

MONTHLY ENTERTAINMENT	11:30 Mon., JUNE 6 SHEERY BARNHART	11:30 Wed., JUNE 13 JEFF & SANDY	11:30 Wed., JUNE 20 MV GEM FIDDLERS	11:30 Wed., JUNE 27 JEFF & SANDY	11:30 Every Thur. PAT BLESSIN-ORGAN MUSIC	8:00 am Sat., JUNE 9 Breakfast/MARLA GARRETT	
JUNE 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					JUNE 2018	
 <p>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!!!</p>		<p>Room Codes QR - Quilting Room CR - Card Room CFR - Conference Room MPR - MultiPurpose Room RR - Relaxation Room MH - Main Hall</p>		 <p>HAPPY ROSE MONTH</p>		<p>Friday 2018-06-01 Meatloaf</p> <p>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) 4:00 Art Class (CFR) 6:00-7:00 Bountiful Basket Pickup (MH)</p>	<p>Saturday 2018-06-02</p> 
Sunday 2018-06-03	Monday 2018-06-04 Cheesy Chicken	Tuesday 2018-06-05 Beer Battered Fish	Wednesday 2018-06-06 Hot Roast Beef Sandwich	Thursday 2018-06-07 Chicken Fajitas	Friday 2018-06-08 Broccoli Beef	Saturday 2018-06-09 \$8 Fundraising Breakfast	
	9:00 Quilting (QR) 10:30 Fit & Fall Proof (MH) 11:45 Mega Monday Game (MH) 1:00 Monday Bridge (CR) 1:30 & 4:00 Art Class (CFR) 2:00 Tai Chi Class (RR) 4:30 TOPS Meeting (CR)	11:45 Ticket Tues Game (MH) 12:15 Heritage Health Services (MH) <i>Best Practices for Senior Living</i> 1:00 Hand&Foot Canasta (CR) 1:30 & 4:00 Art Class (CFR) 6:30pm Tues Pinochle (CR)	Cinnamon Rolls for Sale 9:00 Quilting (QR) 10:30 Fit & Fall Proof (MH) 11:30 Sheery Barnhart (MH) 1:00 Duplicate Bridge (MPR) 2:00 Tai Chi Class (RR) 5:30pm Laughter Therapy (MH)	11:30 Pat Blessin/Organ Music (MH) 11:55 Thunder Thurs Game (MH) 12:15 Canyon Retirement (MH) <i>Signs of Elder Abuse</i> 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) 1:30 Art Class (CFR) 2:00 Tai Chi Class (RR) 4:00 Art Class (CFR)	Marla Garrett entertains BREAKFAST 8-10:00 am STEAK & EGGS BACON, LINK SAUSAGE POTATO CASSEROLE BISCUITS & GRAVY, FRESH FRUIT, BREAD TRAYS COFFEE, MILK, JUICE	
Sunday 2018-06-10	Monday 2018-06-11 Breakfast Bar	Tuesday 2018-06-12 Polish Sausage	Wednesday 2018-06-13 Fried Chicken	Thursday 2018-06-14 BBQ Pork Sandwich	Friday 2018-06-15 Chicken Fried Steak	Saturday 2018-06-16	
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 Siew Guan Lee-Univ of ID Extension - Vary your dairy 1:00 Monday Bridge (CR) 1:30 & 4:00 Art Class (CFR) 2:00 Tai Chi Class (RR) 4:30 TOPS Meeting (CR)	10:30 - Foot Clinic (RR) 11:45 Ticket Tues Game (MH) 11:30 Progressive Nursing (MH) <i>Blood Pressure Checks & Glucose Testing</i> 12:15 Progressive Nursing (MH) <i>Importance of Adequate Hydration</i> 1:00 Hand&Foot Canasta (CR) 2:00 Intro to Internet (RR) 1:30 & 4:00 Art Class (CFR) 6:30pm - Tues Pinochle (CR)	Cinnamon Rolls for Sale 9:00 Quilting (QR) 10:30 Fit & Fall Proof (MH) 11:30 Jeff & Sandy (MH) 12:30 - ID Volunteer Lawyer's (CFR) <i>Answering your Legal Questions</i> 1:00 Duplicate Bridge (MPR) 2:00 Tai Chi Class (RR) 5:30pm Laughter Therapy (MH)	11:30 Pat Blessin/Organ Music (MH) 11:55 Thunder Thurs Game (MH) 12:15 ID Home Health & Hospice (MH) <i>Healthy foods for outdoor cooking</i> 1:00 Thursday Pinochle (CR) 1:00 Hand&Foot Canasta (CR) 2:00 Intro to Internet (RR) 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) 1:30 Art Class (CFR) 2:00 Tai Chi Class (RR) 4:00 Art Class (CFR) 6:00-7:00 Bountiful Basket Pickup (MH)		
Sunday 2018-06-17	Monday 2018-06-18 Chicken Strips	Tuesday 2018-06-19 Cheeseburger	Wednesday 2018-06-20 Chicken Alfredo	Thursday 2018-06-21 Taco Bar	Friday 2018-06-22 Roasted Pot Roast	Saturday 2018-06-23	
	9:00 Quilting (QR) 10:30 - Fit & Fall Proof (MH) 11:45 Mega Monday Game (MH) 1:00 - Monday Bridge (CR) 1:30 & 4:00 Art Class (CFR) 2:00 Tai Chi Class (RR) 4:30 TOPS Meeting (CR) 5:15 TFSC Board Mtg (CFR)	11:45 Ticket Tues Game (MH) 1:00 Hand&Foot Canasta (CR) 2:00 Intro to Internet (RR) 1:30 & 4:00 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 Group (CR) 11:30 MV Gem Fiddlers (MH) 1:00 Duplicate Bridge (MPR) 1:00 Alzheimer's Game Day -Session 1 2:00 Tai Chi Class (RR) 5:30pm Laughter Therapy (MH) 7:00 Alzheimer's Game Day -Session 2	11:30 Pat Blessin/Organ Music (MH) 11:55 Thunder Thurs Game (MH) 12:15 Syringa Place (MH) <i>What is new with Fasting</i> 1:00 Thursday Pinochle (CR) 1:00 Hand&Foot Canasta (CR) 2:00 Intro to Internet (RR) 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) 1:30 Art Class (CFR) 2:00 Tai Chi Class (RR) 4:00 Art Class (CFR)		
Sunday 2018-06-24	Monday 2018-06-25 Chicken Stir Fry	Tuesday 2018-06-26 Finger Steaks	Wednesday 2018-06-27 BBQ Pork Baby Back Ribs	Thursday 2018-06-28 Chopped Steak/Liver & Onions	Friday 2018-06-29 Chicken Marsala	Saturday 2018-06-30	
	9:00 Quilting (QR) 10:30 Fit & Fall Proof (MH) 11:45 Mega Monday Game (MH) 12:15 Bridgeview Estates (MH) <i>Sugar affects on your Diet</i> 1:00 Monday Bridge (CR) 1:30 & 4:00 Art Class (CFR) 2:00 Tai Chi Class (RR) 4:30 TOPS Meeting (CR)	10:30 - Foot Clinic (RR) 11:45 Ticket Tues Game (MH) 1:00 Hand&Foot Canasta (CR) 1:30 & 4:00 Art Class (CFR) 6:30pm - Tues Pinochle (CR)	Cinnamon Rolls for Sale 7:30 5th District Lawyer's Breakfast & Continuing Education (CFR) 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)	11:30 Pat Blessin/Organ Music (MH) 11:55 Thunder Thurs Game (MH) 12:45 Visually Impaired Support Group Mtg (CR) <i>Healthy Nutritional Supplements</i> 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) 1:30 Art Class (CFR) 2:00 Tai Chi Class (RR) 4:00 Art Class (CFR) 6:30-7:00 Bountiful Basket Pickup (MH)		