



# The Senior Café

**Week of July 26-30, 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
<b>Cream of Broccoli Soup</b> <b>Baked Ham</b> <b>Sweet Potato Soufflé</b> <b>Brussels Sprouts</b> <b>Salad Bar</b> <b>Dessert Bar</b>	<b>Cream of Asparagus Soup</b> <b>Chicken Kiev</b> <b>Au Gratin Potatoes</b> <b>Broccoli</b> <b>Salad Bar</b> <b>Dessert Bar</b>	<b>Chicken Noodle Soup</b> <b>Country Fried Steak</b> <b>Mashed Redskins</b> <b>Seasonal Veggies</b> <b>Salad Bar</b> <b>Dessert Bar</b>	<b>Beef Barley Soup</b> <b>Pasta Marinara</b> <b>Buttered Asparagus</b> <b>Garlic Bread</b> <b>Salad Bar</b> <b>Dessert Bar</b>	<b>Vegetable Soup</b> <b>Cheeseburgers</b> <b>Oven Fries</b> <b>Vegetable Medley</b> <b>Salad Bar</b> <b>Dessert Bar</b>
<hr/> <b>Senior Fitness</b> 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	<hr/> <b>1 pm~ Pinochle &amp; Euchre</b> New Players Welcome	<hr/> <b>Family Fun Fest Aug.</b> 21~noon to 4 pm @ Pavilion~food, games & fun for ALL ages. Public Invited	<hr/> <b>Sr. Café Ice Cream Social</b> August 19 11:30-1 pm/ \$4	<hr/> <b>Deadline Extended to 7/30</b> <b>New Orleans Trip</b> 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
<hr/> <b>The Food Lady</b> July 28 @ 12:30 Free!	<hr/> <b>Tuesday Night Dance</b> 7-9 pm—\$2 Public Welcome!	<hr/> <b>Millstream Band Practice</b> 1:30 pm—new members welcome	<hr/> <b>Beginners Ballroom Dance</b> August 3, 10, 17, 24 Learn waltz & rumba. \$30 per couple—Pre-reg. req'd; credit card pmt available—contact Betty 423-8496	
		<hr/> <b>BINGO~ Open 5:30/Play 6:30</b>		