

| <b>MONTHLY ENTERTAINMENT</b>  | <b>11:30 Mon., JULY 11<br/>SHEERY BARNHART</b>   | <b>11:30 Wed., JULY 18<br/>MV GEM FIDDLERS</b>  | <b>11:30 Wed., JULY 25<br/>JEFF &amp; SANDY</b>  | <b>11:30 Every Thur.<br/>PAT BLESSIN-ORGAN MUSIC</b>   |   | <b>MONTHLY ENTERTAINMENT</b>  |   |
|---|--|---|--|--|---|---|---|
| <b>July 2018</b>  | <b>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 &amp; 1 slice of bread (half to be whole grain), 1 cup of milk or dairy, dessert is an optional - minimum 1 oz serving</b>  |   |  |  |   | <b>July 2018</b>  |   |
| <b>Sunday 2018-07-01</b>  | <b>Monday 2018-07-02<br/>BBQ Pork Sandwich</b>   | <b>Tuesday 2018-07-03<br/>Fried Chicken</b>   | <b>Wednesday 2018-07-04</b>  | <b>Thursday 2018-07-05<br/>Polish Sausage</b>  | <b>Friday 2018-07-06<br/>Beef tips w/gravy</b>  | <b>Saturday 2018-07-07</b>  |   |
|   | 9:00 Quilting (QR)<br>10:30 Fit & Fall Proof (MH)<br>11:45 Mega Monday Game (MH)<br>1:00 Monday Bridge (CR)<br>1:30 & 4:00 Art Class (CFR)<br>2:00 Tai Chi Class (RR)<br>4:30 TOPS Meeting (CR)  | <b>11:30 Progressive Nursing (MH)</b><br><b>Blood Pressure Checks &amp; Glucose Testing</b><br>11:45 Ticket Tues Game (MH)<br><b>12:15 Progressive Nursing (MH)</b><br><b>Summer Safety Tips</b><br>1:00 Hand & Foot Canasta (CR)<br>1:30 & 4:00 Art Class (CFR)<br>6:30pm Tues Pinochle (CR) |    | <b>11:30 Pat Blessin/Organ Music (MH)</b><br>11:55 Thunder Thurs Game (MH)<br>1:00-Thursday Pinochle (CR)<br>1:00 Hand & Foot Canasta (CR)<br>3:30& 6:30 Art Class (CFR)<br>6:00pm Ladies AA (MPR)   | 9:00 Quilting (QR)<br>10:30 Fit & Fall Proof (MH)<br>11:45 Lunch BINGO (MH)<br>1:30 Art Class (CFR)<br>2:00 Tai Chi Class (RR)<br>4:00 Art Class (CFR)  |   |   |
| <b>Sunday 2018-07-08</b>  | <b>Monday 2018-07-09<br/>Cheeseburger</b>  | <b>Tuesday 2018-07-10<br/>Grilled Chicken Caesar Wrap</b>   | <b>Wednesday 2018-07-11<br/>Chicken Fried Steak</b>  | <b>Thursday 2018-07-12<br/>Sweet &amp; Sour Pork</b>   | <b>Friday 2018-07-13<br/>Spaghetti w/ Meat Sauce</b>  | <b>Saturday 2018-07-14</b>  |   |
| <b>ABCL Unit 400 Bridge<br/>12:00-4:00</b><br><br><b>Isabelle "Izzy" Wilson<br/>98th Birthday Party<br/>1:00 -3:00 pm</b> | 9:00 Quilting (QR)<br>10:30 Fit & Fall Proof (MH)<br>11:45 Mega Monday Game (MH)<br><b>12:15 Siew Guan Lee, Univ of ID Extension - Keep Food Safe</b><br>1:00 Monday Bridge (CR)<br>1:30 & 4:00 Art Class (CFR)<br>2:00 Tai Chi Class (RR)<br>4:30 TOPS Meeting (CR)   | <b>10:30 - Foot Clinic (RR)</b><br>11:45 Ticket Tues Game (MH)<br>1:00 Hand & Foot Canasta (CR)<br><b>2:00 Intro Computer Class (RR)</b><br>1:30 & 4:00 Art Class (CFR)<br>6:30pm Tues Pinochle (CR)  | 9:00 Quilting (QR)<br>10:30 Fit & Fall Proof (MH)<br><b>11:30 Sheery Barnhart (MH)</b><br><b>Ballads of a Lady</b><br><b>12:30 ID Volunteer Lawyer's (CFR)</b><br><b>Answering your Legal Questions</b><br>1:00 Duplicate Bridge (MPR)<br>2:00 Tai Chi Class (RR)<br>5:30pm Laughter Therapy (MH)  | <b>11:30 Pat Blessin/Organ Music (MH)</b><br>11:55 Thunder Thurs Game (MH)<br><b>12:15 ID Home Health (MH)</b><br><b>What foods cause inflammation in the body?</b><br>1:00 Thursday Pinochle (CR)<br>1:00 Hand & Foot Canasta (CR)<br><b>2:00 Intro Computer Class (RR)</b><br>3:30& 6:30 - Art Class (CFR)<br>6:00 - Ladies AA (MPR) | 9:00 Quilting (QR)<br>10:30 Fit & Fall Proof (MH)<br>11:45 Lunch BINGO (MH)<br><b>12:00 TF Community Foundation Mtg (CFR)</b><br><b>12:15 Canyon Retirement Signs of Elder Abuse (MH)</b><br>1:30 Art Class (CFR)<br>2:00 Tai Chi Class (RR)<br>4:00 Art Class (CFR)<br><b>6:00-7:00 Bountiful Basket Pickup (MH)</b> | <b>NOTE:<br/>NO SATURDAY BREAKFAST<br/>THIS MONTH</b><br><br><b>11:00 Pioneer Button Club Mtg (CFR)</b> |   |
| <b>Sunday 2018-07-15</b>  | <b>Monday 2018-07-16<br/>Breakfast Bar</b>   | <b>Tuesday 2018-07-17<br/>BBQ Ribs</b>  | <b>Wednesday 2018-07-18<br/>Mushroom Chicken</b>   | <b>Thursday 2018-07-19<br/>Taco Potato Bar</b>   | <b>Friday 2018-07-20<br/>Meatloaf</b>   | <b>Saturday 2018-07-21</b>  |   |
|   | 9:00 Quilting (QR)<br>10:30 Fit & Fall Proof (MH)<br>11:45 Mega Monday Game (MH)<br><b>10:30 Jeremy Watson, MV Insurance Medicare 101 Info (CFR)</b><br><b>12:15 Jeremy Watson (MH)</b><br><b>Medicare 101 Quick Overview</b><br>1:00 - Monday Bridge (CR)<br>1:30 & 4:00 Art Class (CFR)<br>2:00 Tai Chi Class (RR)<br>4:30 TOPS Meeting (CR)<br><b>5:15 TFSC Board Mtg (CFR)</b> | 11:45 Ticket Tues Game (MH)<br><b>12:15 Heritage Health Services (MH)</b><br><b>Avoiding Heat Stroke &amp; Exhaustion with proper Hydration</b><br>1:00 Hand & Foot Canasta (CR)<br>1:30 & 4:00 Art Class (CFR)<br><b>2:00 Intro Computer Class (RR)</b><br>6:30pm - Tues Pinochle (CR)       | <b>Cinnamon Rolls for Sale</b><br>9:00 Quilting (QR)<br>10:30 Fit & Fall Proof (MH)<br><b>10:30 Alzheimer's Support Group (CR)</b><br><b>11:30 MV Gem Fiddlers (MH)</b><br>1:00 Duplicate Bridge (MPR)<br>2:00 Tai Chi Class (RR)<br>5:30pm Laughter Therapy (MH)  | <b>11:30 Pat Blessin/Organ Music (MH)</b><br>11:55 Thunder Thurs Game (MH)<br><b>12:15 Syringa Place (MH)</b><br><b>Nutrition Word Search</b><br>1:00 Thursday Pinochle (CR)<br>1:00 Hand & Foot Canasta (CR)<br><b>2:00 Intro Computer Class (RR)</b><br>3:30 & 6:30 Art Class (CFR)<br>6:00 Ladies AA (MPR)                          | 9:00 Quilting (QR)<br>10:30 Fit & Fall Proof (MH)<br>11:45 Lunch BINGO (MH)<br>1:30 Art Class (CFR)<br>2:00 Tai Chi Class (RR)<br>4:00 Art Class (CFR)  |   |   |
| <b>Sunday 2018-07- 22</b>   | <b>Monday 2018-07-23<br/>Mushroom Salisbury Steak</b>  | <b>Tuesday 2018-07-24<br/>Creamy Pork Chops</b>   | <b>Wednesday 2018-07-25<br/>HOT Smoked Turkey Sandwich</b>   | <b>Thursday 2018-07-26<br/>Chicken Salad Sandwich</b>  | <b>Friday 2018-07-27<br/>Beef Stroganoff</b>  | <b>Saturday 2018-07-28</b>  |   |
|   | 9:00 Quilting (QR)<br>10:30 - Fit & Fall Proof (MH)<br>11:45 Mega Monday Game (MH)<br>1:00 - Monday Bridge (CR)<br>1:30 & 4:00 Art Class (CFR)<br>2:00 Tai Chi Class (RR)<br>4:30 TOPS Meeting (CR)  | <b>10:30 - Foot Clinic (RR)</b><br>11:45 Ticket Tues Game (MH)<br><b>12:15 Bridgeview Estates (MH)</b><br><b>Info on Latex Food Allergies</b><br>1:00 Hand & Foot Canasta (CR)<br>1:30 & 4:00 Art Class (CFR)<br>6:30pm Tues Pinochle (CR)  | <b>Cinnamon Rolls for Sale</b><br>9:00 Quilting (QR)<br>10:30 Fit & Fall Proof (MH)<br><b>11:15 Ryan Anderson- Molina Healthcare Introducing Plan Information</b><br><b>11:30 Jeff &amp; Sandy (MH)</b><br><b>12:00 BIRTHDAY LUNCH</b><br>1:00 Duplicate Bridge (MPR)<br>2:00 Tai Chi Class (RR)<br>5:30pm Laughter Therapy (MH)                               | <b>11:30 Pat Blessin/Organ Music (MH)</b><br>11:55 Thunder Thurs Game (MH)<br><b>12:45 Visually Impaired Support Group Mtg (CR)</b><br>1:00 Thursday Pinochle (CR)<br>1:00 Hand & Foot Canasta (CR)<br>3:30 & 6:30 Art Class (CFR)<br>6:00 Ladies AA (MPR)   | 9:00 Quilting (QR)<br>10:30 Fit & Fall Proof (MH)<br>11:45 Lunch BINGO (MH)<br>1:30 Art Class (CFR)<br>2:00 Tai Chi Class (RR)<br>4:00 Art Class (CFR)<br><b>6:00-7:00 Bountiful Basket Pickup (MH)</b>   |   |   |
| <b>Sunday 2018-07-29</b>  | <b>Monday 2018-07-30<br/>Fish Fillet w/Tarter Sauce</b>  | <b>Tuesday 2018-07-31<br/>Teriyaki Chicken</b>  | <b>TWIN FALLS SENIOR CENTER</b><br><b>734-5084</b><br>530 SHOSHONE ST. W., TWIN FALLS, ID. 83301<br>CENTER OFFICE HOURS <b>Mon-Fri 8:00 am to 5:00 pm</b><br>Website - <a href="http://www.tfseniorcenter.com">www.tfseniorcenter.com</a> Facebook - Twin Falls Senior Center<br><b>CENTER VOLUNTEERS &amp; DRIVERS NEEDED!!!</b><br>Call today to get started |  |   |   |   |
|   | 9:00 Quilting (QR)<br>10:30 Fit & Fall Proof (MH)<br>11:45 Mega Monday Game (MH)<br>1:00 Monday Bridge (CR)<br>1:30 & 4:00 Art Class (CFR)<br>2:00 Tai Chi Class (RR)<br>4:30 TOPS Meeting (CR)  | 11:45 Ticket Tues Game (MH)<br>1:00 Hand & Foot Canasta (CR)<br>1:30 & 4:00 Art Class (CFR)<br>6:30pm Tues Pinochle (CR)  | <br><small>Twin Falls Senior Center<br/>Serving the Community<br/>One Heart at a Time...</small>  |  |   |   | <b>Room Codes</b><br><b>QR - Quilting Room</b><br><b>CR - Card Room</b><br><b>CFR - Conference Room</b><br><b>MPR - MultiPurpose Room</b><br><b>RR - Relaxation Room</b><br><b>MH - Main Hall</b> |