


		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Menu
GLASS METAL	PLASTIC	July 2009		1. 9:00 Adult Fitness 9:15 Chess 10:00 Golf—New 10:00 Trivia 10:05 Aerobics 11:30 Lunch 1:00 Bridge 1:00 Wii	2. 10:00 Knitting 10:30 Gentle Exercise 11:30 Lunch 12:30 Rubber Bridge 1:00 Table Tennis	3.  CEN-TER CLOSED	Reservations—24 hr notice 565-4150 1. Chicken Parmesan 2. Liver and Onions 3. CLOSED 6. Buffalo Chicken 7. Grilled Pork Chop 8. Stuffed Peppers 9. Chicken Caesar Salad 10. Pan Fried Catfish 13. Sausage with Gravy 14. BBQ Chicken 15. Tortellini Soup Lasagna Meat Sauce 16. Chicken Cordon Bleu 17. Tuna Melt 20. Chicken Salad on Wheat 21. Cheeseburger on Roll 22. American Chop Suey 23. BIRTHDAY BASH Cookout with Assorted Kabobs 24. Florentine Style Pollock 27. Oven Roasted Chicken\ 28. Oriental Meatballs 29. Baked Ziti w/Sausage 30. Lemon Pepper Chicken 31. Crab Cakes
				6. 8:30 Tennis 9:00 Adult Fitness 10:00 Blood Pressure 10:00 Bridge Refresher 10:05 Aerobics 11:00 Senator's Aide 11:30 Lunch 12:30 Duplicate Bridge	7. 9:30 1-1 Computer 9:30 Pinochle 10:00 Emerson BP 10:00 Maternal Board 10:00 Nordic Walk 10:30 Gentle Exercise 10:30 Italian 11:30 Lunch 12:30 Pitch	8. 9:00 Blood Sugars 9:00 Adult Fitness 9:15 Chess 9:00 SHINE 10:00 Golf 10:00 Trivia 10:05 Aerobics 11:30 Lunch 1:00 Bridge	
GLASS METAL	PLASTIC	13. 8:30 Tennis 9:00 Adult Fitness 10:05 Aerobics 10:00 Blood Pressure 10:00 Bridge Refresher 10:10 Aerobics 11:30 Lunch 12:30 Duplicate Bridge	14. 9:30 Pinochle 10:00 Nordic Walking 10:30 Gentle Exercise 10:30 Italian 11:30 Lunch 12:30 Pitch	15. 9:00 Adult Fitness 9:15 Chess 9:30 Computer Help 10:00 Trivia 10:00 Golf 10:05 Aerobics 11:30 Lunch 1:00 Bridge	16. 8:30 Tennis 10:00 Knitting 10:30 Gentle Exercise 11:30 Lunch 11:45 Swimming 12:30 Rubber Bridge 1:00 Table Tennis	17. 9:00 Footcare 9:00 Adult Fitness 10:00 Bridge Lessons 11:30 Lunch 12:30 Duplicate Bridge 12:30 Movie – Curious Case of Benjamin Button 1:00 Mah Jong	
		20. 8:30 Tennis 9:00 Adult Fitness 10:00 Blood Pressure 10:00 Bridge Refresher 10:05 Aerobics 11:30 Lunch 12:30 Duplicate Bridge	21. 9:30 Pinochle 10:00 Nordic Walking 10:30 Gentle Exercise 10:30 Italian 11:30 Lunch 12:30 Pitch 1:00 Discussion Group	22. 9:00 Adult Fitness 9:15 Chess 9:30 Goodspeed Trip 9:30 Computer Help 9:00 SHINE 10:00 Trivia 10:00 Golf 10:05 Aerobics 11:30 Lunch 1:00 Bridge	23. 8:30 Tennis 10:00 Knitting 10:30 Gentle Exercise 11:30 Birthday Bash 11:45 Swimming 12:30 Rubber Bridge 1:00 Table Tennis	25. 10:00 Adult Fitness 10:00 Bridge Lessons 11:30 Lunch 12:30 Duplicate Bridge 1:00 Mah Jong	
GLASS METAL	PLASTIC	27. 8:30 Tennis 9:00 Adult Fitness 10:00 Blood Pressure 10:00 Bridge Refresher 10:05 Aerobics 11:30 Lunch 12:30 Duplicate Bridge	28. 8:30 News Collating 9:30 Pinochle 10:00 Nordic Walking 10:30 Gentle Exercise 10:30 Italian 11:30 Lunch	29. 9:00 Adult Fitness 9:15 Chess 9:30 Computer Help 10:00 Trivia 10:00 Golf 10:05 Aero- bics 11:30 Lunch 1:00 Bridge	30. 8:30 Tennis 10:00 Knitting 10:30 Gentle Exercise 11:30 Lunch 11:45 Swimming 12:30 Rubber Bridge 1:00 Table Tennis Watermelon Festival Raindate	31. 10:00 Adult Fitness 10:00 Bridge Lessons 11:30 Lunch 12:30 Duplicate Bridge 1:00 Mah Jong	
				Watermelon Festival 