

JULY 2017

 TWIN FALLS SENIOR CENTER 734-5084 530 SHOSHONE STREET W., TWIN FALLS, IDAHO 83301 Center Office Hours Mon-Fri 8:00am to 5:00pm www.tfseniorcenter.com facebook - Twin Falls Senior Center VOLUNTEER DRIVERS & CENTER VOLUNTEERS NEEDED Call today to get started			 Room Codes QR - Quilting Room CR - Card Room CFR - Conference Room MPR - Multi Purpose Room RR - Relaxation Room MH - Main Hall	WE NEED YOU!! ARE YOU WILLING TO BE A VOLUNTEER DRIVER?	PLEASE HELP US SERVE OTHERS ONE HEART AT A TIME 72,399 MEALS SERVED IN 2016 53,827 HOME DELIVERED MEALS 18,572 CENTER MEALS SERVED	Saturday 2017-07-01 HOLIDAY CENTER CLOSED HDM meals delivered Friday, June 30, 2017
Sunday 2017-07-02	Monday 2017-07-03	Tuesday 2017-07-04	Wednesday 2017-07-05 Polish Sausage	Thursday 2017-07-06 Fried Chicken	Friday 2017-07-07 BBQ Pork Sandwich	Saturday 2017-07-08 \$7 Fundraising Breakfast
HOLIDAY CENTER CLOSED HDM meals delivered Friday, June 30, 2017	HOLIDAY CENTER CLOSED HDM meals delivered Friday, June 30, 2017	4TH OF JULY HOLIDAY CENTER CLOSED HDM meals delivered Thursday, June 29, 2017	Cinnamon Rolls for Sale 9:00 Quilting (QR) 10:30 Fit & Fall Proof (MH) 11:30 Alliance Home Health Blood Pressure Checks (MH) 12:15 Patient Financial Navigator Foundation, Inc. (MH) Fraud & Medicare 101 Workshop Info 1:00 Duplicate Bridge (MPR) 1:00 Tai Chi (RR) 5:30pm - Laughter Therapy (MH)	11:30 Pat Blessin/Organ Music (MH) 11:55 Thunder Thurs Game (MH) 1:00 Thursday Pinochle (CR) 1:00 Hand&Foot Canasta (CR) 3:30& 6:30 Art Class (CFR) 6:00 Ladies AA (MPR)	9:00 Quilting (QR) 10:30 Fit & Fall Proof (MH) 11:00 Local Author Ruth Simerly Book Signing (MH) 11:45 Lunch BINGO (MH) 1:00 Tai Chi (RR) 1:30 Art Class (CFR)	8:00 am -10:00 am STUFFED FRENCH TOAST HAM, SAUSAGE, EGGS HASHBROWN, BISCUITS & GRAVY FRESH FRUIT, BREAD TRAYS COFFEE, MILK, JUICE Marla Garrett Entertains 11:00 Pioneer Button Club Mtg (MH)
Sunday 2017-07-09	Monday 2017-07-10 Salisbury Steak	Tuesday 2017-07-11 Mushroom Chicken	Wednesday 2017-07-12 Burgundy Beef Tips	Thursday 2017-07-13 Cheesy Chicken & Rice	Friday 2017-07-14 Pork Ribs	Saturday 2017-07-15
ABCL Unit 400 Bridge 12:00-4:00	9:00 Quilting (QR) 10:30 Fit & Fall Proof (MH) 11:45 Mega Monday Game (MH) 12:15 Syringa Place (MH) Taking in Vitamin D while keeping Hydrated 1:00 Tai Chi (RR) 1:00 Monday Bridge (CR) 1:30 Art Class (RR) 4:30 TOPS Meeting (CR)	10:30 Foot Clinic (RR) 11:45 Ticket Tues Game (MH) 1:00 Hand&Foot Canasta (CR) 3:30&6:30 Art Class (CFR) 6:30pm Tues Pinochle(CR)	Cinnamon Rolls for Sale 9:00 Quilting (QR) 10:30 Fit & Fall Proof (MH) 11:30 Michael Johnson (MH) 12:45 - ID Volunteer Lawyer's (CFR) Answering your Legal Questions 1:00 Tai Chi (RR) 1:00 Duplicate Bridge (MPR) 5:30pm - Laughter Therapy (MH)	11:30 Pat Blessin/Organ Music (MH) 11:55 Thunder Thurs Game (MH) 1:00 Thursday Pinochle (CR) 1:00 Hand&Foot Canasta (CR) 3:30& 6:30 - Art Class (CFR) 6:00 - Ladies AA (MPR)	9:00 Quilting (QR) 10:30 Fit & Fall Proof (MH) 11:45 Lunch BINGO (MH) 12:00 Community Foundation Mtg (CFR) 12:15 TF County Board of Community Guardians The requirements & need for Senior Guardian Volunteers 1:00 Tai Chi (RR) 1:30 Art Class (CFR) 5:00-7:30 Bountiful Basket Pickup (MH)	
Sunday 2017-07-16	Monday 2017-07-17 Breakfast Bar	Tuesday 2017-07-18 Teriyaki Chicken	Wednesday 2017-07-19 Meatloaf/Liver & Onions	Thursday 2017-07-20 Chicken Alfredo	Friday 2017-07-21 Hamburger Stroganoff	Saturday 2017-07-22
	9:00 Quilting (QR) 10:30 - Fit & Fall Proof (MH) 11:45 Mega Monday Game (MH) 12:15 City of Twin Falls (MH) Senior Citizens Advisory Forum 1:00 Tai Chi (RR) 1:00 - Monday Bridge (CR) 1:30 - Art Class (CFR) 4:30 TOPS Meeting (CR) 5:15 pm - TFSC Board Mtg (CFR)	11:45 Ticket Tues Game (MH) 1:00 Hand&Foot Canasta (CR) 3:30&6:30-Art Class (CFR) 6:30pm - Tues Pinochle(CR)	Cinnamon Rolls for Sale 9:00 Quilting (QR) 10:30 Fit & Fall Proof (MH) 10:30 Alzheimer's Support MTG (CFR) 11:30 MV Gem Fiddlers (MH) 1:00 Tai Chi (RR) 1:00 Duplicate Bridge (MPR) 5:30pm Laughter Therapy (MH)	11:30 Pat Blessin/Organ Music (MH) 11:55 Thunder Thurs Game (MH) 1:00-Thursdays Pinochle (MPR) 1:00 Hand&Foot Canasta (CR) 3:30& 6:30 - Art Class (CFR) 6:00 - Ladies AA (MPR)	9:00 Quilting (QR) 10:30-Fit & Fall Proof (MH) 11:45 Lunch BINGO (MH) 12:15 ID Home Health & Hospice (MH) Nutrition to improve your bladder health 1:00 Tai Chi (RR) 1:30 Art Class (CFR)	
Sunday 2017-07-23	Monday 2017-07-24 Chicken Fried Steak	Tuesday 2017-07-25 Fish Fillet	Wednesday 2017-07-26 Baked Ham	Thursday 2017-07-27 Caesar Chicken	Friday 2017-07-28 Lasagna	Saturday 2017-07-29
	9:00 Quilting (QR) 10:30 - Fit & Fall Proof (MH) 11:45 Mega Monday Game (MH) 11:30 Alliance Home Health Blood Pressure Checks (MH) 1:00 Tai Chi (RR) 1:00 - Monday Bridge (CR) 1:30 - Art Class (CFR) 4:30 TOPS Meeting (CR)	10:30 - Foot Clinic (RR) 11:45 Ticket Tues Game (MH) 1:00 Hand&Foot Canasta (CR) 3:30&6:30-Art Class (CFR) 6:30pm - Tues Pinochle(CR)	Cinnamon Rolls for Sale 9:00 Quilting (QR) 10:30 - Fit & Fall Proof (MH) 11:30 Legacy Band(MH) 12:00 BIRTHDAY LUNCH 1:00 Tai Chi (RR) 1:00 Duplicate Bridge (MPR) 5:30pm - Laughter Therapy (MH)	11:30 Pat Blessin/Organ Music (MH) 11:55 Thunder Thurs Game (MH) 12:45 Visually Impaired Support Group Mtg (CR) 1:00-Thursdays Pinochle (MPR) 1:00 Hand&Foot Canasta (CR) 3:30& 6:30 - Art Class (CFR) 6:00 - Ladies AA (MPR)	9:00 Quilting (QR) 10:30-Fit & Fall Proof (MH) 11:45 Lunch BINGO (MH) 1:00 Tai Chi (RR) 1:30 - Art Class (CFR) 5:00-7:30 Bountiful Basket Pickup (MH)	
Sunday 2017-07-30	Monday 2017-07-31 Shepherd's Pie	11:30 Wed., JULY 12 MICHAEL JOHNSON	11:30 Wed., JULY 19 MV GEM FIDDLERS	11:30 Every Thur. PAT BLESSIN-ORGAN MUSIC	11:30 Wed., JULY 26 LEGACY BAND	8:00 am Sat., JULY 8 BREAKFAST
JULY SPECIAL ENTERTAINMENT & EVENTS						
Minimum Daily Serving Size - 2 oz of Meat/Protein, 1/2 cup of cooked/canned fruit and vegetables, or 1 cup fresh fruit and fresh vegetables, 1/3 to 1/2 cup of grains & 1 slice of bread (half to be whole grain), 1 cup of milk or dairy, dessert is an optional - minimum 1 oz serving						