

The Senior Café

Week of August 2-6, 2010

Serving 11:30 to 1:00 daily. \$4.00 per person

For seniors age 60 or better & their guests. We reserve the right to make menu substitutions.



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Cream of Cauliflower Soup Cabbage Rolls Marinara Whipped Potatoes Vegetable Medley Salad Bar Dessert Bar</p> <hr/> <p><u>Beginners Ballroom Dance</u> August 3, 10, 17, 24 Learn waltz & rumba. \$30 per couple—<u>Pre-reg. req'd</u>; credit card pmt available—contact Betty 423-8496</p> <hr/> <p><u>YAH Sat 8/7 @ 6 pm</u></p>	<p>Chicken Noodle Soup Glazed Ham Loaf Oven Roasted Potatoes Glazed Carrots Salad Bar Dessert Bar</p> <hr/> <p>1 pm~ Pinochle & Euchre New Players Welcome</p> <hr/> <p><u>PLAY PICKLEBALL</u> T & Th @ 10 am ~ learn to play M & W @ 6 pm ~ open play</p> <hr/> <p><u>Tuesday Night Dance</u> 7-9 pm—\$2 Public Welcome!</p>	<p>Tomato Bisque Smoked Turkey & Swiss Croissant Calico Baked Beans Oriental Vegetables Salad Bar Dessert Bar</p> <hr/> <p><u>Family Fun Fest</u> Aug. 21~noon to 4 pm @ Pavilion~food, games & fun for ALL ages. Public Invited</p> <hr/> <p><u>Millstream Band Practice</u> 1:30 pm—new members welcome</p> <hr/> <p><u>BINGO~ Open 5:30/Play 6:30</u></p>	<p>Split Pea Soup Broccoli Cheddar Quiche Rice Pilaf Buttered Peas Salad Bar Dessert Bar</p> <hr/> <p><u>Sr. Café Ice Cream Social</u> August 19 11:30-1 pm/\$4</p> <hr/> <p><u>Senior Fitness</u> MSROM: M/W 9:30 & 10:30 am CardioCircuit: M/W/F 1pm SilverSplash: Birchaven T/Th 8am YogaStretch: T/Th 10 am Water Ex: Hampton Inn T/Th 10 am</p>	<p>Cheddar Bisque BBQ Shredded Pork Sandwich Au Gratin Fresh Cauliflower Salad Bar Dessert Bar</p> <hr/> <p><u>Deadline Extended to 8/27</u> New Orleans Trip Sept. 19-25~\$579 pp includes transportation, 6 nights, 10 meals, tours, admissions, riverboat cruise, etc.—see Betty for details or call 419-423-8496</p>