

Director - Julie Ruttinger

Cook- Carole Jones



SERVING LUNCH at 11:30

**OPEN 8:30 - 2:30**

**ONSTED SENIOR CITIZEN CENTER AT THE AMERICAN LEGION 467-6917**

MONDAY	WEDNESDAY	THURSDAY
		
3	5	6
9:30 GENTLE EXERCISE 10:00 STRETCH & BALANCE <b>10:30 BLOOD PRESSURE CHECK</b> 10:30 CARDS, GAMES & PUZZLES 12:30 VEGGIE MOBILE	8:30 CORE STRENGTH 9:00 CARDIO DRUMMING 10:00 BIBLE STUDY 10:30 CARDS, GAMES & PUZZLES 12:15 BINGO/CRAFTS	9:15 LINE DANCING w/ GLORIA 10:30 CARDS, GAMES & PUZZLES <b>12:15 RED CROSS SAFETY</b>
10	12	13
9:30 GENTLE EXERCISE 10:00 STRETCH & BALANCE 10:30 CARDS, GAMES & PUZZLES 12:30 VEGGIE MOBILE	<b>ANNUAL LDA PICNIC ADRIAN FAIR GROUNDS</b>	9:15 LINE DANCING w/ GLORIA 10:30 CARDS, GAMES & PUZZLES
17	19	20
9:30 GENTLE EXERCISE 10:00 STRETCH & BALANCE <b>11:30 CENTER PICNIC/POTLUCK</b> 12:30 VEGGIE MOBILE	9:00 CARDIO DRUMMING 10:00 BIBLE STUDY 10:30 CARDS AND GAMES 12:15 BINGO/CRAFTS	9:15 LINE DANCING w/ GLORIA 10:30 CARDS, GAMES & PUZZLES  <b>WELLNESS FAN CLUB ends</b>
24	26	27
9:30 GENTLE EXERCISE 10:00 STRETCH & BALANCE 10:30 <b>BOARD MEETING</b> 12:30 VEGGIE MOBILE	9:00 CARDIO DRUMMING 10:00 BIBLE STUDY 10:30 CARDS, GAMES & PUZZLES 12:15 <b>BROOKDALE - Horsey GAME</b>	9:15 LINE DANCING w/ GLORIA 10:30 CARDS, GAMES & PUZZLES

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

NUTRITION NOTES:

·Enjoy a meal with friends.show that those who eat together tend to have better eating habits, as sometimes the thought of eating alone can decrease appetites. Social meals should be encouraged whenever possible.

·Schedule regular mealtimes.thrive on routine, so set a regular eating schedule and stick to it. Eating at the same time each day, even having a snack at the same time, will help increase appetite.

·Have a treat now and then.youavoid overindulging, allowing yourself a small treat every once in a while is a good way to keep your diet on track. Stick to 200-calorie treats like a piece of dark chocolate or a handful of pretzels to give yourself something to look forward to from time to time.

~Wishing you wellness...

6/3 Terry Sexton Stewart- Speaker

6/13 ANNUAL LDA PICNIC

6/26 BROOKDALE - HORSEY GAME

6/6 RED CROSS - FIRE/TORNADO SAFETY

6/17 ONSTED CENTER PICNIC/POTLUCK









