

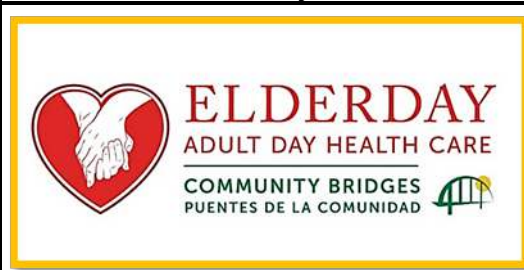
Monday

Tuesday

Wednesday

Thursday

Friday



501 Main St. Watsonville CA 95076 (831) 458-3481

10:00-Kawfee Talk 5
11:00- Tai Chi with Iro
11:00- Men's Group Grupo
12:00-LUNCH
1:00-FAMOUS FACES @RR
1:00-BINGO
1:45-BINGO Boutique Shopping

10:00-Snack & Chat 6
11:00-Arts & Crafts/Garden Group
11:00-Breaking Report-News @Sala
12:00-LUNCH
1:00-BOWLING @RR
1:00-TRIVIA TUESDAY
1:15-Putting Practice @Majel's

10:00-Sereni-TEA 7
11:00- Tai Chi with Iro
12:00-LUNCH
1:00-TRIVIA TIME @RR
1:00-Newsletter Team
1:00-¡LOTERIA!
1:45-BINGO Boutique Shopping

10:00-Coffee Crew 8
11:00-Prayer Circle with Elena
11:00-Arts & Crafts
12:00-LUNCH
1:00-TRAVEL TALK @RR-VIETNAM
1:00-KARAOKE LOUNGE
1:15-CORN HOLE CLASSIC

10:00-Coffee Clutch 9
11:00- Grupo Para Mujeres
11:00-Garden Group / Walking Group
12:00-LUNCH
1:00-BALLOON VOLLEYBALL @RR
1:00-Viajando el Mundo
1:15-JEOPARDY!

10:00-Cafecito y Platica 12
11:00- Tai Chi with Iro
11:00- Women's Group
12:00-LUNCH
1:00-Reminiscing: TV Shows @RR
1:00-Newsletter Team
1:00-BINGO 1:45-BINGO Boutique

10:00-Mugs in the Morn'n 13
11:00- Grupo Para Hombres
11:00-Breaking Report-News @Sala
12:00-LUNCH
1:00-TABLE TENNIS @RR
1:00-TRAVELTALK VIETNAM
1:15-BEACH BALL VOLLEYBALL

10:00-Sereni-TEA Time 14
11:00- Tai Chi with Iro
11:00-Arts & Crafts
12:00-LUNCH
1:00-DRUMMING @RR
1:00-¡LOTERIA!
1:45-BINGO Boutique Shopping

National Relaxation Day 15
10:00-Absolutamen-TÉ Delicioso
11:00-Participant Council
11:00-Arts & Crafts
1:00-MUSIC with ALEXIS @RR
1:00- TOTALMENTE TRIVIA (SPANISH)
1:15-Relaxation Station @Patio

10:00-It's a BREW-tiful Day! 16
11:00-Catholic Mass
11:00- Garden Group /Walking Group
12:00-LUNCH
1:00-HOOPS @RR
1:00- CLUB CUMBIA
1:15-WHEEL-of-FORTUNE

DIENTES Community Dental 19
10:00-Kawfee Talk
11:00- Tai Chi with Iro
11:00- Grupo de Mujeres
12:00-LUNCH
1:00-Name-that-Tune @RR
1:00-BINGO 1:45-BINGO Boutique

10:00-Snack & Chat 20
11:00- Men's Group Grupo
11:00-Breaking Report-News @Sala
12:00-LUNCH
1:00-BOWLING @RR
1:00- TRIVIA TUESDAY
1:15-HOOPS! @Majel's

10:00-Sereni-TEA 21
11:00- Tai Chi with Iro
12:00-LUNCH
1:00-TRIVIA TIME @RR
1:00- Newsletter Team
1:00-¡LOTERIA!
1:45-BINGO Boutique Shopping

10:00-Coffee Crew 22
11:00-Prayer Circle with Elena
11:30-Rockin' to Elvis with Alexis
12:00-LUNCH
1:00-TRAVEL TALK @RR-MEXICO
1:00- Pedestrian Safety Presentation

Country Western Round-Up 23
11:00- Old Tim ey Photo Shop
12:00- CHUCK WAGON
1:00- Western Movie @RR
1:00- Honky-Tonk Line Dancing
Giddy-Up! Games & Raffles

National Women's Equality Day 26
10:00-Cafecito y Platica
11:00- Grupo Para Hombres
11:00- Tai Chi with Iro
12:00-LUNCH
1:00-Finish the List! @RR
1:00-Newsletter Team
1:00-BINGO! 1:45-BINGO Boutique

10:00-Mugs in the Morn'n 27
11:00-Arts & Crafts
11:00-Breaking Report-News @Sala
12:00-LUNCH
1:00-TABLE TENNIS @RR
1:00-Pedestrian Safety Presentation

10:00-Sereni-TEA Time 28
11:00- Tai Chi with Iro
11:00-Garden and Walking Group
12:00-LUNCH
1:00-DRUMMING @RR
1:00-¡LOTERIA!
1:45-BINGO Boutique Shopping

10:00-Absolutamen-TÉ Delicioso 29
11:00-Prayer Circle with Elena
11:00-Arts & Crafts/Garden Group
12:00-LUNCH
1:00-MUSIC with ALEXIS @RR
1:00-KARAOKE LOUNGE
1:15-Recuerdos de Mexico

10:00-It's a BREW-tiful Day! 30
11:00- Women's Group
11:00-Arts & Crafts/Garden Group
12:00-LUNCH
1:00-DARTS @RR
1:00-DISCO DANCE CLUB
1:15-NAME THAT TUNE!
1:45-BIRTHDAY CELEBRATION

To Cancel Transportation to Elderday, Please Call LIFTLINE (831) 688-9663 As Soon As Possible

# MENU



## August 2024 | ELDERDAY MEALS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<b>1</b> Sweet & Sour Chicken Wonton soup Napa Cabbage Salad Brown Rice 1% Milk	<b>2</b> Pizza Three Bean Salad Ceasar Salad 1 % Milk
<b>5</b> Shephard's Pie Green Salad WW Roll/ Butter Graham Crackers 1 % Milk	<b>6</b> Lima Bean Chowder Couscous Salad Spinach Salad WW Roll/Butter 1% Milk	<b>7</b> Crab Salad Vegetable Soup Carrot Raisin Salad WW Bread/ Butter Graham Crackers 1% Milk	<b>8</b> Sloppy Joes Succotash Romaine Salad WW Bun 1 % Milk	<b>9</b> Lemon chicken Carrots Steamed Bok Choy Barley WWRoll/ Butter 1% Milk
<b>12</b> Meatloaf w/ Gravy Mashed Potatoes Green Salad w/ Peppers WW Roll/ Butter Graham Crackers 1 % Milk	<b>13</b> Chicken Tortilla soup Corn w/ Peppers Mixed Green Salad Mexican Rice Tortilla Strips 1% Milk	<b>14</b> Vegetarian Lasagne Broccoli Cesar Salad WW Roll/ Butter 1 % Milk	<b>15</b> Clam Chowder Beet Salad Romaine Salad WW Bread/Butter Oyster Crackers 1% Milk	<b>16</b> Eggplant Pasta Bake Three Bean Salad Spinach Salad WW Roll/ Butter 1% Milk
<b>19</b> Rigatoni Casserole Green Salad w/ Egg Three Bean Salad WW Roll/ Butter 1 % Milk	<b>20</b> Lentil Soup Vegetable Pasta Salad Tomato Cucumber Salad WW Crackers 1% Milk	<b>21</b> Beef Fajitas Refried Beans Romaine Salad Spanish Rice Tortilla 1 % Milk	<b>22</b> Chicken Cesar Salad Minestrone Soup Romaine Salad w/ Carrots WW Roll/ Butter Croutons 1% Milk	<b>23</b> Fish Sticks Mixed Vegetables Spinach Salad Dill Noodles WW Roll/ Butter 1 % Milk
<b>26</b> BBQ Pork Mashed Potatoes Coleslaw WW Bread/Butter Graham Crackers 1 % Milk	<b>27</b> Tuna Salad Vegetable Soup Carrot Raisin Salad WW Bread/ Butter WW Crackers 1 % Milk	<b>28</b> Chicken Alfredo Cass Green Beans Spinach Salad WW Roll/ Butter Mexian Rice 1 % Milk	<b>29</b> Potato Kale Enchilada Refried Beans Green Salad w/ Peppers Mexico City Rice 1 % Milk	<b>30</b> Turkey Pot Roast w/ Gr Roasted Red Potatoes Mixed Green Salad WW Roll/ Butter Graham Crackers 1% Milk