


Nutrition Menu



June 2019

Nellie Sawyer 426-8309 Office Hours: 9am-1pm

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lunch is Served at 11:45am Milk is Served With Each Meal						1
2	3 Fish Sandwich Parsley Potatoes Blueberry Crisp	4 BBQ Chicken Leg Quarter Fresh Fruit Peas Mac & Cheese Corn Muffin	5 Pasta/Meat Sauce Carrots Pears Garlic Bread Pudding	6 Chicken Fettuccini Alfredo Tossed Salad Strawberries Garlic Bread	7 Chef Salad w/Ham & Cheese Juice Crackers Potato Salad Butter Cookie	8
9	10 Lasagna w/beef California Blend Vegetables Juice Black Beans Garlic Bread	11 Meat Loaf/Sauce Lima Beans Fresh Fruit Cheesy Potatoes Au Gratin Roll Brownie	12 BBQ Sandwich Coleslaw Fresh Fruit Buttered Potatoes	13 Sliced Ham Cabbage Pineapple Juice Red Potatoes Cornbread Cake	14 Chicken Salad w/lettuce Cucumber & Tomato Salad Peaches Macaroni Salad Crackers Pudding w/Topping	15
16 	17 Cheeseburger w/bun Green Beans Juice Cobbler	18 Pork Roast/Gravy Stewed Tomatoes Fresh Fruit White Rice Wheat Bread Brownie	19 Chicken Stir-Fry Broccoli Pineapple Egg Roll Steamed Rice	20 Spaghetti/Meat Sauce California Blend Vegetables Fresh Fruit Bread Stick Pudding	21 Tuna Salad/Lettuce Pickled Beets Orange Juice Pasta Salad Crackers Cake	22
23	24 BBQ Riblets Coleslaw Peaches Succotash Roll	25 Smoked Sausage w/bun Baked Beans Applesauce Pudding	26 Salisbury Steak/Gravy Peas Oranges Juice Mashed Potatoes Roll Cookies	27 Chicken Breast with Gravy Broccoli & Rice Casserole Fresh Fruit Wheat Bread Chocolate Cake	28 Chicken Salad/Lettuce Three Bean Salad Orange Salad Macaroni Salad Crackers Choc Chip Cookies	29
30						Donations are Accepted, Needed and Appreciated!

Perquimans Seniors'
Activity Calendar
426-5404
pcseniors.org



June 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Computer Stations Fitness Room Open 8:30am - 4:30pm			June 5th 10:30am - Noon EMS Blood Pressure & Vitals June 5th - 11am Stroke Educations			1	
2	Billiards 8-5 Exercise Class 10am Rook & Afternoon Games 1pm	3	4	5	6	7	8
		Billiards 8-5 Walk With Penny 9am Madelyn's Music 12:15pm Afternoon Games 1pm Bowling 1pm Yarn Corner 1pm Zumba 2pm T'AI CHI Class 3pm	Billiards 8-5 Beg Line Dance 8:15-8:45am Line Dance 8:45am Exercise Class 10am Birthday Celebration 12:15pm Afternoon Games 1pm Bingo 2pm	Billiards 8-5 TOPS 10am Cornhole 10-11:30am Choir 1pm Afternoon Games 1pm Line Dancing 6pm	Billiards 8-5 Exercise Class 10am Afternoon Games 1pm Yoga 3pm		
9	10	11	12	13	14	15	
Billiards 8-5 Exercise Class 10am Afternoon Games 1pm	Billiards 8-5 Van Trip 9am Billiards Tournament 9:30am Madelyn's Music 12:15pm Afternoon Games 1pm Bowling 1pm Yarn Corner 1pm T'AI CHI Class 3pm	Billiards 8-5 Van Trip 9am Billiards Tournament 9:30am Madelyn's Music 12:15pm Afternoon Games 1pm Bowling 1pm Yarn Corner 1pm T'AI CHI Class 3pm	Billiards 8-5 Beg Line Dance 8:15am-8:45am Line Dance 8:45am Exercise Class 10am Dept of Deaf & Hard of Hearing 11am Afternoon Games 1pm Bingo 2pm	Billiards 8-5 Chronic Disease 9-11:30am TOPS 10am Choir 12:30pm Afternoon Games 1pm	Billiards 8-5 Exercise Class 10am Arthritis 11am Afternoon Games 1pm		
16	17	18	19	20	21	22	
Happy Fathers Day	Billiards 8-5 Exercise Class 10am Dehydration 11am Afternoon Games 1pm	Billiards 8-5 Hello with Ashley 10am Madelyn's Music 12:15pm Afternoon Games 1pm Bowling 1pm Yarn Corner 1pm Zumba 2pm T'AI CHI Class 3pm	Billiards 8-5 Beg Line Dance 8:15-8:45am Line Dance 8:45am Exercise Class 10am Afternoon Games 1pm Bingo 2pm	Billiards 8-5 Friendship Rocks 9am Chronic Disease 9-11:30am TOPS 10am Choir 12:15pm Afternoon Games 1pm Archery 2pm Night Out Leave at 5pm	Billiards 8-5 Exercise Class 10am Summer Pool Bash 12:30pm Afternoon Games 1pm Yoga 3pm		
23	24	25	26	27	28	29	
Billiards 8-5 Exercise Class 10am Fire Prevention 11am Afternoon Games 1pm	Billiards 8-5 CPR 8:30am-12:30pm Madelyn's Music 12:15pm Afternoon Games 1pm Bowling 1pm Yarn Corner 1pm T'AI CHI Class 3pm	Billiards 8-5 CPR 8:30am-12:30pm Madelyn's Music 12:15pm Afternoon Games 1pm Bowling 1pm Yarn Corner 1pm T'AI CHI Class 3pm	Billiards 8-5 Beg Line Dance 8:15-8:45am Line Dane 8:45am Exercise Class 10am History with Phil 11am Afternoon Games 1pm Bowling 1pm Yarn Corner 1pm Bingo 2pm	Billiards 8-5 Chronic Disease 9-11:30am TOPS 10am Choir 12:15pm Afternoon Games 1pm	Billiards 8-5 Exercise Class 10am Show & Tell 11am Afternoon Games 1pm	Social 6-9pm	
30							