





Southgate Activity Calendar: June 2018

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|--|--|---|
| <p align="center">Southgate 5352 Charlotte Avenue, NPR Phone: 727-834-3279 8:30am – 12:30pm</p> | |  | | <p>June 1 8:30am: Coffee Hour 9:30am: WII BOWLING 11:00am: TRIVIA 11:30: Lunch</p> |
| <p>June 4 8:30am: Coffee Hour 9:30am:CHAIR YOGA 10:00am: BINGO w/ Lenny 11:00am: Music hour 11:30am: Lunch 12:30pm: Galen Wilson “Mosquitos” w/Jillian</p> | <p>June 5 8:30am: Coffee Hour 9:30am: TV TIME and COLORING 10:00am: Dominoes 11:00am: THROWBACK SHOW & TELL 11:30am: Lunch 11:30am: Leslie - Gulfcoast</p> | <p>June 6 8:30am: Coffee Hour 9:30am: TV TIME and COLORING 10:00am: BINGO w/ Lenny 11:00am: Music therapy 11:30am: Lunch</p> | <p>June 7 8:30am: Coffee Hour 9:30am:WII SPORTS 11:00am: EXERCISE 11:30am: Lunch</p> | <p>June 8 8:30am: Coffee Hour 9:30am:WII BOWLING 11:00am:TRIVIA 11:30am: Lunch</p> |
| <p>June 11 8:30am: Coffee Hour 9:30am:CHAIR YOGA 10:00am: BINGO w/ Lenny 11:30am: Lunch</p> | <p>June 12 8:30am: Coffee Hour 9:30am: TV TIME and COLORING 10:30am: Karaoke 11:30am: Lunch</p> | <p>June 13 8:30am: Coffee Hour 9:30am: TV TIME and COLORING 10:00am: BINGO w/ Lenny 11:00am: Music therapy 11:30am: Lunch</p> | <p>June 14 8:30am: Coffee Hour 9:30am:WII SPORTS 11:00am: EXERCISE 11:30am: Lunch</p> | <p>June 15 8:30am: Coffee Hour 9:30am:WII BOWLING 11:00am:Father’s Day Celebration 11:30am: Lunch</p> |
| <p>June 18 8:30am: Coffee Hour 9:30am: Chair Yoga 10:00am: BINGO w/ Lenny 11:00am: Music hour 11:30am: Lunch</p> | <p>June 19 8:30am: Coffee Hour 9:30am: Dominos 10:30am: THROWBACK SHOW & TELL 11:30am: Lunch</p> | <p>June 20 8:30am: Coffee Hour 9:30am: TV TIME and COLORING 10:00am: BINGO w/ Lenny 11:30am: Lunch</p> | <p>June 21 8:30am: Coffee Hour 9:30am:WII SPORTS 11:00am: EXERCISE 11:30am: Lunch</p> | <p>June 22 8:30am: Coffee Hour 9:30am: WII BOWLING 11:00am: TRIVIA 11:30am: Lunch</p> |
| <p>June 25 8:30am: Coffee Hour 9:30am:CHAIR YOGA 10:00am: BINGO w/ Lenny 11:30am: Lunch</p> | <p>June 26 8:30am: Coffee Hour 9:30am: TV TIME and COLORING 10:30am: LINDA w/UF Nutrition Ed. 11:30am: Lunch</p> | <p>June 27 8:30am: Coffee Hour 9:30am: TV TIME and COLORING 10:00am: BINGO w/ Lenny 11:30am: Lunch</p> | <p>June 28 8:30am: Coffee Hour 9:30am: WII SPORTS 11:00am: EXERCISE 11:30am: Lunch</p> | <p>June 29 8:30am: Coffee Hour 9:30am:WII BOWLING 11:00am:TRIVIA 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>June 1 Tuna Pasta Salad Pea Cheese Salad Carrot Salad w/ Raisins Whole Wheat Bread Mandarin Oranges 1% Low Fat Milk</p> |
| <p>June 4 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>June 5 Cheese Omelet w/ Western Sauce Potatoes O'Brien Cranberry Pear Whole Grain Bread Peanut Butter 1% Low Fat Milk</p> | <p>June 6 Turkey-Ham & 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>June 7 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>June 8 BBQ Pork Riblet w/ BBQ Sauce Collard Greens Black Eye Peas Hamburger Bun Mixed Fruit 1% Low Fat Milk</p> |
| <p>June 11 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>June 12 Broccoli Rice and Cheese Casserole Black beans Carrot Coins Dinner Roll Margarine Cup Mandarin Oranges 1% Low Fat Milk</p> | <p>June 13 Meatball Marinara Tuscan Blend Vegetables Cavatappi Pasta w/ Garlic Oil Whole Grain Bread Mixed Fruit 1% Low Fat Milk</p> | <p>June 14 BBQ Chicken Thigh Diced Sweet Potatoes Collard Greens w/Turkey Ham Whole Grain Bread Margarine cup Peaches 1% Low Fat Milk</p> | <p>June 15 Turkey & Swiss on Pretzel Bun Three Bean Salad Tomato Cucumber Salad 1pk. Mayonnaise Orange Pineapple Juice 1% Low Fat Milk</p> |
| <p>June 18 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>June 19 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>BIRTHDAY CELEBRATION</p> | <p>June 20 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>June 21 Turkey and Cheese Sandwich Dilled Potato Salad Lettuce & Sliced Tomato 1pk Mayonnaise/Mustard Pineapple Tidbits 1% Low Fat Milk</p> | <p>June 22 Sliced Meatloaf w/ Onion Gravy Rosemary Potatoes Mixed Vegetables Whole Grain Bread Chunky Cinnamon Apple 1% Low Fat Milk</p> |
| <p>June 25 Baked Chicken Thigh Cheese Grits Black Beans Whole Grain Bread Grape Juice 1% Low Fat Milk</p> <p>II</p> | <p>June 26 Sliced Roast Pork w/ Brown Gravy Mashed Sweet Potatoes Brussels Sprouts Rye Bread Margarine Cup Chucky Applesauce 1% Low Fat Milk</p> | <p>June 27 Breaded Fish Fillet Brown Rice Flat Beans Whole Grain Bread Margarine Cup Oatmeal Raisin Cookie Orange Pineapple Juice 1% Low Fat Milk</p> | <p>June 28 Cheeseburger on Bun Baked Beans Hot Spiced Peaches Coleslaw Cup 1pk Ketchup/Mustard 1% Low Fat Milk</p> | <p>June 29 Tuna Pasta Salad Pea Cheese Salad Carrot Salad w/ Raisins Whole Wheat Bread Mandarin Oranges 1% Low Fat Milk</p> |