit in Season<br>Cornbread Muffin            |
| Spaghetti with Meat Sauce <b>4</b><br>Parmesan Cheese<br>Bu Green Beans<br>Tossed Salad / Kidney Beans<br>and Dressing<br>Mandarin Fruit Cup<br>Sesame Seed Roll | Malibu Chicken / Sauce <b>5</b><br>Scalloped Potatoes<br>Sliced Carrots<br>Coleslaw<br>Fresh Fruit in Season<br>Blueberry Muffin                                      | Pork Chow Mein <b>6</b><br>Fried Noodles<br>Buttered Peas and Red Peppers<br>Waldorf Salad<br>Tapioca Pudding<br>Fortune Cookie<br>Bran Muffin                       | Country Fried Steak/Cream Gravy <b>7</b><br>Whipped Potatoes<br>California Blend Vegetables<br>Yogurt Fruit Salad<br>Iced Lemon Cake<br>Buttermilk Roll | Chicken Turnover / Gravy <b>8</b><br>Sweet Potatoes<br>Chuckwagon Corn<br>Tossed Salad with Craisins, Diced<br>Apples and Dressing<br>Iced Marble Cake<br>(No Roll) |
| Southwest White Chicken Chili <b>11</b><br>Carrot Lyonnais<br>Pear Half with Whipped<br>Topping/Almonds<br>S'Mores Bar<br>Saltine Crackers                       | Parmesan Beef Pattie / Sauce <b>12</b><br>Buttered Noodles<br>Italian Vegetables<br>Sour Cream Coleslaw<br>Chilled Peaches<br>Coffee Cake                             | Chicken and Corn Chowder <b>13</b><br>Diced Potatoes<br>Cottage Cheese and Pineapple<br>Cherry Cottage Cake<br>Oatmeal Roll  | Hearty Beef Stew with <b>14</b><br>With Vegetables<br>Whole Potatoes<br>Tropical Fruit Cup<br>Fig Bar<br>Buttermilk Biscuit                             | Lemon Peppered Tilapia/Tartar Sauce <b>15</b><br>Baked Potato with Sour Cream<br>Stewed Tomatoes<br>Three Bean Salad<br>Peach Pie<br>Potato Roll                    |
| Thick & Creamy Diced Ham <b>18</b><br>Fettuccini Noodles<br>Peas and Onions<br>Mixed Fruit Salad<br>Congo Bar<br>Whole Wheat Roll                                | BBQ Chicken Legs <b>19</b><br>Dirty Rice<br>Cauliflower Au Gratin<br>Fruit Cocktail & Apricot/Yogurt<br>Dressing<br>Banana Cream Pudding<br>Oatmeal Roll              | Potato Crunch Pollock/Tartar Sauce <b>20</b><br>Crispy Cube Potatoes<br>Zucchini & Tomatoes<br>Marshmallow Pineapple Coleslaw<br>Raspberry Cheesecake<br>Dinner Roll | Roast Turkey / Gravy <b>21</b><br>Stuffing<br>Harvard Beets<br>Perfection Gelatin Salad<br>Fresh Orange<br>Sweet Potato Roll                            | Vegetable Meatloaf / Gravy <b>22</b><br>Whipped Potatoes<br>Buttered Broccoli<br>Spring Pea Salad<br>Gingerbread with Lemon Sauce<br>Cornbread / Honey Butter       |
| Chicken Tenders <b>25</b><br>Ranch Dressing<br>Criss Cross Potatoes<br>Green Beans with Onions<br>Cottage Cheese Fluff<br>Applesauce Cookie<br>Dinner Roll       | Turkey Meatballs/Cream Gravy <b>26</b><br>Whipped Potatoes<br>Carrot Medley<br>Cottage Cheese with Green Peppers<br>Pineapple and Mandarin Oranges<br>Banana Nut Roll | Pork Chop Supreme <b>27</b><br>Wild & Long Grain Rice Blend<br>Peas and Corn<br>Broccoli Bacon Salad<br>Cinnamon Applesauce<br>Dinner Roll                           | Salisbury Steak / Gravy <b>28</b><br>Baked Potato / Sour Cream<br>Riviera Vegetables<br>Blushing Pear Salad<br>Peach Bavarian Cream<br>Whole Wheat Roll | Chicken Broccoli Divan <b>29</b><br>Stuffing / Gravy<br>Fruit Salad<br>Fig Newton Cookies<br>Raisin Nut Roll  |