

Director - Julie Kulka

Asst. Director Shirley Metternick



SERVING LUNCH at 11:30

OPEN 8:30 - 2:00

ONSTED SENIOR CITIZEN CENTER AT THE AMERICAN LEGION 467-6917

MONDAY	WEDNESDAY	THURSDAY
		1 9:00 Line Dancing W/ Gloria CARDS, GAMES & PUZZLES Ice Cream Thursday
5 9:30 Gentle Exercise CARDS, GAMES & PUZZLES VEGGIE MOBILE	7 9:30 Gentle Exercise BINGO W/ Treats National Chocolate Ice Cream Day	8 9:00 LINE DANCING w/ GLORIA Best Friend Day Ice Cream Thursday CARDS, GAMES & PUZZLES
12 9:30 Gentle Exercise Red Rose Day CARDS, GAMES & PUZZLES	14 9:30 Gentle Exercise Family History Day Flag Day	15 9:00 LINE DANCING w/ GLORIA Celebrating all Father's Ice Cream Thursday CARDS, GAMES & PUZZLES
19 Closed for Juneteenth 	21 9:30 Gentle Exercise 10:00 Smile on Wheels National Selfie Day Take a Selfie and bring it in	22 9:00 LINE DANCING w/ GLORIA CARDS, GAMES & PUZZLES 10:30 Hospice Ice Cream Thursday
26 9:30 Gentle Exercise CARDS, GAMES & PUZZLES Birthday Celebrations Shirley, Terri, Sally, Judy & Jack	28 9:30 Gentle Exercise New Game CARDS, GAMES & PUZZLES	29 9:00 LINE DANCING w/ GLORIA CARDS, GAMES & PUZZLES Ice Cream Thursday

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...

