

Director - Julie Ruttinger

Cook- Carole Jones

APRIL 2019

SERVING LUNCH at 11:30

OPEN 8:30 - 2:30

ONSTED SENIOR CITIZEN CENTER AT THE AMERICAN LEGION 467-6917

MONDAY	WEDNESDAY	THURSDAY
<p>1</p> <p>9:30 GENTLE EXERCISE</p> <p>10:30 BLOOD PRESURE CHECK</p> <p>10:30 CARDS, GAMES & PUZZLES</p> <p>12:30 VEGGIE MOBILE</p>	<p>3</p> <p>9:00 CARDIO DRUMMING</p> <p>10:00 BIBLE STUDY</p> <p>12:00 CARDS, GAMES & PUZZLES</p> <p>12:15 BINGO/CRAFTS</p>	<p>4</p> <p>9:15 LINE DANCING w/ GLORIA</p> <p>12:00 CARDS, GAMES & PUZZLES</p>
<p>8</p> <p>9:30 GENTLE EXERCISE</p> <p>10:00 STRETCH & BALANCE</p> <p>12:30 VEGGIE MOBILE</p>	<p>10</p> <p>9:00 CARDIO DRUMMING</p> <p>10:00 BIBLE STUDY</p> <p>12:00 CARDS, GAMES & PUZZLES</p> <p>12:15 BINGO/CRAFTS</p>	<p>11</p> <p>9:15 LINE DANCING w/ GLORIA</p> <p>12:00 CARDS, GAMES & PUZZLES</p> <p>12:30 Express Yourself Glass trip</p>
<p>15</p> <p>9:30 GENTLE EXERCISE</p> <p>10:00 STRETCH & BALANCE</p> <p>12:30 VEGGIE MOBILE</p>	<p>17</p> <p>20</p> <p>9:00 CARDIO DRUMMING</p> <p>10:00 BIBLE STUDY</p> <p>12:00 CARDS, GAMES & PUZZLES</p> <p>12:15 Erin Bohlen/Place for Mom</p>	<p>18</p> <p>9:15 LINE DANCING w/ GLORIA</p> <p>12:00 CARDS, GAMES & PUZZLES</p>
<p>22</p> <p>9:30 GENTLE EXERCISE</p> <p>10:00 STRETCH & BALANCE</p> <p>12:30 VEGGIE MOBILE</p>	<p>24</p> <p>9:00 CARDIO DRUMMING</p> <p>10:00 BIBLE STUDY</p> <p>12:00 CARDS AND GAMES</p> <p>12:15 BINGO/CRAFTS</p>	<p>25</p> <p>9:15 LINE DANCING w/ GLORIA</p> <p>12:00 CARDS, GAMES & PUZZLES</p>
<p>29</p> <p>9:30 GENTLE EXERCISE</p> <p>10:00 STRETCH & BALANCE</p> <p>10:30 BOARD MEETING</p> <p>12:30 VEGGIE MOBILE</p>		

NUTRITION NOTES:

Spring has sprung!

Now is the time to look for fresh vegetables at your local Farmer's Market. Asparagus, rhubarb, radishes, spinach, lettuce and herbs are among the first spring veggies. These veggies are such a welcome treat after our winter in the mitten. Use these items in a variety of ways; grilled asparagus, rhubarb pies, and fresh salads. YUM, YUM and so scrumptiously delicious and

Lenawee County Dept. On Aging, 1040 S. Winter St., Suite 3003, Adrian, MI 49221 phone: 264-5280

4/11 Express Yourself Glass Trip

4/18 Vounteer Appreciation

4/17 Erin Bohlen/ A Place For Mom

4/27 Take Back Drug Day