

# April 2025 Activities

Monday	Tuesday 1	Wednesday 2	Thursday 3	Friday 4
	9:00AM- Quilters 9:00AM Seated Tai Chi <b>10:00AM Sponsored Bingo Day</b> <b>11:00AM Chair Yoga</b> 11:00 AM- Blood Pressure Checks 11:30AM- Lunch <b>12:00PM Cumberland Site Activity</b> 12:00PM Meal in a Mug 1:00PM Cardio Drumming <b>6:00PM Good Ole Gospel Music Night</b>	9:00AM- Geri Fit Exercise 9:00AM- Sewing 10:00AM -Bingo <b>11:00AM Dining with Diabetes</b> 11:30AM- Lunch 12:00PM- Mahjong	10:00AM Bingo 11:00AM Bingocize 11:30AM Lunch 12:30 PM- Open Cards 1:00PM Chair Yoga <b>2:00PM Spring Craft Class</b>	<b>8:00AM Free Hearing Screenings</b> <b>9:00AM Breakfast Buffet</b> <b>9:15 AM-12:00PM Library "Pop Up"</b> <b>9:30AM-2:00PM AARP Tax Appointments</b> <b>10:00AM -Sponsored Bingo</b> 11:30AM- Lunch 12:30 PM- Euchre 1:00PM Geri Fit Exercise
7	8	9	10	11
8:30 AM- Crafting Group 9:00 AM Tai Chi Class 10:00AM -Bingo <b>11:00AM Clothes Closet</b> 11:00 Bingocize <b>12:00PM Pleasant City Site Activity</b> 11:30AM- Lunch 1:00PM Line Dancing	9:00AM- Quilters 9:00AM Seated Tai Chi 10:00AM Bingo <b>11:00 Chair Yoga</b> 11:00 AM- Blood Pressure Checks 11:30AM- Lunch 12:00PM Meal in a Mug 1:00PM Cardio Drumming 1:00 Alzheimer's Support Group <b>5:00PM Dinner with Desserts Bake Off</b>	9:00AM- Geri Fit Exercise 9:00AM- Sewing 10:00AM -Bingo <b>11:00AM Dining with Diabetes</b> 11:30AM Lunch <b>12:00PM Old Washington Site Activity</b> 12:00PM- Mahjong	10:00AM -Bingo 11:00AM Bingocize 11:30AM- Lunch 12:30 PM- Open Cards <b>1:00PM Ohio Fraud &amp; Scam Awareness Program</b>	<b>8:45AM Belmont Victorian Mansion Trip</b> <b>9:30AM-2:00PM AARP Tax Appointments</b> <b>10:00AM -Sponsored Bingo</b> 11:30AM- Lunch 12:30 PM- Euchre 1:00PM Geri Fit Exercise
14	15	16	17	18
8:30 AM- Crafting Group 9:00 AM Tai Chi Class 10:00AM -Bingo <b>11:00AM Clothes Closet</b> 11:00AM Bingocize 11:30AM Lunch <b>12:00PM Londonderry Site Activity</b> 1:00PM Line Dancing	9:00AM Quilters 9:00AM Seated Tai Chi 10:00AM Bingo <b>11:00AM Chair Yoga</b> <b>11:00AM- Guest Speaker</b> <b>11:00AM Advance Directives</b> 11:00AM Blood Pressure Checks 11:30AM Lunch 12:00PM Meal in a Mug 1:00PM Cardio Drumming	<b>8:15AM OSU Stadium Tour</b> 9:00AM Geri-Fit Exercise 9:00AM- Sewing 10:00AM Bingo <b>11:00AM Dining with Diabetes</b> 11:30AM Lunch 12:00PM Mahjong	10:00AM Bingo 11:30AM Lunch 12:30 PM- Open Cards 1:00PM Chair Yoga	<b>CLOSED</b> 
21	22	23	24	25
8:30 AM- Crafting Group 9:00 AM Tai Chi Class 10:00AM -Bingo <b>11:00AM Clothes Closet</b> 11:00AM Bingocize 11:30AM- Lunch 1:00PM Line Dancing	9:00AM Quilters 9:00AM Seated Tai Chi 10:00AM Bingo <b>11:00AM Chair Yoga</b> 11:00AM Blood Pressure Checks 11:30AM Lunch 1:00PM Cardio Drumming	9:00AM Geri-Fit Exercise 9:00AM Sewing 10:00AM Bingo <b>11:00AM Dining with Diabetes</b> 11:30AM Lunch 12:00PM Mahjong	10:00AM Bingo 11:00AM Bingocize 11:30AM Lunch 12:30PM Open Cards <b>4:00-5:00PM Grab -N- Go</b> <b>4:00 PM Monthly Senior Dinner</b>	<b>10:00AM -Sponsored Bingo</b> 11:30AM Lunch 12:00PM Euchre 1:00PM Geri Fit Exercise 1:30PM Greeting Card Making Class
28	29	30		
8:30 AM- Crafting Group 9:00 AM Tai Chi Class 10:00AM -Bingo <b>11:00AM Clothes Closet</b> <b>11:00AM Guest Speaker</b> 11:30AM- Lunch 1:00PM Line Dancing <b>2:00 Painting Class</b>	9:00AM Quilters 9:00AM Seated Tai Chi 10:00 AM - 3:00 PM- Food Commodity Pick Up 10:00AM Bingo <b>11:00AM Chair Yoga</b> 11:00AM Blood Pressure Checks <b>11:30AM Birthday Luncheon</b> <b>12:00PM Byesville Site Activity</b> 1:00PM Cardio Drumming <b>4:00PM Byesville Monthly Dinner</b>	9:00AM Geri-Fit Exercise 9:00AM Sewing 10:00AM Bingo 11:00AM Coffee with Cardinal Place 12:00PM Mahjong <b>12:00PM Lunch Bunch at Shogun</b>		

# April 2025 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Dine-In or Grab &amp; Go Options Available</b> If you have any questions about our nutrition services please call 740-439-5717. Ingredient content can be found on our website at <a href="http://www.GuernseySenior.org">www.GuernseySenior.org</a> . <u>*Menu subject to change depending on item availability.</u>	<b>1</b> Chicken & Dumplings Parsley Potatoes Buttered Zucchini Diced Pineapple Choice of Bread/Margarine Choice of Milk	<b>2</b> Pork Roast Julienne Potatoes Glazed Baby Carrots Fresh Apple Choice of Bread/Margarine Chocolate Chip Cookie Choice of Milk	<b>3</b> Stuffed Pepper Mashed Potatoes Buttered Corn Sliced Peaches Choice of Bread/Margarine Choice of Milk	<b>4</b> Baked Cod Hashbrown Casserole Yellow Squash Lime-Pineapple Jell-o Salad Dinner Roll/Margarine Choice of Milk
<b>7</b> BBQ Pork Riblet Potato Wedges Baked Beans Fresh Banana Peanut Butter Cookie Italian Bread/Margarine Choice of Milk	<b>8</b> Cream of Broccoli Soup Ham Salad w/Bun Celery & Carrot Sticks w/Ranch Ambrosia Salad Vanilla Pudding Choice of Milk	<b>9</b> Cubed Steak in Mushroom Gravy Dutch Potatoes Brussel Sprouts Diced Pears Knot Roll/Margarine Choice of Milk	<b>10</b> Honey Glazed Grilled Chicken Rice Pilaf Spiced Pears Fresh Orange Cucumber & onion Salad Dinner Roll/Margarine	<b>11</b> Cheese Tortellini w/ Marinara Sauce Tossed Salad w/Dressing French Style Green Beans 100% Fruit Juice Garlic Knot Choice of Milk
<b>14</b> Cheeseburger W /Bun Waffle Fries California Blend Vegetables Apricots Choice of Milk	<b>15</b> Herb Roasted Chicken Buttered Potatoes Creamed Peas Fresh Grapes Choice of Bread/Margarine Choice of Milk	<b>16</b> Smothered Steak Mashed Potatoes Broccoli Florets Granny Smith Apple Dinner Roll/Margarine Choice of Milk	<b>17</b> Ham Loaf Scalloped Potatoes Green Beans Mixed Fruit Choice of Bread/Margarine Iced Lemon Cake Choice of Milk	<b>18</b> Closed due to The Good Friday Holiday <i>Frozen Meals Available upon Request</i>
<b>21</b> Chipped Beef Buttered Red Potatoes Winter Blend Vegetables 100% Cranberry Juice Texas Toast Choice of Milk	<b>22</b> Spaghetti & Meat Sauce Italian Green Beans Tossed Salad w/Dressing Blueberry Cobbler Breadstick/Margarine Choice of Milk	<b>23</b> Crispy Chicken Leg Sweet Potato Casserole Wax Beans Mandarin Oranges Choice of Bread/Margarine Choice of Milk	<b>24</b> Beef Pot Roast Buttered Whole Potatoes Capri Vegetables Applesauce Cornbread/Margarine Choice of Milk	<b>25</b> Smoked Kielbasa Haluski Carrot Coins Tropical Fruit Mix Choice of Bread/Margarine Lorna Doone Cookie Choice of Milk
<b>28</b> Salisbury Steak w/Gravy Au Gratin Potatoes Key Largo Vegetables 100% Fruit Juice Choice of Bread/Margarine Choice of Milk	<b>29</b> Roast Turkey Dressing Green Bean Casserole Cranberry Salad Choice of Bread/Margarine Choice of Milk	<b>30</b> Meatloaf Cheesy Potatoes Spiced Pears Cucumbers & Tomato Salad Dinner Roll/Margarine Choice of Milk	We invite you to join us for lunch at the Guernsey County Senior Center from 11:30 am until 1:00 pm Monday – Friday. The Byesville Site serves lunch at 11:30 am. Monday—Friday. Pleasant City 11:30 -1:00 pm Monday & Thursday, Cumberland 11:30-1:00 pm, Tuesday & Friday, Londonderry site serves at 11:30 on Monday, Tuesday, and Thursday, and Old Washington site Wednesday & Friday from 11:30am-1:00pm. Each meal includes a choice of white, wheat, or specified bread and a choice of either 2% or Skim Milk. <i>This institution is an equal opportunity provider</i>	