


August 2025 Activities

Monday	Tuesday	Wednesday	Thursday	Friday
				8:00-10:00 AM Hearing Life 9:00 Breakfast Buffet 9:00AM Geri Fit 9:00AM Library “Pop Up” 10:00AM Sponsored Bingo 11:30AM Lunch 12:00PM Euchre 12:00 PM Old Washington Site Activity 1:00PM Geri Fit Exercise
4	5	6	7	8
8:30 AM- Crafting Group 9:00 AM Tai Chi Class 10:00AM -Bingo 11:00AM Clothes Closet 11:00 Bingocize 11:30AM– Lunch 12:00PM Open Cards	9:00AM Quilters 9:00AM Seated Tai Chi 10:00AM Sponsored Bingo 11:00AM Chair Yoga 11:00AM Blood Pressure Checks 11:30AM Lunch 12:00PM Garden Recipes Class 12:00 PM Cumberland Site Activity 6:00 PM Good Ole Gospel Music Night	9:00AM- Geri Fit Exercise 9:00AM- Sewing 10:00AM –Sponsored Bingo 11:30AM Lunch 12:00PM– Mahjong 12:00 PM Root Beer Floats 1:00-2:00 Cooking For One	8:30AM Goodtime III Boat Trip 10:00AM -Bingo 11:00AM Bingocize 11:30AM– Lunch 12:00 PM- Open Cards 1:00PM Chair Yoga 2:00 PM Cake Decorating Class	9:00AM Geri Fit 10:00AM –Sponsored Bingo 11:30AM– Lunch 12:30 PM- Euchre 1:00PM Geri Fit Exercise
11	12	13	14	15
8:30 AM- Crafting Group 9:00 AM Tai Chi Class 10:00AM -Bingo 11:00AM Clothes Closet 11:00AM Bingocize 11:30AM Lunch 12:00PM Open Cards	9:00AM Quilters 9:00AM Seated Tai Chi 10:00AM Bingo 11:00AM Chair Yoga 11:00AM Blood Pressure Checks 11:30AM Lunch 12:00 PM Garden Recipes Class 1:30PM Alzheimer’s Support Group	9:00AM- Geri Fit Exercise 9:00AM- Sewing 10:00AM –Sponsored Bingo 11:30AM Lunch 12:00PM– Mahjong 1:00 PM Fraud Presentation	10:00AM Bingo 11:00 AM Bingocize 11:30AM Lunch 12:00 PM Pleasant City Site Party 12:00PM- Open Cards 1:00 PM Chair Yoga	9:00AM Geri Fit 10:00AM –Sponsored Bingo 10:00 AM – 3:00PM- Food Commodity Pick Up 11:30AM Lunch 12:00PM Euchre 1:00PM Geri Fit Exercise 1:00 PM Flower Bouquet Class
18	19	20	21	22
8:30 AM- Crafting Group 9:00 AM Tai Chi Class 10:00AM -Bingo 11:00AM Clothes Closet 11:00AM Bingocize 11:30AM– Lunch 12:00PM Open Cards 2:00PM Water Color Painting Class	9:00AM Quilters 9:00AM Seated Tai Chi 10:00AM –Bingo 11:00AM Chair Yoga 11:00AM Blood Pressure Checks 11:30AM Lunch 12:00 PM Garden Recipes Class	9:00AM Geri-Fit Exercise 9:00AM Sewing 10:00AM –Bingo 11:30AM Lunch 12:00PM Mahjong	10:00AM Bingo 11:30AM Lunch 12:00PM Open Cards 4:00PM-5:00PM Grab & Go Monthly Dinner 5:00PM Dine In Monthly Dinner	8:30 AM Franklin Park Conservatory Trip 9:00AM Geri Fit 10:00AM Sponsored Bingo 11:30AM Lunch 12:00PM Euchre 1:00PM Geri Fit Exercise
25	26	27	28	29
8:30 AM- Crafting Group 9:00 AM Tai Chi Class 10:00AM -Bingo 11:00AM Clothes Closet 11:00AM Bingocize 11:30AM Lunch 12:00PM Open Cards	9:00AM Quilters 9:00 AM Seated Tai Chi 10:00AM Bingo 11:00AM Chair Yoga 11:00AM Blood Pressure Checks 11:30AM Lunch 12:00PM Garden Recipes Class 12:00 PM Byesville Site Activity 1:00 Estate Planning Session 4:00PM Byesville Dinner	9:00AM Geri-Fit Exercise 9:00AM Sewing 10:00AM Sponsored Bingo 11:00 AM Lunch Bunch Group at The Station on Twenty-Two 12:00PM Mahjong	10:00AM -Bingo 11:00AM Bingocize 11:30 AM Birthday Luncheon 12:00 PM- Open Cards 1:00PM Chair Yoga 1:30 Greeting Card Class	9:00AM Geri Fit 10:00AM Sponsored Bingo 11:30AM Pre-Labor Day Cook Out 12:00PM Euchre 1:00PM Geri Fit Exercise

August 2025 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>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, Old Washington site Wednesday & Friday from 11:30am-1:00pm, and Londonderry site is temporarily closed. Dine-In or Grab & Go Options Available. If you have any questions about our nutrition services please call 740-439-5717 or toll free at 1-866-534-2349. Each meal includes a choice of white, wheat, or specified bread and a choice of either 2% or Skim Milk. Ingredient content can be found on our website at www.GuernseySenior.org.</p> <p style="text-align: center;"><i>*Menu subject to change depending on item availability.</i></p> <p style="text-align: center;">This institution is an equal opportunity provider.</p>				<p style="text-align: center;">1</p> <p style="text-align: center;">Open Face Roast Beef On Texas Toast Mashed Potatoes w/Gravy Sliced Carrots Diced Pears Banana Pudding Choice of Milk</p>
<p style="text-align: center;">4</p> <p style="text-align: center;">Italian Seasoned Chicken Breast Whole Buttered Potatoes Harvard Beets Pineapple Tidbits Choice of Bread/Margarine Choice of Milk</p>	<p style="text-align: center;">5</p> <p style="text-align: center;">Spaghetti w/Meat Sauce Tossed Salad w/Dressing Succotash Fruit Cocktail Garlic Bread Choice of Milk</p>	<p style="text-align: center;">6</p> <p style="text-align: center;">Bone –In Pork Chop Red Beans & Rice Peas Ambrosia Salad Cornbread/Margarine Choice of Milk</p>	<p style="text-align: center;">7</p> <p style="text-align: center;">Country Fried Steak w/ Sawmill Gravy Hashbrown Casserole Cherry Crisp 100% Fruit Juice Choice of Bread/Margarine Choice of Milk</p>	<p style="text-align: center;">8</p> <p style="text-align: center;">Cubed Steak Baby Baker Potatoes Steamed Broccoli Grape Salad Choice of Bread/Margarine Sugar Cookie Choice of Milk</p>
<p style="text-align: center;">11</p> <p style="text-align: center;">Baked Macaroni & Cheese Stewed Tomatoes California Blend Vegetables Granny Smith Apple Choice of Bread/Margarine Choice of Milk</p>	<p style="text-align: center;">12</p> <p style="text-align: center;">Sliced Pork Loin w/Gravy Scalloped Potatoes Breaded Cauliflower w/ Ranch 100% Fruit Juice Biscuit/Jelly Choice of Milk</p>	<p style="text-align: center;">13</p> <p style="text-align: center;">Braised Chicken Potato Skins w/Cheese Creamed Corn Cantaloupe Wheat Dinner Roll/ Margarine Choice of Milk</p>	<p style="text-align: center;">14</p> <p style="text-align: center;">Corned Beef Creamy Potatoes w/Chives Seasoned Cabbage Apple Berry Crumble Dinner Roll/Margarine Choice of Milk</p>	<p style="text-align: center;">15</p> <p style="text-align: center;">Cabbage Roll Diced Potatoes Mixed Vegetables Tropical Fruit Choice of Bread/Margarine Choice of Milk</p>
<p style="text-align: center;">18</p> <p style="text-align: center;">Salisbury Steak Loaded Mashed Potatoes Green Bean Casserole Fresh Apple Banana Nut Muffin Choice of Milk</p>	<p style="text-align: center;">19</p> <p style="text-align: center;">Smoked Sausage Sweet Potatoes Brussel Sprouts Fresh Grapes Choice of Bread/Margarine Sugar Free Vanilla Pudding Choice of Milk</p>	<p style="text-align: center;">20</p> <p style="text-align: center;">Meatloaf Au Gratin Potatoes Lima Beans Apricots Italian Bread/Margarine Choice of Milk</p>	<p style="text-align: center;">21</p> <p style="text-align: center;">Shredded Beef & Noodles Dutch Mashed Potatoes Key Largo Vegetables Fresh Strawberries Dinner Roll/Margarine Choice of Milk</p>	<p style="text-align: center;">22</p> <p style="text-align: center;">Chicken Salad Croissant w/Lettuce Cucumber & Onion Salad Potato Salad Cottage Cheese w/Fruit Choice of Milk</p>
<p style="text-align: center;">25</p> <p style="text-align: center;">Baked Fish w/ Hushpuppies Tater Tots Buttered Corn Fresh Orange Choice of Bread/Margarine Choice of Milk</p>	<p style="text-align: center;">26</p> <p style="text-align: center;">Chopped Steak w/Peppers & Onions Roasted Potatoes Spinach Applesauce Choice of Bread/Margarine Choice of Milk</p>	<p style="text-align: center;">27</p> <p style="text-align: center;">Beef Ravioli w/Marinara Sauce Italian Blend Vegetables Tossed Salad w/Dressing Mandarin Oranges Breadstick/Margarine Choice of Milk</p>	<p style="text-align: center;">28</p> <p style="text-align: center;">Turkey w/Dressing Mashed Potatoes w/ Turkey Gravy Glazed Baby Carrots 100% Cranberry Juice Dinner Roll/Margarine Choice of Milk</p>	<p style="text-align: center;">29</p> <p style="text-align: center;">Mushroom Swiss Burger Baked Beans Hashbrown Medallions Macaroni Salad Frosted Orange Dessert Choice of Milk</p>