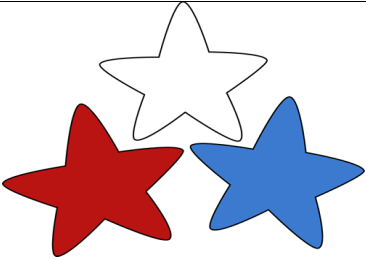




# July 2025 Activities

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	9:00AM Quilters 9:00AM Seated Tai Chi <b>10:00AM Sponsored Bingo</b> <b>11:00AM Chair Yoga</b> 11:00AM Blood Pressure Checks 11:30AM Lunch 12:00PM Summer Salads Class <b>6:00PM Good Ole Gospel Music Night</b>	9:00AM- Geri Fit Exercise 9:00AM- Sewing 10:00AM -Bingo <b>11:00AM Pressure Canner Lid Testing</b> 11:30AM Lunch 12:00PM– Mahjong <b>2:00PM Cookie Decorating Class</b>	10:00AM Bingo 11:00AM Bingocize <b>11:30AM 4th of July Cookout for Lunch</b> 12:30 PM- Open Cards	<b>CLOSED</b> 
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	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 12:00PM Summer Salads Class <b>12:00PM Cumberland Site Activity</b> 1:30PM Alzheimer’s Support Group	9:00AM- Geri Fit Exercise 9:00AM- Sewing <b>10:00AM –Sponsored Bingo</b> 11:30AM Lunch 12:00PM– Mahjong <b>12:00PM Old Washington Site Activity</b>	<b>8:00AM Roscoe Village &amp; Canal Boat Ride Trip</b> 10:00AM -Bingo 11:00AM Bingocize 11:30AM– Lunch 12:30 PM- Open Cards 1:00PM Chair Yoga	<b>9:00AM Breakfast Buffet</b> <b>9:00AM Library “Pop Up”</b> 9:00AM Geri Fit 10:00AM -Bingo 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	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	9:00AM- Geri Fit Exercise 9:00AM- Sewing 10:00AM –Bingo <b>11:00AM Paraffin Hand Dip Appointments</b> 11:30AM Lunch 12:00PM– Mahjong	10:00AM Bingo 11:30AM Lunch 12:30 PM- Open Cards <b>4:00PM-5:00PM Grab &amp; Go Monthly Dinner</b> <b>5:00PM Dine In Monthly Dinner</b>	9:00AM Geri Fit 10:00AM -Bingo 10:00 AM - 3:00 PM- Food Commodity Pick Up 11:30AM Lunch 12:00PM Euchre 1:00PM Geri Fit Exercise
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 <b>11:00AM Lunch Bunch Group at 360 Burger</b> 11:30AM– Lunch <b>12:00PM Londonderry Site Activity</b> <b>2:00PM Painting Class</b>	9:00AM Quilters 9:00AM Seated Tai Chi <b>10:00AM –Sponsored Bingo</b> <b>11:00AM Chair Yoga</b> 11:00AM Blood Pressure Checks <b>11:00AM Guest Speaker</b> 11:30AM Lunch 12:00PM Byesville Site Activity	<b>9:00AM Pittsburgh Pirates Baseball Game Trip</b> 9:00AM Geri-Fit Exercise 9:00AM Sewing <b>10:00AM –Sponsored Bingo</b> 11:30AM Lunch 12:00PM Mahjong	10:00AM Bingo 11:00AM Bingocize 11:30AM Lunch 12:30PM Open Cards 1:00PM Chair Yoga 1:30PM Greeting Card Making Class 6:00PM Medicare 101 Educational Event	9:00AM Geri Fit 10:00AM Bingo 11:30AM Lunch 12:00PM Euchre 1:00PM Geri Fit Exercise <b>2:00PM Craft Class</b>
28	29	30	31	
8:30 AM- Crafting Group 10:00AM -Bingo <b>11:00AM Clothes Closet</b> 11:00AM Bingocize 11:30AM Lunch	<b>8:15AM Ohio State Fair Trip</b> 9:00AM Quilters <b>10:00AM –Sponsored Bingo</b> <b>11:00AM Chair Yoga</b> 11:00AM Blood Pressure Checks 11:30AM Lunch 12:00PM Byesville Site Activity <b>4:00PM Byesville Dinner</b>	9:00AM Geri-Fit Exercise 9:00AM Sewing 10:00AM Bingo <b>11:30AM Birthday Luncheon</b> 12:00PM Mahjong	<b>8:00AM Kenny Rogers Band Trip</b> 10:00AM -Bingo 11:00AM Bingocize 11:30AM– Lunch 12:30 PM- Open Cards 1:00PM Chair Yoga	

# July 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 &amp; Thursday, Cumberland 11:30-1:00 pm, Tuesday &amp; Friday, Londonderry site serves at 11:30 on Monday, Tuesday &amp; Thursday, and Old Washington site Wednesday &amp; Friday from 11:30am-1:00pm. <b>Dine-In or Grab &amp; Go Options Available.</b></p>	<p><b>1</b> Smothered Chicken w/ Mushrooms, Bacon &amp; Cheese Red Skinned Potatoes Mixed Vegetables Diced Pears Choice of Bread/Marg.</p>	<p><b>2</b> Pork Riblet Tater Tots Seasoned Spinach Granny Smith Apple Chocolate Chip Muffin Choice of Milk</p>	<p><b>3</b> Coney Dog w/ Bun Baked Beans Scalloped Potatoes Watermelon Jell-O Cake Choice of Milk</p>	<p><b>4</b> <b>Closed for the Fourth of July Holiday</b> <i>Frozen meals Available upon request</i></p>
<p><b>7</b> Salisbury Steak w/Gravy Sour Cream &amp; Chive Mashed Potatoes Green Beans Apricots Dinner roll/Margarine Choice of Milk</p>	<p><b>8</b> Seasoned Pork Chop Seasoned Cabbage Sweet Potatoes Banana Dinner Roll/Margarine Choice of Milk</p>	<p><b>9</b> Baked Chicken Cheesy Potatoes Succotash Berry Mix Choice of Bread/Margarine Choice of Milk</p>	<p><b>10</b> Roast Beef w/Gravy Roasted Potatoes Brussel Sprouts Cantaloupe Breadstick w/Margarine Oatmeal Raisin Cookie Choice of Milk</p>	<p><b>11</b> Pepper Steak w/Rice Asian Vegetable Mix Mini Egg Rolls Mandarin Oranges Choice of Milk</p>
<p><b>14</b> Crispy Chicken Strips w/ Ranch Potatoes O'Brien Buttered Peas Tropical Fruit Choice of Milk</p>	<p><b>15</b> Lasagna Tossed Salad w/Dressing Buttered Corn Warm Cinnamon Apples Garlic Bread Angel Food Cake Choice of Milk</p>	<p><b>16</b> Beef Tips w/ Gravy Whole Potatoes Carrots Fresh Pear Dinner Roll/Margarine Choice of Milk</p>	<p><b>17</b> Ham Loaf Au Gratin Potatoes Lima Beans Peaches Italian Bread/Margaine Choice of Milk</p>	<p><b>18</b> Baked Fish Macaroni &amp; Cheese Stewed Tomatoes 100% Fruit Juice Orange Delight Mousse Choice of Milk</p>
<p><b>21</b> Country Fried Steak w/ Gravy Seasoned Diced Potatoes Key Largo Vegetables Mixed Fruit Dinner Roll/Margaine Choice of Milk</p>	<p><b>22</b> Marinated Grilled Chicken Yukon Gold Potatoes Capri Blend Vegetables Fresh Grapes Blueberry Muffin Choice of Milk</p>	<p><b>23</b> Taco Salad w/Tortilla Chips Mexi-Corn Mandarin Oranges Lemon Pudding Choice of Milk</p>	<p><b>24</b> Hamburger Gravy over Mashed Potatoes Peas &amp; Carrots Spiced Peaches Biscuit/Margarine Choice of Milk</p>	<p><b>25</b> Roast Turkey Gravy Steamed Broccoli Bread Stuffing Berry Mix Cup 100% Cranberry Juice Cucumber's &amp; Onion Mix Choice of Milk</p>
<p><b>28</b> House Made Sloppy Joe w/ Bun Potato Wedges California Blend w/Cheese Sliced Strawberries Choice of Milk</p>	<p><b>29</b> Pineapple Glazed Ham Parsley Potatoes Creamed Peas Fruit Cocktail Choice of Bread/Margarine Choice of Milk</p>	<p><b>30</b> Chicken Parmesan w/ Spaghetti Tossed Salad/Dressing Cauliflower Garlic Bread Honeydew Choice of Milk</p>	<p><b>31</b> Sausage Pizza French Style Green Beans Peach Crisp Fresh Orange Peanut Butter Cookie Choice of Milk</p>	<p>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 <a href="http://www.GuernseySenior.org">www.GuernseySenior.org</a>. <i>*Menu subject to change depending on item availability.</i> This institution is an equal opportunity provider.</p>