

# JUNE , 2012

Senior Activity Center, Clay, AL

681-0238

Linda Love, Director

Mon	Tue	Wed	Thu	Fri
	<p><b>CHECK OUT OUR TWO DAY TRIPS THIS MONTH: June 8 and 20</b></p> 			<p>1 Games</p> <p><b>Plant Herbs</b> to grow and share to eat</p>
<p>4 Games Bingo</p>  <p>Bobby Harris here to give <b>Free hearing tests</b> 10:00</p>	<p>5 Games and more games</p>	<p>6 Games Exercise <b>Go to Yogart Mountain</b> after an early lunch for dessert-back for bus</p>	<p>7 Games</p> 	<p>8 <b>Day trip</b> Ride to Nocalulla Falls in Gadsden for picnic lunch-back for late bus pickup</p>
<p>11 Games <b>Dick Watkins and his Dulcimer Band</b> here 10.00</p> 	<p>12 Game and more games</p> 	<p>13 Games Exercise <b>Al Mahan (Johnny Cash)</b> here to sing 10:30</p>	<p>14 Games</p>  <p>Nat'l Flag Day <b>Wear Red, White And Blue</b></p>	<p>15 Games <b>Fishing</b> at Cosby Lake ? Catfish will be stocked. Fresh fruit month –let's eat !</p>
<p>18 Games Bingo</p> <p><b>Breakfast in honor of FATHERS</b> 9:30 A.M. Sue w/ Rusty &amp; Sophie Dogs to visit</p>	<p>19 Games and more games</p>	<p>20 <b>Day trip</b> to Chattanooga, TN to Moon Pie Factory Outlet and Little Debbie Factory Outlet-No bus ride home</p>	<p>21 Games</p> <p><b>Belinda Dove</b> here to have fun</p>	<p>22 Games</p>
<p>25 Games Bingo</p> <p>Remember Your <b>Bible</b> Scripture Game</p>	<p>26 Games and more games</p>	<p>27 Games Exercise</p>	<p>28 Games</p> 	<p>29 Games</p>  <p><b>Thrift Store Shopping</b></p>

Noon Menu

ADSS NUTRITION PROGRAM

JUNE

SPRING 2012

					Menu 5 Meatballs/Spaghetti Sauce Penne Noodles Italian Vegetables Tossed Salad/Ranch Dressing Texas Bread Margarine Chocolate Cake Milk	1			
Menu 6 Orange Juice Meatloaf/Brown Gravy Elmónico Potatoes Mixed Vegetables Whole Wheat Bread Margarine Apple Tidbits Milk	4	Menu 7 Chicken/Biscuit Gravy Rice Pilaf Cabbage Peaches/Mandarin Oranges Wheat Bread Margarine Chocolate Marshmallow Pie Milk	5	Menu 8 <b>Taco Salad:</b> Taco Meat Taco Salad Mix Pinto Beans Corn Chips Taco Sauce Raspberry Gelatin Milk/Chocolate Milk	6	Menu 9 Blended Juice BBQ Rib Patty Broccoli & Carrots Fresh Fruit Wheat Bread Margarine <b>Yellow Cake</b> Milk	7	Menu 10 Apple Cherry Juice Sliced Turkey/Gravy Whipped Sweet Potatoes Turnip Greens Cornbread Margarine Lemon Pudding Milk/Buttermilk	8
Menu 11 Orange/Pineapple Juice Stuffed Pepper Casserole Green Peas Stuffed Carrots Whole Wheat Bread Margarine Lemon Crème Pie Milk <b>Alternate: Braised Beef/Noodles</b>	11	Menu 12 BBQ Meatballs Ranch Beans Mixed Greens Sliced Peaches Cornbread Margarine <b>Birthday Cake</b> Milk/Buttermilk	12	Menu 13 Cranberry Juice Chicken Noodle Casserole Green Beans Rutabagas Multigrain Bread Margarine Nutty Buddy Bar Milk	13	Menu 14 Apple Cherry Juice Hot Dog/Bun Baked Beans Coleslaw/carrots Diced Onions Ketchup/Mustard/Mayonnaise Hot Apple Cobbler Milk	14	Menu 15 Chicken Fingers/Gravy Buttered Rice Fiesta Vegetables Fresh Fruit Wheat Bread Margarine Cranberry Congealed Salad Milk	15
Menu 16 Apple Juice Stuffed Pork/Gravy Stuffed Potatoes Mixed Vegetables Multigrain Bread Margarine Lemon Cake Milk	18	Menu 17 Italian Macaroni Green Beans Tossed Salad/Italian Dressing Fresh Fruit Wheat Bread Margarine Fudge Brownie Milk	19	Menu 18 Blended Juice Chicken Breast/Biscuit Gravy Mixed Beans Mustard Greens Cornbread Margarine Orange Gelatin Milk/Buttermilk	20	Menu 19 Grape Juice Ham & Potato Casserole Broccoli Marinated Slaw Wheat Bread Margarine Fig Bar Milk	21	Menu 20 Hamburger/Bun Baked Beans Potato Salad Lettuce/Tomato/Onion Ketchup/Mustard/Mayonnaise Hot Peach Crisp Milk/Chocolate Milk	22
Menu 1 Cranberry Juice Chicken/Broccoli/Rice Casserole Country Corn Hot Country Tomatoes Multigrain Bread Margarine <b>Assorted Snack Cakes/Cookies</b> Milk	25	Menu 2 Apple Juice Swiss Steak Country Potatoes Green Peas Wheat Roll Margarine Chocolate Pudding Milk	26	Menu 3 Smoked Sausage Northern Beans Garden Vegetables Fresh Fruit Hot Dog Bun Mustard Cherry Gelatin Milk	27	Special Menu 1 Tomato Juice Sausage Patty – 2 Hashbrown Casserole Hot Sliced Apples Biscuit Bran Muffin Margarine Milk	28	Menu 5 Meatballs/Spaghetti Sauce Penne Noodles Italian Vegetables Tossed Salad/Ranch Dressing Texas Bread Margarine Chocolate Cake <b>Assorted Milks</b>	29