

*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

WE RESERVE THE RIGHT TO CHANGE MENU WITHOUT NOTICE.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
Tamale Pie Pinto Beans Watermelon Rice Milk	Chicken Posole Cantaloupe Green Salad Tortilla Milk	Chicken Stir Fry Stir Fry Veggies Sliced Orange WW Roll Rice Milk	Scrambled Eggs Sausage Potatoes Mixed Melon Biscuit Milk	Turkey Stuffed Bell-peppers Green Beans Carrot Raisin Salad Mixed Fruit WW Rol Milk
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>FATHER'S DAY PARTY! 14</b>
Pasta w/italian Marinara Sauce Italian Green Beans Fruit Salad WW Roll Milk	Chicken Fried Steak Mashed Potatoes Watermelon Broccoli WW Roll Milk	Pork Loin Red Potatoes Steamed Cabbage Sliced Orange WW Roll Milk	Baked Potato w/the Works Fruit Salad Pinto Beans Mixed Vegetables WW Roll Milk	Baked Fish Rice Peas & Carrots Cantaloupe WW Roll Milk
<b>17</b>	<b>18</b>	<b>HAPPY BIRTHDAY! 19</b>	<b>20</b>	<b>21</b>
Baked Chicken Zucchini Pineapple WW Roll Pudding w/Vanilla Wafers Milk	Beef Stew Peas & Cheese Salad Mixed Fresh Fruit Corn Bread Milk	Roast Turkey Mashed Potatoes Mixed Vegetable WW Roll Cake Milk	Gumbo Green Salad Cantaloupe WW Roll Milk	Chef Salad Saltine Crackers Jello w/Fruit Milk
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
Chicken Pot Pie Spinach Salad Fruit Salad Biscuit Milk	Spaghetti w/Turkey Meat Sauce Green Salad Sliced Orange WW Roll Milk	Cold Plate Tuna 3 Bean Salad Green Salad Watermelon Saltine Cracker Milk	Orange Chicken Steamed Rice Broccoli Apple Sauce WW Roll Milk	Chili Verde Spanish Rice Cantaloupe Pinto Beans Tortilla Milk

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
9:00 - Crochet 9:00 - Cards in the Library 9:30 - Loteria 10:00 - Live Music: Ed Rodgers & The Guys 12:00 - Lunch	9:00 - Cards in the Library 9:00 - Sewing/Quilting 10:00 - Live Music & Dancing: Ed Rodgers & The Guys 12:00 - Lunch 1:00 - Grocery BINGO	9:00 - Cards in the Library 9:00 - Crochet 9:00 - Exercise w/Music (\$5) 9:30 - Loteria 10:00 - Live Music & Dancing: Tony Ernst Trio 12:00 - Lunch	9:00 - Crochet 9:00 - Cards in the Library 10:00 - Live Music & Dancing: Country George 12:00 - Lunch	9:00 - Exercise Class 9:00 - Painting Class 9:00 - Cards in the Library 10:00 - Live Music & Dancing: West Coast Country Sounds 12:00 - Lunch 1:00 - Penny BINGO
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>FATHER'S DAY PARTY! 14</b>
9:00 - Exercise Class 9:00 - Cards in the Library 9:30 - Loteria 10:00 - Live Music & Dancing: Ed Rogers & The Guys 12:00 - Lunch	9:00 - Cards in the Library 9:00 - Sewing/Quilting 10:00 - Live Music & Dancing: Ed Rogers & The Guys 12:00 - Lunch 1:00 - Grocery BINGO	9:00 - Exercise Class 9:00 - Cards in the Library 10:00 - Live Music & Dancing: Tony Ernst Trio 12:00 - Lunch 1:00 - Senior Afternoon Movie: Ocean's 11	9:00 - Cards in the Library 9:00 - Crochet 9:00 - Exercise w/Music (\$5) 10:00 - Live Music & Dancing: Country George 10:30 - Beginner Line Dance Class (\$5) 12:00 - Lunch 1:30 - Intermediate Line Dance Class (\$5)	9:00 - Exercise Class 9:00 - Painting Class 9:00 - Cards in the Library 10:00 - Live Music & Dancing: West Coast Country Sounds 12:00 - Lunch 1:00 - Penny BINGO
<b>17</b>	<b>18</b>	<b>BIRTHDAY PARTY! 19</b>	<b>20</b>	<b>21</b>
9:00 - Exercise Class 9:00 - Cards in the Library 10:00 - Live Music: Ed Rodgers & the Guys 12:00 - Lunch	9:00 - Exercise Class 9:00 - Cards in the in Library 9:00 - Sewing/Quilting 10:00 - Live Music & Dancing: Ed Rodgers 12:00 - Lunch 1:00 - Grocery BINGO 1:00 - AARP Safe Driver	9:00 - Exercise Class 9:00 - Cards in the Library 9:00 - Crafts 9:00 - Senior Marketplace 9:30 - Loteria 10:00 - Live Music & Dancing: Ed Rogers & the Guys 12:00 - Lunch 1:00 - AARP Safe Driver	9:00 - Crochet 9:00 - Cards in the Library 9:00 - Exercise w/Music (\$5) 9:00 - Loteria 10:00 - Live Music & Dancing: Country George 10:30 - Beginner Line Dance Class (\$5) 12:00 - Lunch 1:30 - Intermediate Line Dance Class (\$5)	9:00 - Exercise Class 9:00 - Cards in the Library 9:00 - Painting Class 10:00 - Live Music & Dancing: West Coast Country Sounds 12:00 - Lunch 1:00 - Penny BINGO
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
9:00 - Exercise Class 9:00 - Cards in the Library 9:30 - Loteria 10:00 - Live Music & Dancing: Ed Rogers & the Guys 12:00 - Lunch	9:00 - Exercise Class 9:00 - Cards in the Library 9:00 - Sewing/Quilting 9:30 - Loteria 10:00 - Live Music & Dancing: Ed Rogers 12:00 - Lunch 1:00 - Grocery BINGO	9:00 - Exercise Class 9:00 - Cards in the Library 9:00 - Crafts 9:30 - Loteria 10:00 - Live Music & Dancing: Special Guest The Soda Crackers 12:00 - Lunch 1:00 - Senior Afternoon Movie: Disney's Wish	9:00 - Crochet 9:00 - Cards in the Library 9:00 - Exercise with Music 10:00 - Live Music & Dancing: Country George 10:30 - Beginner Line Dance Class (\$5) 12:00 - Lunch 1:30 - Intermediate Line Dance Class (\$5)	9:00 - Exercise Class 9:00 - Painting Class 9:00 - Cards in the Library 10:00 - Live Music & Dancing: West Coast Country Sounds 12:00 - Lunch 1:00 - Penny BINGO