



Willits Senior Center Menu for July 2021 Lunch for All Ages



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Meat Loaf Mash Potatoes/Gravy Veggie Roll Green Salad	2 Hot Dog Chili Potato Salad	3
4 	5 CENTER CLOSED 	6 Shrimp Scampi Garlic Bread Green Salad	7 Turkey Bacon Ranch Wrap Mac Salad	8 Meat Ball Sub Cheese Stix Green Salad	9 Chicken Tacos Rice Beans	10
11	12 Corned Beef Hash Scrambled Eggs Biscuit	13 BBQ Chicken Baked Bean Veggie Cornbread Green Salad	14 Chicken Fajitas Rice Beans	15 Parmesan Chicken Veggie Garlic Bread Green Salad	16 Western Bacon Burger Potato Puffs	17
18	19 Scalloped Ham & Potato Casserole Veggie Roll	20 Tuna Salad Sandwich Chips Pickle Green Salad	21 Spaghetti with Meat Sauce Veggie Garlic Bread	22 Chicken & Dumplings Veggie Biscuit Green Salad	23 Shredded Beef Burrito	24
25	26 BBQ Rib Sandwich Baked Beans Corn	27 Creamy Garlic Chicken Pasta Veggie Garlic Bread Green Salad	28 Battered Cod Rice Pilaf Biscuit Coleslaw	29 Beef Enchiladas Rice Beans Green Salad	30 Turkey Stuffing/Gravy Cranberry Sauce Veggie Roll	31

Senior Center
Thrift Shop

459-6826
459-2176

CENTER ACTIVITIES FOR JULY 2021



SUNDAY BINGO: Sunday, July 4th, **Independence Day—No Bingo**

PANCAKE BREAKFAST: Sunday, August 8, 8 am -11 pm

FOOD BANK: Thursday, July 22nd, 9:30-11:00 am

BIRTHDAY LUNCH: Friday, July 30th, 11:45 am-1 pm



Monday

Chair Aerobics
AAUW

Dining Room 9-10am
1st Monday of the month, 10 am - 11:30 am
Conference Room

Tuesday

Chair Aerobics
Computer Help Lab
Garden Club

Dining Room 9-10am.
Lab open 2-4pm.
2nd Tuesday of the month, Conference Room 1-2 pm

Wednesday

Chair Yoga
Life Changes Group
Ukulele Group

Dining Room 9-10am.
Conference Room 10-11am.
Conference Room 1-2pm

Thursday

Balance & Posture Exercise Class
Bible Class
Parkinson's Discussion & Support Group

Dining Room 9-10am.
Conference Room until 1:00 to 2:00 pm ???
Thursday Conference Room 10:30-11:45
Contact Linda Posner at 459-1941

FRIDAY

Chair Aerobics
Bridge
Bingo

Dining Room 9-10am.
Conference Room ????
Game 5:30