



August 2014



Clay Senior Activity Center

681-0238

Linda Plummer & Beth Petty, Co-Directors

Mon	Tue	Wed	Thu	Fri
<p>August birthdays in Red</p> 	<p>Center is open Monday-Friday 9 a.m.—1 p.m.</p>			<p>1</p> <p>Games</p> <p>2nd-Aydia Shadix 3rd-Beth Petty</p>
<p>4</p> <p>Bingo & Bridge</p>	<p>5</p> <p>Games</p> 	<p>6 Devotion with Beth 11:15</p>  <p>Games</p>	<p>7</p> <p>Games</p> <p>Nutritional Information</p>	<p>8 Patsy Kanter, RN (Blood pressure checks) 10:00</p>  <p>Bob Peacock 10th-Ottis Murphy</p>
<p>11 Bingo and Bridge</p> <p>Nutritional Information</p>	<p>12</p> <p>Games</p>	<p>13 Games</p> <p>Lunch at</p> 	<p>14</p> <p>Games</p>	<p>15</p> <p>Games</p> 
<p>18</p> <p>Bingo and Bridge</p>  <p>Betty Demsky</p>	<p>19</p> <p>Games</p>	<p>20</p> <p>Games</p> <p>Nutritional Information</p>	<p>21</p>  <p>Yogurt Mountain</p>	<p>22</p> <p>Games</p>
<p>25</p> <p>Bingo & Bridge</p>	<p>26</p> <p>Games</p> <p>Nutritional Information</p> 	<p>27</p> <p>Games</p>	<p>28</p>  <p>Games</p>	<p>29 Lunch at</p> 

ADSS NUTRITION PROGRAM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><u>Menu 6</u> Cranberry Juice Beef Fingers(3)/Brown Gravy Buttered Rice Confetti Carrots Whole Wheat Bread Margarine Oats & Honey Graham Cookie Milk</p>	<p><u>Menu 7</u> Blended Juice BBQ Rib Patty Butter Beans Summer Vegetables Wheat Bread Margarine Oatmeal Crème Pie Milk</p>	<p><u>Menu 8</u> Chicken Broccoli Rice Casserole Cabbage Cold Country Tomatoes Fresh Fruit Wheat Bread Margarine Yellow Cake Milk</p>	<p><u>Menu 9</u> Orange/Pineapple Juice Sliced Turkey/Gravy Whipped Sweet Potatoes Mustard Greens Cornbread Margarine Chocolate Pudding Milk/Buttermilk</p>	<p><u>Menu 5</u> Grape Juice Spaghetti Casserole Green Beans Tossed Salad/Ranch Dressing Wheat Breadstick Margarine Vanilla Graham Cookie Milk</p>
<p><u>Menu 11</u> Apple Juice Grilled Pork Patty/Brown Gravy Country Potatoes Mixed Vegetables Whole Wheat Bread Margarine Raisin Crème Pie Milk</p>	<p><u>Menu 12</u> Grape Juice Hot Dog/Bun Baked Beans Coleslaw/carrots Diced Onions Ketchup/Mustard/Mayonnaise Hot Apple Cobbler Milk</p>	<p><u>Menu 13</u> Teriyaki Meatballs (3) Buttered Rice Broccoli and Carrots Fresh Fruit Wheat Bread Margarine Strawberry Gelatin Milk <i>Pineapple</i></p>	<p><u>Menu 14</u> BBQ Chicken Diced Brussels Sprouts Four Seasons Blend Sliced Peaches Hamburger Bun Birthday Cake Milk</p>	<p><u>Menu 15</u> Orange Juice Meatloaf/Brown Gravy Delmonico Potatoes Mixed Greens Cornbread Margarine Lemon Pudding Milk/Buttermilk</p>
<p><u>Menu 16</u> Orange/Pineapple Juice Beef Tips/Rice Green Peas/Diced Red Peppers Okra & Tomatoes Wheat Bread Margarine Lemon Cake Milk</p>	<p><u>Menu 17</u> Baked Chicken Thigh Whipped Potatoes Spinach Green Bean Salad Wheat Bread Margarine Fig Bar Milk</p>	<p><u>Menu 18</u> Hamburger/Bun Baked Beans Potato Salad Lettuce/Tomato/Onion Ketchup/Mustard/Mayonnaise Hot Peach Cobbler Milk/Chocolate Milk</p>	<p><u>Menu 19</u> Grape Juice Ham & White Beans California Vegetables Macaroni Salad Cornbread Margarine Sugar Cookies-2 Milk/Buttermilk</p>	<p><u>Menu 20</u> Blended Juice Chicken Parmesan Whole Wheat Pasta Italian Green Beans/Red Peppers Wheat Breadstick Margarine Orange Pineapple Gelatin Milk</p>
<p><u>Menu 1</u> Orange Juice Swiss Steak Whipped Potatoes Green Peas Wheat Bread Margarine Nutty Buddy Milk</p>	<p><u>Menu 2</u> Chicken Alfredo Country Corn Broccoli/Carrots Fresh Fruit Wheat Roll Margarine Chocolate Cake Milk Alternate: Chicken Cordon Bleu Casserole</p>	<p><u>Menu 3</u> Tomato Juice Vegetable Plate: Macaroni & Cheese Black-eyed Peas Collard Greens Cornbread Margarine Chocolate Chip Cookies - 2 Milk/Buttermilk</p>	<p><u>Menu 4</u> Smoked Sausage Red Beans & Rice Country Vegetables Fresh Fruit Hot Dog Bun Diced Onions Mustard Cherry Gelatin Milk</p>	<p><u>Menu 5</u> Grape Juice Spaghetti Casserole Green Beans Tossed Salad/Ranch Dressing Wheat Breadstick Margarine Vanilla Graham Cookie Milk <i>Pineapple</i></p>