

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>ROY HILLSIDE SENIOR CENTER 5051 South 1900 West Roy, Utah 84067 801-773-0860. CHECK AT FRONT DESK WE ADD NEW THINGS EVERY DAY !!</p>	<p>JULY 2016</p>		<p>1 9:00 Arthritis Exercise class 10:00 Coffee with our friends 11:30 Lunch</p>
 <p>HAPPY 4TH CENTER CLOSED</p>	<p>4 5 8:30 Ceramics 10:00 Colorful Conversation 10:00 R A S A Meeting 11:30 Lunch 12:15 Bingo Chancellors Gardens</p>	<p>6 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</p>	<p>7 8:30 Blood pressure 9:00 Tai Chi , 9:00 Crocheting & Oil Painting 11:30 Lunch 12:00 Cards</p>	<p>8 9:00 Arthritis Exercise class 10:00 Coffee with our friends 11:30 Lunch</p>
<p>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</p>	<p>11 12 8:30 Ceramics 10:00 Colorful Conversation 11:30 Lunch LINDA HAMMER ON PIANO PLEASE JOIN US FOR A SPECIAL CLASS ON GUIDED RELAXATION SIGN UP EARLY FRONT DESK</p>	<p>13 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</p>	<p>14 8:30 Blood pressure 9:00 Tai Chi , 9:00 Crocheting & Oil Painting 10:00 TEA TIME WITH FRIENDS 9:00 Oil Painting 12:00 Cards</p> <p>OUR NEW DANCING BAND 11-1</p> 	<p>15 9:00 Arthritis Exercise class 10:00 Coffee with our friends 11:30 Lunch</p>
<p>18 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</p>	<p>19 8:30 Ceramics 10:00 Colorful Conversation 11:30 Lunch CENTER CLOSED EARLY STAFF MEETING</p>	<p>20 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</p>	<p>21 8:30 Blood pressure 9:00 Tai Chi , 9:00 Attorney (By Appointment) 9:00 Oil Painting & Crocheting 10:00 TEA-TIME: 11:30 Lunch 12:00 Foot Clinic \$10.00 (Kathy) 12:00 Card</p>	<p>22 9:00 Arthritis Exercise class 10:00 Coffee with our friends 11:30 Lunch</p>
 <p>HAPPY 24TH CENTER CLOSED</p>	<p>25 26 8:30 Ceramics 10:00 Colorful Conversation</p>	<p>27 8:30 Ceramics 9:00 Alzheimer's Respite 10:00 Yoga */ Crochet 11:30 Lunch STAMPEDE ON STAGE 12:15 Bridge</p>	<p>28 8:30 Blood pressure 9:00 Tai Chi , 9:00 Crocheting & Oil Painting 10:00 TEA TIME WITH FRIENDS 11:30 Lunch- MILES ON PIANO 12:15 BINGO by THATCHER BROOK 12:00 Cards OUR NEW DANCING BAND 11-1</p>	<p>29 9:00 Arthritis Exercise class 10:00 Coffee with our friends 11:30 Lunch</p>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Weber Senior Nutrition Program 1176 W 3300 S Ogden UT 84401 801- 333-7777 773-0860 Milk Offered Daily Menu Subject To Change		<h1 style="text-align: center;">July 2016</h1>		Seafood Pie / Cheese Sauce 1 Sweet Potatoes Buttered Broccoli Chilled Fruit Cup Cherry Crisp with Topping
	Beef Stroganoff 5 Parsley Rice Buttered Brussel Sprouts Lemon Cream Fruit Salad Fig Newton Cookie Cheese Bread Roll	Vegetable Meatloaf 6 Whipped Potatoes / Gravy Buttered Peas and Carrots Peach Half with Cream Cheese Coconut Cream Pudding Dinner Roll	Roast Turkey / Gravy 7 Stuffing Buttered Mixed Vegetables Cranberry Gelatin Salad Pumpkin Bar with Cream Cheese Icing Whole Wheat Roll	Hot Chicken Pattie Sandwich 8 Mustard, Mayo & Cheese / Bun Hot Pasta Salad Baked Parmesan Tomato Carrot Raisin Salad Tropical Fruit
Ham and Cheese Sandwich 11 Mustard and Mayo Macaroni Salad Vegetable / Ranch Dressing Chilled Apricots Bun	Chicken San Remo 12 Buttered Brown Rice Cauliflower Mandarin Fruit Salad Congo Bar Dinner Roll	Chinese Pork Chop 13 Baked Potato with Sour Cream Riviera Vegetables Pineapple Marshmallow Coleslaw Lorna Doone Cookie Cornmeal Roll	BBQ Beef 14 Baked Beans Sliced Zucchini Jello Fruit Cocktail Apple Cake Dinner Roll	Breaded Fish / Tartar Sauce 15 Crispie Cube Potatoes Spinach with Lemon Tossed Salad with Dressing Orange Wedges Blueberry Muffin
Chicken Cordon Bleu/Gravy 18 Whipped Potatoes Broccoli with Red Peppers Fruited Gelatin Peach Cottage Cake Whole Wheat Roll	Baked Tilapia / Tartar Sauce 19 Au Gratin Potatoes Stewed Tomatoes Pineapple & Apricot / Yogurt Dressing Iced Spice Cake Cornmeal Roll	Turkey Gravy 18 Cornbread Stuffing Green Beans with Red Peppers Chilled Pears Ice Cream Dinner Roll	Salisbury Steak / Gravy 21 Sweet Potatoes Capri Vegetables Apple Coleslaw Iced Marble Cake Dinner Roll	Roast Pork / Gravy 22 Whipped Potatoes Harvard Beets Coconut Fruit Cup Chocolate Chip Cookie Sweet Potato Roll
	Chicken Strips / Ranch Dip 26 Scalloped Potatoes Buttered Peas Chilled Apricots Cherry Cheese Cake Cornbread with Honey Butter	Pork Chow Mein 27 Fried Noodles Oriental Vegetables Mandarin Orange Gelatin Salad Peanut Butter Brownie Poppy Seed Roll	Spaghetti with Meat Sauce 28 Green Beans Tossed Salad with Dressing Fruit Cocktail Delight Garlic Roll	Potato Crusted Pollock 29 Wild Rice / Tartar Sauce Country Vegetable Chilled Peaches Tapioca Pudding Dinner Roll