





**Southgate Activity Calendar: June 2018**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Southgate</b>  <b>5352 Charlotte Avenue, NPR</b>  <b>Phone: 727-834-3279</b>  <b>8:30am – 12:30pm</b></p>				<p><b>June 1</b>              8:30am: Coffee Hour              9:30am: WII BOWLING              11:00am: TRIVIA              11:30: Lunch</p>
<p><b>June 4</b>              8:30am: Coffee Hour              9:30am:CHAIR YOGA              10:00am: <b>BINGO w/ Lenny</b>              11:00am: Music hour              11:30am: Lunch              12:30pm: <b>Galen Wilson</b>  <b>“Mosquitos” w/Jillian</b></p>	<p><b>June 5</b>              8:30am: Coffee Hour              9:30am: TV TIME and COLORING              10:00am: Dominoes              11:00am: <b>THROWBACK SHOW &amp; TELL</b>              11:30am: Lunch              11:30am: <b>Leslie - Gulfcoast</b></p>	<p><b>June 6</b>              8:30am: Coffee Hour              9:30am: TV TIME and COLORING              10:00am: <b>BINGO w/ Lenny</b>              11:00am: Music therapy              11:30am: Lunch</p>	<p><b>June 7</b>              8:30am: Coffee Hour              9:30am:WII SPORTS              11:00am: <b>EXERCISE</b>              11:30am: Lunch</p>	<p><b>June 8</b>              8:30am: Coffee Hour              9:30am:WII BOWLING              11:00am:<b>TRIVIA</b>              11:30am: Lunch</p>
<p><b>June 11</b>              8:30am: Coffee Hour              9:30am:CHAIR YOGA              10:00am: <b>BINGO w/ Lenny</b>              11:30am: Lunch</p>	<p><b>June 12</b>              8:30am: Coffee Hour              9:30am: TV TIME and COLORING              10:30am: <b>Karaoke</b>              11:30am: Lunch</p>	<p><b>June 13</b>              8:30am: Coffee Hour              9:30am: TV TIME and COLORING              10:00am: <b>BINGO w/ Lenny</b>              11:00am: Music therapy              11:30am: Lunch</p>	<p><b>June 14</b>              8:30am: Coffee Hour              9:30am:WII SPORTS              11:00am: <b>EXERCISE</b>              11:30am: Lunch</p>	<p><b>June 15</b>              8:30am: Coffee Hour              9:30am:WII BOWLING              11:00am:<b>Father’s Day Celebration</b>              11:30am: Lunch</p>
<p><b>June 18</b>              8:30am: Coffee Hour              9:30am: Chair Yoga              10:00am: <b>BINGO w/ Lenny</b>              11:00am: Music hour              11:30am: Lunch</p>	<p><b>June 19</b>              8:30am: Coffee Hour              9:30am: Dominos              10:30am: <b>THROWBACK SHOW &amp; TELL</b>              11:30am: Lunch</p>	<p><b>June 20</b>              8:30am: Coffee Hour              9:30am: TV TIME and COLORING              10:00am: <b>BINGO w/ Lenny</b>              11:30am: Lunch</p>	<p><b>June 21</b>              8:30am: Coffee Hour              9:30am:WII SPORTS              11:00am: <b>EXERCISE</b>              11:30am: Lunch</p>	<p><b>June 22</b>              8:30am: Coffee Hour              9:30am: WII BOWLING              11:00am: <b>TRIVIA</b>              11:30am: Lunch</p>
<p><b>June 25</b>              8:30am: Coffee Hour              9:30am:CHAIR YOGA              10:00am: <b>BINGO w/ Lenny</b>              11:30am: Lunch</p>	<p><b>June 26</b>              8:30am: Coffee Hour              9:30am: TV TIME and COLORING              10:30am: <b>LINDA w/UF Nutrition Ed.</b>              11:30am: Lunch</p>	<p><b>June 27</b>              8:30am: Coffee Hour              9:30am: TV TIME and COLORING              10:00am: <b>BINGO w/ Lenny</b>              11:30am: Lunch</p>	<p><b>June 28</b>              8:30am: Coffee Hour              9:30am: WII SPORTS              11:00am: <b>EXERCISE</b>              11:30am: Lunch</p>	<p><b>June 29</b>              8:30am: Coffee Hour              9:30am:WII BOWLING              11:00am:<b>TRIVIA</b>              11:30am: Lunch</p>

MONTHLY MENU FOR PASCO COUNTY SENIOR SERVICES / MEALS ON WHEELS PROGRAM

MONTH: June, 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>II</p>				<p><b>June 1</b> Tuna Pasta Salad Pea Cheese Salad Carrot Salad w/ Raisins Whole Wheat Bread Mandarin Oranges 1% Low Fat Milk</p>
<p><b>June 4</b> Hotdog on Bun Baked Beans w/ Turkey Ham Corn w/ Red Pepper 1pk Ketchup/Mustard Orange Pineapple Juice 1% Low Fat Milk</p> <p>III</p>	<p><b>June 5</b> Cheese Omelet w/ Western Sauce Potatoes O'Brien Cranberry Pear Whole Grain Bread Peanut Butter 1% Low Fat Milk</p>	<p><b>June 6</b> Turkey-Ham &amp; Cheese on a Whole Grain Bun Carrot Salad w/Raisin cup Beet and Onion Salad 1pk. Mustard Pineapple Tidbits Graham Crackers 1% Low Fat Milk</p>	<p><b>June 7</b> Italian Chicken Pasta Salad Tossed Salad w/ Tomato Ranch Dressing Marinated Broccoli Salad Whole Grain Bread Citrus Fruit Salad 1% Low Fat Milk</p>	<p><b>June 8</b> BBQ Pork Riblet w/ BBQ Sauce Collard Greens Black Eye Peas Hamburger Bun Mixed Fruit 1% Low Fat Milk</p>
<p><b>June 11</b> Sloppy Joe Hamburger Bun Au Gratin Diced Potatoes Green Beans and Red Pepper Margarine Cup Raisin 1% Low Fat Milk</p> <p>IV</p>	<p><b>June 12</b> Broccoli Rice and Cheese Casserole Black beans Carrot Coins Dinner Roll Margarine Cup Mandarin Oranges 1% Low Fat Milk</p>	<p><b>June 13</b> Meatball Marinara Tuscan Blend Vegetables Cavatappi Pasta w/ Garlic Oil Whole Grain Bread Mixed Fruit 1% Low Fat Milk</p>	<p><b>June 14</b> BBQ Chicken Thigh Diced Sweet Potatoes Collard Greens w/Turkey Ham Whole Grain Bread Margarine cup Peaches 1% Low Fat Milk</p>	<p><b>June 15</b> Turkey &amp; Swiss on Pretzel Bun Three Bean Salad Tomato Cucumber Salad 1pk. Mayonnaise Orange Pineapple Juice 1% Low Fat Milk</p>
<p><b>June 18</b> Beef and Mushroom Penne Pasta Spinach Soufflé Parslied Carrots Sliced White Bread Margarine Cup Mandarin Oranges 1% Low Fat Milk</p> <p>I</p>	<p><b>June 19</b> Sliced Turkey Breast w/ Turkey Gravy Cornbread Stuffing Broccoli, Cauliflower and Beans Whole Grain Bread Margarine Cup Birthday Cake 1% Low Fat Milk</p>  <p><b>BIRTHDAY CELEBRATION</b></p>	<p><b>June 20</b> Chicken Marsala Potatoes Florentine Zucchini and Tomatoes Whole Grain Bun Margarine Cup Tossed Salad w/ Tomato 1pk. Ranch Dressing Fruited Gelatin 1% Low Fat Milk</p>	<p><b>June 21</b> Turkey and Cheese Sandwich Dilled Potato Salad Lettuce &amp; Sliced Tomato 1pk Mayonnaise/Mustard Pineapple Tidbits 1% Low Fat Milk</p>	<p><b>June 22</b> Sliced Meatloaf w/ Onion Gravy Rosemary Potatoes Mixed Vegetables Whole Grain Bread Chunky Cinnamon Apple 1% Low Fat Milk</p>
<p><b>June 25</b> Baked Chicken Thigh Cheese Grits Black Beans Whole Grain Bread Grape Juice 1% Low Fat Milk</p> <p>II</p>	<p><b>June 26</b> Sliced Roast Pork w/ Brown Gravy Mashed Sweet Potatoes Brussels Sprouts Rye Bread Margarine Cup Chucky Applesauce 1% Low Fat Milk</p>	<p><b>June 27</b> Breaded Fish Fillet Brown Rice Flat Beans Whole Grain Bread Margarine Cup Oatmeal Raisin Cookie Orange Pineapple Juice 1% Low Fat Milk</p>	<p><b>June 28</b> Cheeseburger on Bun Baked Beans Hot Spiced Peaches Coleslaw Cup 1pk Ketchup/Mustard 1% Low Fat Milk</p>	<p><b>June 29</b> Tuna Pasta Salad Pea Cheese Salad Carrot Salad w/ Raisins Whole Wheat Bread Mandarin Oranges 1% Low Fat Milk</p>