

Join the Fun!

Rasmussen Senior Center - 115 East Roberts Lane - 392.2030

VOLUNTEERS NEEDED! Front sign in desks, servers, after lunch clean up, etc.

Please see office staff to inquire

Meals on Wheels - 392.2016

Lunch Reservations Required
60+ suggested \$3.00 donation
Under 60 \$6.00

WE RESERVE THE RIGHT TO CHANGE MENU WITHOUT NOTICE.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
				Chicken Fajita Spanish Rice Pinto Beans Tortilla Vanilla Pudding Milk
4	5	6	7	8
Chili Beans Coleslaw Fruit Salad Corn Bread Milk	Turkey Patty Mashed Potatoes Watermelon Broccoli WW Roll Milk	Tuna Salad Sandwich Spinach Salad Sliced Orange Milk	Orange Chicken Steamed Rice Broccoli Cantaloupe WW Roll Milk	Tamale Pie Pinto Beans Mixed Veggies Fresh Mixed Fruit Milk
11	12	13	14	15
Scrambled Egg Sausage Link Diced Potatoes WW Roll Pudding w/wafers Milk	Chicken Posole Coleslaw Cantaloupe Spinach Salad Tortilla Milk	Kielbasa Sausage Roasted Potatoes Steamed Cabbage WW Roll Fruit Salad Milk	Deep Pit Pinto Beans Spanish Rice Watermelon Tortilla Milk	Chef Salad WW Roll Jello w/fruit Milk
18	19	20	21	22
Baked Potato w/chili meat Pinto Beans Peas & Carrots Watermelon Milk	BBQ Chicken Mashed Potatoes Corn Honeydew Milk	Roast Turkey Mashed Potatoes Mixed Veggies Cake Milk	Meatball w/gravy Carrot Cantaloupe Rice WW Roll Milk	Chicken Pot Pie Whole Grain Salad Carrot Salad Biscuit Apple Sauce Milk
25	26	27	28	29
CLOSED MEMORIAL DAY	Turkey Patty Parm Peas & Carrots Steamed Rice Cantaloupe WW Roll Milk	Italian Chicken Broccoli Mixed Fruit Rice WW Roll Milk	Beef Stew Peas Salad Watermelon Corn Bread Milk	Baked Fish Broccoli Waldorf Salad Steamed Rice WW Roll Milk

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
				9:00: Exercise Class 9:00: Cards in the Library 9:00: Painting 10:00: Live Music & Dancing 12:00: Lunch 1:00: Penny Bingo
4	5	6	7	8
9:00: Exercise Class 9:00: Cards in the Library 9:30: Loteria 10:00: Live Music & Dancing 12:00: Lunch 12:15 Karaoke	9:00: Cards in the Library 9:00: Sewing /Quilting 9:00 Chair Yoga (\$6) 10:00: Live Music & Dancing 12:00: Lunch 1:00: Grocery Bingo	9:00: Exercise Class 9:00: Cards in the Library 9:00: Crafts 9:30: Loteria 9:30: Tech Savvy Seniors 10:00: Live Music & Dancing 12:00: Lunch	9:00: Cards in the Library 9:00: Crochet 9:00: Exercise w/Music (\$6) 9:30: Loteria 10:00: Live Music & Dancing 10:30 - Beginning Line Dance(\$6) 12:00: Lunch 12:15: Karaoke 1:00: Gametime 1:30: Intermediate Line Dance Class (\$6)	9:00: Exercise Class 9:00: Cards in the Library 9:00: Painting 10:00: Live Music & Dancing 12:00: Lunch 1:00: Penny Bingo
11	12	13	14	15
9:00: Exercise Class 9:00: Cards in the Library 9:30: Loteria 10:00: Live Music & Dancing 12:00: Lunch 12:15 Karaoke	9:00: Cards in the Library 9:00: Sewing /Quilting 9:00 Chair Yoga (\$6) 10:00: Live Music & Dancing 12:00: Lunch 1:00: Grocery Bingo	9:00: Exercise Class 9:00: Cards in the Library 9:00: Crafts 9:30: Loteria 9:30: Tech Savvy Seniors 10:00: Live Music & Dancing 12:00: Lunch 1:00: Senior Afternoon Movie	9:00: Cards in the Library 9:00: Crochet 9:00: Exercise w/Music (\$6) 9:30: Loteria 10:00: Live Music & Dancing 10:30 - Beginning Line Dance(\$6) 12:00: Lunch 12:15: Karaoke 1:00: Gametime 1:30: Intermediate Line Dance Class (\$6)	9:00: Exercise Class 9:00: Cards in the Library 9:00: Painting 10:00: Live Music & Dancing 12:00: Lunch 1:00: Penny Bingo
18	19	HAPPY BIRTHDAY! 20	21	22
9:00: Exercise Class 9:00: Cards in the Library 9:30: Loteria 10:00: Live Music & Dancing 12:00: Lunch 12:15 Karaoke	9:00: Cards in the Library 9:00: Sewing /Quilting 9:00 Chair Yoga (\$6) 10:00: Live Music & Dancing 12:00: Lunch 1:00: Grocery Bingo	9:00: Exercise Class 9:00: Cards in the Library 9:00: Crafts 9:30: Loteria 9:30: Tech Savvy Seniors 10:00: Live Music & Dancing 12:00: Lunch	9:00: Cards in the Library 9:00: Crochet 9:00: Exercise w/Music (\$6) 9:30: Loteria 10:00: Live Music & Dancing 10:30 - Beginning Line Dance(\$6) 12:00: Lunch 12:15: Karaoke 1:00: Gametime 1:30: Intermediate Line Dance Class (\$6)	9:00: Exercise Class 9:00: Cards in the Library 9:00: Painting 10:00: Live Music & Dancing 12:00: Lunch 1:00: Penny Bingo
25	26	27	28	29
CLOSED MEMORIAL DAY	9:00: Cards in the Library 9:00: Sewing /Quilting 9:00 Chair Yoga (\$6) 10:00: Live Music & Dancing 12:00: Lunch 1:00: Grocery Bingo	9:00: Exercise Class 9:00: Cards in the Library 9:00: Crafts 9:30: Loteria 9:30: Tech Savvy Seniors 10:00: Live Music & Dancing 12:00: Lunch 1:00: Senior Afternoon Movie	9:00: Cards in the Library 9:00: Crochet 9:00: Exercise w/Music (\$6) 9:30: Loteria 10:00: Live Music & Dancing 10:30 - Beginning Line Dance(\$6) 12:00: Lunch 12:15: Karaoke 1:00: Gametime 1:30: Intermediate Line Dance Class (\$6)	9:00: Exercise Class 9:00: Cards in the Library 9:00: Painting 10:00: Live Music & Dancing 12:00: Lunch 1:00: Penny Bingo