

11:30 Wed., MAY 2 SHEERY BARNHART	11:30 Mon., MAY 7 GARY BRAUN	11:30 Wed., MAY 9 MICHAEL JOHNSON	11:30 Wed., MAY 16 MV GEM FIDDLERS	11:30 Wed., MAY 23 & 30 JEFF & SANDY	11:30 Every Thur. PAT BLESSIN-ORGAN MUSIC	8:00 am Sat., MAY 12 Breakfast/MARLA GARRETT	
MAY 2018	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					MAY 2018	
TWIN FALLS SENIOR CENTER 734-5084 530 SHOSHONE ST. W., TWIN FALLS, ID. 83301 CENTER OFFICE HOURS Mon-Fri 8:00 am to 5:00 pm Website - www.tfseniorcenter.com Facebook - Twin Falls Senior Center CENTER VOLUNTEERS & DRIVERS NEEDED!!!		Tuesday 2018-05-01 Polish Sausage 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)	Wednesday 2018-05-02 Mushroom Chicken Cinnamon Rolls for Sale 9:00 Quilting (QR) 10:30 Ryan Anderson (CFR) Molina Special Needs Plan Info 10:30 - Fit & Fall Proof (MH) 11:30 Sheery Barnhart (MH) Ballads of a Lady 1:00 Duplicate Bridge (MPR) 2:00 Tai Chi Class (RR) 5:30pm - Laughter Therapy (MH)	Thursday 2018-05-03 Spaghetti w/meat sauce 11:30 Pat Blessin/Organ Music (MH) 11:30 Progressive Nursing (MH) Blood Pressure Checks & Glucose Testing 11:55 Thunder Thurs Game (MH) 12:15 Progressive Nursing (MH) Nutritional Talk 1:00-Thursday Pinochle (CR) 1:00 Hand&Foot Canasta (CR) 3:30& 6:30 - Art Class (CFR) 6:00pm - Ladies AA (MPR)	Friday 2018-05-04 Creamy Boneless Pork 9:00 Quilting (QR) 10:30 Fit & Fall Proof (MH) 10:30 Miracle Ear (CR) Hearing Screenings 11:45 Lunch BINGO (MH) 1:30 Art Class (CFR) 2:00 Tai Chi Class (RR) 6:00-7:00 Bountiful Basket Pickup (MH)	Saturday 2018-05-05 ⇐IDAHO GIVES 2018 Thursday, MAY 3RD (24 hours of online giving) IdahoGives.org Remember to give to your favorite NON-PROFIT (Tell family & Friends)	
Sunday 2018-05-06	Monday 2018-05-07 Shepherd's Pie	Tuesday 2018-05-08 Sweet and Sour Pork	Wednesday 2018-05-09 Beef Tips w/gravy Cinnamon Rolls for Sale 9:00 Quilting (QR) 10:30 - Fit & Fall Proof (MH) 11:30 Michael Johnson (MH) 12:30 - ID Volunteer Lawyer's (CFR) Answering your Legal Questions 1:00 Duplicate Bridge (MPR) 2:00 Tai Chi Class (RR) 5:30pm - Laughter Therapy (MH)	Thursday 2018-05-10 Baked Ham 11:30 Pat Blessin/Organ Music (MH) 11:55 Thunder Thurs Game (MH) 12:15 Canyon Retirement (MH) Hydration & Heat Warning Signs 1:00-Thursday Pinochle (CR) 1:00 Hand&Foot Canasta (CR) 2:00 Intro Computer Class (RR) 3:30& 6:30 - Art Class (CFR) 6:00 - Ladies AA (MPR)	Friday 2018-05-11 Parmesan Chicken 9:00 Quilting (QR) 10:30 Fit & Fall Proof (MH) 11:45 Lunch BINGO (MH) 12:00 TF Community Foundation Mtg (CFR) 1:30 Art Class (CFR) 2:00 Tai Chi Class (RR) 2:00 TFSC 40th Anniversary Ribbon Cutting w/TF Chamber of Commerce	Saturday 2018-05-12 \$8 Fundraising Breakfast Marla Garrett entertains TFSC 40th Anniversary Celebration BREAKFAST 8-10:00 am STUFFED FRENCH TOAST HAM, LINK SAUSAGE, EGGS, POTATO CASSEROLE BISCUITS & GRAVY, FRESH FRUIT, BREAD TRAYS COFFEE, MILK, JUICE 11:00 Pioneer Button Club Mtg (CFR)	
Sunday 2018-05-13	Monday 2018-05-14 Herb Roasted Chicken	Tuesday 2018-05-15 Baked Fish Fillet w/Tarter Sauce 10:30 - Foot Clinic (RR) 11:45 Ticket Tues Game (MH) 1:00 Hand&Foot Canasta (CR) 2:00 Intro Computer Class (RR) 3:30&6:30-Art Class (CFR) 6:30pm - Tues Pinochle (CR)	Wednesday 2018-05-16 Meat Loaf Cinnamon Rolls for Sale 7:30 5th District Lawyer's Breakfast & Continuing Education (CFR) 9:00 Quilting (QR) 10:30 - Fit & Fall Proof (MH) 10:30 Alzheimer's Support Group (CR) 11:30 MV Gem Fiddlers (MH) 1:00 Duplicate Bridge (MPR) 2:00 Tai Chi Class (RR) 5:30pm - Laughter Therapy (MH)	Thursday 2018-05-17 Caesar Chicken 11:30 Pat Blessin/Organ Music (MH) 11:55 Thunder Thurs Game (MH) 12:15 ID Home Health & Hospice (MH) Benefits of Garden Herbs & Veggies 1:00-Thursday Pinochle (CR) 1:00 Hand&Foot Canasta (CR) 2:00 Intro Computer Class (RR) 3:30& 6:30 - Art Class (CFR) 5:00 Magic Valley Fly Fishers (MH) Monthly Meeting 6:00 - Ladies AA (MPR)	Friday 2018-05-18 Mushroom Salisbury Steak 9:00 Quilting (QR) 10:30 Fit & Fall Proof (MH) 11:45 Lunch BINGO (MH) 1:30 Art Class (CFR) 2:00 Tai Chi Class (RR) 6:00-7:00 Bountiful Basket Pickup (MH)		
	Sunday 2018-05-20	Monday 2018-05-21 Ham & Cheese Casserole	Tuesday 2018-05-22 HOT Smoked Turkey	Wednesday 2018-05-23 Chicken Fried Steak Cinnamon Rolls for Sale 9:00 Quilting (QR) 10:30 - Fit & Fall Proof (MH) 11:30 Jeff & Sandy (MH) 12:00 BIRTHDAY LUNCH 1:00 Duplicate Bridge (MPR) 2:00 Tai Chi Class (RR) 5:30pm - Laughter Therapy (MH)	Thursday 2018-05-24 BBQ Pulled Pork 11:30 Pat Blessin/Organ Music (MH) 11:55 Thunder Thurs Game (MH) 12:15 Syringa Place (MH) Health Benefits of Herbs & Spices 1:00-Thursday Pinochle (CR) 1:00 Hand&Foot Canasta (CR) 3:30& 6:30 - Art Class (CFR) 6:00 - Ladies AA (MPR)	Friday 2018-05-25 Fried Chicken 9:00 Quilting (QR) 10:30 Fit & Fall Proof (MH) 11:45 Lunch BINGO (MH) 1:30 Art Class (CFR) 2:00 Tai Chi Class (RR)	
Sunday 2018-05-27	Monday 2018-05-28 MEMORIAL DAY HOLIDAY Center Closed Meals on Wheels (HDM) delivered on Thurs. May 24, 2018	Tuesday 2018-05-29 Navajo Taco Baked Potato 10:30 - Foot Clinic (RR) 11:45 Ticket Tues Game (MH) 1:00 Hand&Foot Canasta (CR) 3:30&6:30-Art Class (RR) 4:30 TOPS Meeting (CR) 6:30pm - Tues Pinochle (CR)	Wednesday 2018-05-30 Cheeseburger Cinnamon Rolls for Sale 9:00 Quilting (QR) 10:30 - Fit & Fall Proof (MH) 11:30 Jeff & Sandy (MH) 1:00 Duplicate Bridge (MPR) 2:00 Tai Chi Class (RR) 5:30pm - Laughter Therapy (MH)	Thursday 2018-05-31 Orange Chicken 11:30 Pat Blessin/Organ Music (MH) 11:55 Thunder Thurs Game (MH) 12:45 Visually Impaired Support Group Mtg (CR) 1:00-Thursday Pinochle (CR) 1:00 Hand&Foot Canasta (CR) 3:30& 6:30 - Art Class (CFR) 6:00 - Ladies AA (MPR)	TFSC 40th Anniversary Celebration Activities SAVE the DATES Ribbon Cutting May 11th @ 2:00pm Celebration Breakfast May 12 @ 8:00-10:00 am EveryOne is welcome to ATTEND	Saturday 2018-05-26 Help us Celebrate - May 2018 Room Codes QR - Quilting Room CR - Card Room CFR - Conference Room MPR - MultiPurpose Room RR - Relaxation Room MH - Main Hall	