

Director - Julie Kulka



SERVING LUNCH at 11:30

**OPEN 8:30 - 2:00**

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

MONDAY	WEDNESDAY	THURSDAY
		
6	8	9
CARDS, GAMES & PUZZLES VEGGIE MOBILE	<b>ANNUAL LDA PICNIC</b> ADRIAN FAIR GROUNDS Closed	LINE DANCING w/ GLORIA CARDS, GAMES & PUZZLES <b>Best Friends Day</b> pictures of Best Friends invite your Best Friend
13	15	16
Pauline and Sam talking about Molasses CARDS, GAMES & PUZZLES	<b>Birthday Parties</b> Terri, Sally, Jack Bingo W / Pennies	LINE DANCING w/ GLORIA
20	22	23
<b>Cards, Games, Puzzles</b> VEGGIE MOBILE	BINGO W/ Treats	LINE DANCING w/ GLORIA CARDS, GAMES & PUZZLES <b>WEAR PINK</b>
27	29	30
Decide to be Married Day Bring in your wedding pictures	BINGO W/ Pennies	LINE DANCING w/ GLORIA CARDS, GAMES & PUZZLES

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...

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