


# Activity Calendar - August 2022

## The Director's Corner

Greetings to our new members: Floreda, Rick and Joyce welcome!

Happy Birthday to all our August Leo folks!




| Monday  | Tuesday   | Wednesday  | Thursday  | Friday  |
|---|---|--|---|---|
| <b>1</b><br>10:00am: Exercise<br>10:30am: Boggle/Word Games<br>10:30am-11:30am: Men's Group Lunch<br>1:00pm: Exercise<br>1:30pm: Trivia<br><b>2:00pm: Ice Cream Social</b>                      | <b>2</b><br>10:00am: Move to Music<br>10:30am: Music<br>10:30am-11:30am: Men's Group Lunch<br>1:00pm: Exercise<br>1:30pm: Shuffleboard  | <b>3</b><br>10:00am: Chair Yoga<br>10:30am: Bingo<br>10:30am-11:30am: Men's Group Lunch<br>1:00pm: Exercise<br>1:30pm: Keno  | <b>4</b><br>10:00am: Move to Music<br>10:30am: Pokeno<br>10:30am-11:30am: Men's Group Lunch<br>1:00pm: Sing Along<br>1:30pm: Discussion                                     | <b>5</b><br>10:00am: Exercise<br>10:30am: The Price is Right Lunch<br>1:00pm: Exercise<br>1:30pm: Discussion: Famous Museums around the world |
| <b>8</b><br>10:00am: Exercise<br>10:30am: <b>Special Guest Musician: Elizabeth Ashkins</b><br>10:30-11:30am: Men's Group Lunch<br>1:00pm: Meditation to Music<br>1:30pm: Active Game: Ring Toss | <b>9</b><br>10:00am: Chair Yoga<br>10:30am: Mind Joggers<br>10:30am-11:30am: Men's Group Lunch<br>1:00pm: Hangman<br>1:30pm: <b>Special Guest Entertainer: Warren Bloom</b>   | <b>10</b><br>10:00am: Chair Yoga<br>10:30am: Brain Games<br>10:30am-11:30am: Men's Group Lunch<br>1:00pm: Sing Along<br>1:30pm: Horse racing   | <b>11</b><br>10:00am: Sittercise<br>10:30am: Game: Guess Who?<br>10:30am-11:30am: Men's Group Lunch<br>1:00pm: Exercise<br>1:30pm: Serving Tray Game                        | <b>12</b><br>10:00am: Exercise<br>10:30am: Alphabet Bingo Lunch<br>1:00pm: Move to Music<br>1:30pm: Horseshoes                                |
| <b>15</b><br>10:00am: Sittercise<br>10:30am: Memory Games<br>10:30am-11:30am: Men's Group Lunch<br>1:00pm: Name that Tune<br>1:30pm: Exercise the Mind/Puzzles                                  | <b>16</b><br>10:00am: Cardio<br>10:30am: Favorite Fairytales<br>10:30am-11:30am: Men's Group Lunch<br>1:00pm: Exercise<br>1:30pm: Outdoor Activity: Bean Bag Toss ( <b>3:00pm: Caregiver Support Group (Online)</b> ) | <b>17</b><br>10:00am: Chair Meditation<br>10:30am: What do we see in Nature?<br>10:30am-11:30am: Men's Group Lunch<br>1:00pm: Exercise<br>1:30pm: Puzzles for Two/Bingo Bananza ( <b>3:00pm: Caregiver Support Group (In-Person)</b> ) | <b>18</b><br>10:00am: Sittercise<br>10:30am: Table Games<br>10:30am-11:30am: Men's Group Lunch<br>1:00pm: Exercise<br>1:30pm: <b>National Cookie Day: Cookie Decorating</b> | <b>19</b><br>10:00am: Exercise<br>10:30am: Group Activity Lunch<br>1:00pm: Exercise<br>1:30pm: <b>Movie Day: West Side Story</b>              |
| <b>22</b><br>10:00am: Morning Meditation<br>10:30am: Discussion Questions<br>10:30am-11:30am: Men's Group Lunch<br>1:00pm: Exercise<br>1:30pm: Observations: Writing Activity                   | <b>23</b><br>10:00am: Exercise<br>10:30am: Number Bingo<br>10:30am-11:30am: Men's Group Lunch<br>1:00pm: Karaoke<br>1:30pm: Hangman   | <b>24</b><br>10:00am: Exercise<br>10:30am: Family Feud<br>10:30am-11:30am: Men's Group Lunch<br>1:00pm: Sing along<br>1:30pm: Smile Ball   | <b>25</b><br>10:00am: Move to Music<br>10:30am: Arts & Crafts<br>10:30am-11:30am: Men's Group Lunch<br>1:00pm: Exercise<br>1:30pm: <b>Activity: Sip and Paint</b>           | <b>26</b><br>10:00am: Sittercise<br>10:30am: Card Games Lunch<br>1:00pm: Sing Along<br>1:30pm: Crossword Puzzle Tournament                    |
| <b>29</b><br>10:00am: Exercise<br>10:30am: White Board Games<br>10:30am-11:30am: Men's Group Lunch<br>1:00pm: Exercise<br>1:30pm: Banana Grams  | <b>30</b><br>10:00am: Stretching<br>10:30am: Group Project<br>10:30am-11:30am: Men's Group Lunch<br>1:00pm: Exercise<br>1:30pm: Summer Bingo  | <b>31</b><br>10:00am: Sittercise<br>10:30am: Ring Toss<br>10:30am-11:30am: Men's Group Lunch<br>1:00pm: Exercise<br>1:30pm: <b>Special Guest: Entertainer Warren Bloom</b>   |    | Join us for<br>Coffee Hour<br>Every Morning<br>at 9:00am  |

## Caregiver Meetings

This month the caregiver support meetings will take place on August 16<sup>th</sup> (Zoom) and August 17<sup>th</sup> (in-person, please wear a mask). *RVSP's are appreciated though not required to attend.*

To obtain the Zoom link or for more information, please contact Tiffany Colucci MS, PC, NCC Eldercare Navigator at 203-396-1066 or tcolucci@jseniors.org

# Lunch Menu - August 2022

| Monday  | Tuesday  | Wednesday  | Thursday   | Friday   |
|---|--|--|--|--|
| <p><b>1</b></p> <p>TURKEY NOODLE SOUP<br/>STUFFED PEPPERS<br/>WILD RICE<br/>SEASONED SPINACH<br/>PEANUT BUTTER BROWNIE</p>            | <p><b>2</b></p> <p>LEMON CHICKEN &amp; RICE SOUP<br/>GARLIC HERB MEATLOAF<br/>DIRTY MASHED POTATOES<br/>HONEY GLAZED CARROTS<br/>CHOCOLATE GANACHE<br/>CHEESECAKE</p>  | <p><b>3</b></p> <p>WHITE BEAN SOUP<br/>HAMBURGER W/ LETT &amp; TOM<br/>FRENCH FRIES<br/>BAKED BEANS<br/>FRUIT COCKTAIL</p>                   | <p><b>4</b></p> <p>WISCONSIN BEER &amp; CHEESE SOUP<br/>CHICKEN PICCATA<br/>FRUITED QUINOA<br/>ROASTED ROOT VEGETABLES<br/>CARROT CAKE W/CR CHEESE ICING</p> | <p><b>5</b></p> <p>MINISTRONE SOUP<br/>APRICOT GLAZED SALMON<br/>LYONNAISE POTATOES<br/>SAUTEED BROCCOLI<br/>STRAWBERRY SHORTCAKE</p>            |
| <p><b>8</b></p> <p>ALPHABET SOUP<br/>LEMON ROSEMARY CHICKEN<br/>ROASTED RED POTATOES<br/>SEASONED CABBAGE<br/>BANANA SPLIT SUNDAE</p> | <p><b>9</b></p> <p>TUSCAN CAULIFLOWER SOUP<br/>VEGETABLE LASAGNA<br/>GARDEN SALAD<br/>GARLIC BREAD<br/>BLONDE BROWNIE</p>  | <p><b>10</b></p> <p>LENTIL SOUP<br/>HOT DOG ON A BUN<br/>POTATO SALAD &amp; BAKED BEANS<br/>SAUERKRAUT &amp; ONIONS<br/>CUBED WATERMELON</p> | <p><b>11</b></p> <p>MINISTRONE SOUP<br/>CHICKEN CACCIATORE<br/>CAPELLINI<br/>ITALIAN BLEND VEGETABLES<br/>COCONUT CAKE</p>                                   | <p><b>12</b></p> <p>MUSHROOM BARLEY SOUP<br/>SALISBURY STEAK<br/>MASHED POTATOES<br/>HONEY GLAZED CARROTS<br/>STRAWBERRY CHEESECAKE</p>          |
| <p><b>15</b></p> <p>BEEF VEGETABLE SOUP<br/>HERB ROASTED TURKEY<br/>BAKED SWEET POTATOES<br/>RATATOUILLE<br/>BLUEBERRY SHORTCAKE</p>  | <p><b>16</b></p> <p>TURKEY NOODLE SOUP<br/>BAKED ORANGE FISH<br/>LYONNAISE POTATOES<br/>ROASTED ZUCCHINI &amp; SUMMER SQUASH<br/>CREAM CHEESE BROWNIE</p>              | <p><b>17</b></p> <p>WISCONSIN BEER &amp; CHEESE SOUP<br/>HAWAIIAN CHICKEN<br/>BAKED FRENCH FRIES<br/>BAKED BEANS<br/>PEAR HALVES</p>         | <p><b>18</b></p> <p>CARROT APPLE SOUP<br/>CHICKEN TENDERS<br/>ONION RINGS<br/>CALIFORNIA BLEND VEG<br/>CHOCOLATE ÉCLAIR</p>                                  | <p><b>19</b></p> <p>SOUTHWESTERN TOMATO SOUP<br/>MACARONI AND CHEESE<br/>FRENCH FRIES<br/>CHOPPED COUNTRY COLE SLAW<br/>BLACK FOREST PARFAIT</p> |
| <p><b>22</b></p> <p>BEEF VEGETABLE SOUP<br/>OVEN FRIED CHICKEN<br/>BUTTERMILK POTATO SALAD<br/>CHOPPED COLESLAW<br/>APPLE SQUARE</p>  | <p><b>23</b></p> <p>CHICKEN GUMBO SOUP<br/>TURKEY POT PIE<br/>CAESAR SALAD<br/>ROASTED ZUCCHINI &amp; SUMMER SQUASH<br/>GARLIC BREAD<br/>ICE CREAM SUNDAE</p>          | <p><b>24</b></p> <p>BLACK BEAN SOUP<br/>HOT DOG W/SAUERKRAUT<br/>BAKED FRENCH FRIES<br/>BAKED BEANS<br/>DICED PEACHES</p>                    | <p><b>25</b></p> <p>SWEET &amp; SOUR SOUP<br/>GENERAL TSO CHICKEN<br/>FRIED RICE<br/>ASIAN BLEND VEGETABLES<br/>EGG ROLL<br/>CUBED WATERMELON</p>            | <p><b>26</b></p> <p>POTATO LEEK SOUP<br/>CRANBERRY GINGER SALMON<br/>FRUITED STUFFING<br/>VEGETABLE MEDLEY<br/>STRAWBERRY CHEESECAKE</p>         |
| <p><b>29</b></p> <p>TURKEY NOODLE SOUP<br/>STUFFED PEPPERS<br/>WILD RICE<br/>SEASONED SPINACH<br/>PEANUT BUTTER BROWNIE</p>           | <p><b>30</b></p> <p>LEMON CHICKEN &amp; RICE SOUP<br/>GARLIC HERB MEATLOAF<br/>DIRTY MASHED POTATOES<br/>HONEY GLAZED CARROTS<br/>CHOCOLATE GANACHE<br/>CHEESECAKE</p> | <p><b>31</b></p> <p>WHITE BEAN SOUP<br/>HAMBURGER W/ LETT &amp; TOM<br/>FRENCH FRIES<br/>BAKED BEANS<br/>FRUIT COCKTAIL</p>                  |   |  |

ALL MEALS MEET UNITED STATES DEPT OF AGRICULTURE NUTRITIONAL REQUIREMENTS  
 BREAKFAST OPTIONS: 1% MILK, COFFEE/TEA, JUICE, TOAST (MARGARINE, JELLY, PEANUT BUTTER), OATMEAL, CEREAL, YOGURT, FRUIT  
 SNACK VARIES, MAY INCLUDE: 1% MILK, CHEESE STICKS, GRAHAM OR ANIMAL CRACKERS, YOGURT, APPLESAUCE, FRUIT, ASSORTED DESSERTS  
 SPECIAL MENUS CAN BE ARRANGED TO ACCOMMODATE SPECIAL MEDICAL NEEDS; GLATT KOSHER AVAILABLE UPON REQUEST