

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 8:30 Lapidary & Silversmith 9:00 Oil Painting 9:00 Cards 12:30 Line dancing 1:00 Card Making 4:00 Out to eat Bunch	2 8:30 Ceramics 10:00 R.A.S.A. MEETING 11:30 Lunch RELAY UTAH Speaker 12:15 BINGO BY CHANCELLOR GARDENS	3 8:30 Ceramics 9:00 Alzheimer's Respite 9:00 Yoga Floor 10:00 Yoga Chair & Crocheting 11:30 Lunch TOM GEORGE ON STAGE 12:15 Bridge 12:15 Manicures \$5.	4 8:30 Blood pressure 9:00 Tai Chi 9:00 Oil Painting & Crocheting 10:00 TEA-TIME WITH FRIENDS 11:00 LETS DANCE! 11-12th generation 12:00 Cards 	5 9:00 Arthritis Exercise class 10:00 Coffee with our friends 11:30 Lunch:
8 8:30 Lapidary & Silversmith 9:00 Oil Painting 9:00 Cards 12:30 Line dancing 1:00 Card Making 4:00 Out to eat Bunch	9 8:30 Ceramics 11:30 Lunch	10 8:30 Ceramics 9:00 Alzheimer's Respite 9:00 Yoga Floor 10:00 Yoga Chair & Crocheting 11:30 Lunch ROBIN ARNOLD ON STAGE! 12:15 Bridge	11 8:30 Blood pressure 9:00 Tai Chi 9:00 Crocheting & Oil Painting 10:00 TEA-TIME WITH FRIENDS 11:30 Lunch: Bone Density Screening 12:00 Cards	12 9:00 Arthritis Exercise class 10:00 Coffee with our friends 11:30 Lunch Roast Beef for lunch <b>Please sign up early I will need to order extra lunches</b>
15 8:30 Lapidary & Silversmith 9:00 Oil Painting 9:00 Cards 12:30 Line dancing 1:00 Card Making 4:00 Out to eat Bunch	16 8:30 Ceramics 11:30 Lunch <b>CENTER CLOSED EARLY STAFF MEETING</b>	17 8:30 Ceramics 9:00 Alzheimer's Respite 9:00 Yoga Floor 10:00 Yoga Chair & Crocheting 11:30 Lunch GARR ASHBY ON STAGE 12:15 BINGO BY LEGACY HOUSE 12:15 Bridge	18 8:30 Blood pressure 9:00 Tai Chi 00 Oil Painting & Crocheting 9:30 Attorney (By Appointment) 10:00 TEA-TIME WITH FRIENDS 11:30 Lunch 12:00 Foot Clinic \$10.00 (Kathy) 12:00 Cards	19 9:00 Arthritis Exercise class 10:00 Coffee with our friends 11:30 Lunch
22 8:30 Lapidary & Silversmith 9:00 Oil Painting 9:00 Cards 11:30 Lunch 12:30 Line dancing 1:00 Card Making 4:00 Out to eat Bunch	23 8:30 Ceramics 11:30 Lunch!	24 8:30 Ceramics 9:00 Alzheimer's Respite 9:00 Yoga Floor 10:00 Yoga Chair & Crocheting 11:30 Lunch 12:15 Bridge	25 8:30 Blood pressure 9:00 Tai Chi 9:00 Oil Painting & Crocheting 10:00 TEA-PURPLE DAY- 11:00 Lunch DANCE 2 <sup>nd</sup> Generation 12:00 Cards 12:15 BINGO BY THATCHER BROOK	26 9:00 Arthritis Exercise class 10:00 Coffee with our friends 11:30 Lunch
29 8:30 Lapidary & Silversmith 9:00 Oil Painting 9:00 Cards 11:30 Lunch 12:30 Line dancing 1:00 Card Making 4:00 Out to eat Bunch	30 8:30 Ceramics 11:30 Lunch!	31 8:30 Ceramics 9:00 Alzheimer's Respite 9:00 Yoga Floor 10:00 Yoga Chair & Crocheting 11:30 Lunch STAMPEDE ON STAGE 12:15 Bridge	<b>HOT</b>  <b>HOT HOT HOT</b>	<b>ROY HILLSIDE SENIOR CENTER</b> 5051 South 1900 West Roy, Utah 84067 801-773-0860.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Tuna Salad on a Bun 1 Potato Salad Lettuce, Tomato, Pickle Beet & Egg Salad Fruit Cocktail Cake / Topping	Shepherd's Pie 2 Whipped Potatoes Peas with Mushrooms Lime-Pear Gelatin Salad Fresh Fruit in Season Whole Wheat Roll	Sweet and Sour Pork 3 Rice Diced Carrots and Corn Mandarin Orange Salad Chocolate Cream Pudding Dinner Roll	Oven Fried Chicken 4 Whipped Potatoes and Gravy Zucchini and Yellow Squash Coleslaw Cinnamon Spiced Apples Cornbread with Honey Butter	Swedish Meatballs 5 Noodles Broccoli Yogurt Fruit Salad Oreo Cookies Oatmeal Roll
Chicken Ala King 8 Stuffing Steamed Peas Cottage Cheese w/ Spiced Apple Ring Fresh Fruit Cornmeal Roll	Ham Loaf / Mustard Sauce 9 Whole Potatoes Buttered Mixed Vegetables Pear Gelatin Salad Banana Cream Pudding Dinner Roll	Lemon Peppered Fish/Tartar Sauce 10 Macaroni and Cheese Spinach with Lemon Carrot Pineapple Salad Apple Pie Blueberry Muffin	Deviled Pork Chop 11 Lemon Rice Harvard Beets Mandarin Orange Gelatin Salad Iced Carrot Cake Dinner Roll	Roast Beef / Gravy 12 Whipped Potatoes Capri Vegetables Tossed Salad / Peas / Dressing Chilled Peaches Dinner Roll
Seafood Salad on Lettuce 15 Macaroni Salad Tomato Wedges/ Egg Half Bacon Broccoli Salad Fresh Fruit in Season Coffee Cake	Chicken Divan with Broccoli 16 Gravy Sweet Potatoes Creamy Fruit Salad Ice Cream Buttermilk Roll	Pork Chop Suey 17 Rice Oriental Vegetables Chilled Mandarin Oranges Fortune Cookie Banana Bread	Swiss Steak 18 Whipped Potatoes and Gravy Peas and Onions Tossed Salad/Mushroom/Dressing Chilled Pineapple Dinner Roll	Fish-Chips / Tartar Sauce 19 Cauliflower with Diced Red Peppers Red and White Coleslaw Peach Shortcake Cornbread / Honey Butter
Bacon Cheese Burger 22 Mustard and Ketchup Crispie Cube Potatoes Parsley Buttered Carrots Lettuce, Tomato, Pickles Cantaloupe	Turkey Gravy 23 Stuffing Broccoli and Cauliflower Tossed Salad / Crasins / Dressing Oreo Cheese Cake Buttermilk Roll	San Francisco Pork Chop 24 Brown Rice Cabbage with Shredded Carrots Apple Coleslaw Peanut Butter Cookie Ranch Roll	Chicken in a Biscuit 25 Whipped Potatoes / Gravy Mexi Corn Red Gelatin with Diced Peaches Ice Cream	Crab Cake / Cocktail Sauce 26 Fettuccini Noodles Baked Squash Cottage Cheese with Pineapple Fresh Fruit in Season Whole Wheat Roll
Pork Fritter / Cream Gravy 29 Whipped Potatoes Garden Vegetables Apple Waldorf Salad Iced White Cake Dinner Roll	Baked Tilapia / Tartar Sauce 30 Scalloped Potatoes Mixed Vegetables Spinach Salad Chilled Peaches Cornbread with Honey Butter	Market Bean Soup 31 Italian Vegetables Lime Gelatin with Diced Pears Orange Sherbet Whole Wheat Roll	 <p><b>August</b> <b>2016</b></p>	
				Weber Senior Nutrition Program 1176 W 3300 S Ogden UT 84401 801-399-8392  Milk Offered Daily Menu Subject To Change