

April 2008

Please make lunch reservations one day in advance. Everyone is welcome! Suggested donation: \$3 (60+) and \$5 (under 60). Soup and salad bar are available Tuesday through Thursday for \$3.50 each. Meals are provided by Seniors Services Plus of Alton, Illinois, which is funded by the Area Agency on Aging.

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>1 8:00 Stretch & Move 9:15 Tai Chi 10:15 Ballroom Dance 10:30 B/P (University) 1:00 Bingo</p> <p>Lunch: Chicken and Dumplings, green beans, dinner roll.</p>	<p>2 9:00 Duplicate Bridge</p> <p>Lunch: Ciada Pork, sweet corn, baked beans.</p>	<p>3 8:00 Stretch & Move 9:15 Tai chi 1:00 Pinochle 7:00 Adv. Sq. Dance</p> <p>Lunch: Pot Roast, Peas and carrots, seasoned mashed potatoes.</p>	<p>4 8:00 Stretch & Move 10:30 BP (Heartland) 1:00 Bingo</p> <p>Lunch: Rigatoni w/ 4 cheeses, steamed spinach, biscuit.</p>	
<p>7 9:00 Woodcarving 9:30 Paralegal 12:00 B/P 1:00 Pinochle</p> <p>Lunch: Chicken Pie, mixed veggies, baked cinnamon apples.</p>	<p>8 8:00 Stretch & Move 9:15 Tai Chi 10:15 Ballroom Dance 10:30 B/P (Rosewood) 1:00 Birthday Bingo</p> <p>Lunch: Pork Fritter, fried taters, broccoli w/ cheese.</p>	<p>9 9:00 Duplicate Bridge 9:00 Warm Neighbors 1:00 Bunco</p> <p>Lunch: Lasagna, wax beans, garlic biscuit.</p>	<p>10 8:00 Stretch & Move 9:15 Tai chi 1:00 Pinochle 7:00 Adv. Sq. Dance</p> <p>Lunch: Oven fried chicken, creamed peas, corn bread.</p>	<p>11 8:00 Stretch & Move 1:00 Bingo</p> <p>Lunch: Meatloaf, mashed potatoes, sweet corn.</p>
<p>14 9:00 Woodcarving 1:00 Pinochle</p> <p>Lunch: Italian Meatballs, garlic pasta, green beans.</p>	<p>15 8:00 Stretch & Move 9:15 Tai Chi 10:15 Ballroom Dancing 1:00 Pokeno 2:00 Bingo</p> <p>Lunch: Stuffed peppers, sweet corn, garlic biscuit.</p>	<p>16 9:00 Duplicate Bridge 9:00 Warm Neighbors 1:00 Bunco</p> <p>Lunch: Ravioli w/ meat, green peas, stewed fruit.</p>	<p>17 8:00 Stretch & Move 9:15 Tai Chi 1:00 Pinochle 7:00 Adv. Sq. Dance</p> <p>Lunch: Beef stew, sweet corn, biscuit.</p>	<p>18 8:00 Stretch & Move 10:30 B/P (Edw. Rehab) 1:00 Bingo</p> <p>Lunch: Fried Fish, garlic biscuit, carrot coins.</p>
<p>21 9:00 Woodcarving 1:00 Pinochle</p> <p>Lunch: Hungarian Beef, ranch beans, cauliflower w/ cheese.</p>	<p>22 8:00 Stretch & Move 9:15 Tai Chi 10:15 Ballroom Dancing 10:30 B/P (Staunton) 1:00 Bingo 6:00 Dinner Dance</p> <p>Lunch: Pulled pork, garlic mashers, sweet cream corn.</p>	<p>23 9:00 Duplicate Bridge 1:00 Bunco 1:00 Rules of the Road</p> <p>Lunch: Scrambled eggs w/ cheese, broccoli, biscuit.</p>	<p>24 8:00 Stretch & Move 9:15 Tai Chi 1:00 Pinochle 7:00 Adv. Square Dance</p> <p>Lunch: White chili, peas and carrots, corn bread muffin.</p>	<p>25 8:00 Stretch & Move 11:00 B/P (VNA) 1:00 Bingo</p> <p>Lunch: Fried Fish, pasta w/ red sauce, Brussels sprouts.</p>
<p>28 9:00 Woodcarving 12:00 Blood Pressure 1:00 Pinochle</p> <p>Lunch: Spaghetti w/ meat, garlic stick, carrots.</p>	<p>29 8:00 Stretch & Move 9:15 Tai Chi 10:15 Ballroom Dancing 1:00 Bingo</p> <p>Lunch: Smoked sausage, scalloped potatoes, plump peas.</p>	<p>30 9:00 Duplicate Bridge 1:00 Rules of the Road</p> <p>Lunch: BBQ Chicken, roast potatoes, mixed veggies.</p>		