



Senior Activity Center August Lunch Menu Served 11:30am – 12:30pm



United Way
of Southeastern Idaho

***Menu subject to availability**

Healthy Aging
Check out BLUE ZONE DIET
How to eat Like the world's longest-living people!

Tuesday	Wednesday	Thursday	Friday
		1 Free dance lessons 1pm Chicken Fettucine Veggies Fruit Milk Dessert	2 Bingo at 12:45pm Hamburger Lettuce, Tomato, and Onion Fruit Milk Dessert
6 Walk the Block 10:30am Roast Turkey with Gravy Green Beans Fruit Milk Dessert	7 Entertainment at 11:30am Darla Gius Free beg. line dancing in dining room at 1pm Quesadillas Mixed Veggies Fruit Milk Dessert	8 Everyone is invited! Activity Fair by ISU honoring 9/11 Day of Service 11:30AM -3PM Free gifts, crafts. games & more. Chicken Fried Steak Scandinavian Veggies Fruit, Milk & Dessert	9 Bingo at 12:45pm Biscuits & Sausage Gravy Carrots Fruit Milk Dessert
13 Walk the Block 10:30am <i>Welcome Portneuf Health Trust Staff</i> Taco Salad Fruit Milk Dessert	14 Entertainment at 11:30am Kathy & Bob Free beg. line dancing in dining room at 1pm Green Bean Casserole Quinoa Fruit Milk Dessert	15 Free dance lessons 1pm Chicken Normandy Veggies Fruit Milk Dessert	16 Bingo at 12:45pm AAPR Driving Class at 9am Pizza Beets Fruit Milk Dessert
20 Walk the Block 10:30am Enchilada Bake Fruit Milk Dessert	21 Entertainment at 11:30am Neil Felzer Free beg. line dancing in dining room at 1pm Chicken Breast Mixed Veggies Fruit Milk Dessert	22 Free dance lessons at 1pm Tilapia Veggies Fruit Milk Dessert	23 Bingo at 12:45pm Bratwurst Sauerkraut Fruit Milk Dessert
27 Walk the Block 10:30am Chicken Alfredo Carrots Fruit Milk Dessert	28 Entertainment at 11:30am David Stevens Free beg. line dancing in dining room at 1pm Taco Veggies Fruit Milk Dessert	29 Free dance lessons 1pm Beef Goulash Carrots Fruit Milk Dessert	30 Bingo at 12:45pm Pork Sandwich Veggies Fruit Milk Dessert

Tell your friends, family and neighbors about the Activity Fair on August 8, 2024 from 11:30am to 3:00pm. Everyone is invited, join us for fiber crafts, painting, wood burning, bird watching, tabletop games and more. This event is in honor of 9/11 Day of Service, AmeriCorps students from Idaho State University is sponsoring the event.