

MONTHLY ENTERTAINMENT	11:30 Wed., AUG. 1 SHEERY BARNHART	11:30 Wed., AUG. 8 MICHAEL JOHNSON	11:30 Wed., AUG. 15 MV GEM FIDDLERS	11:30 Every Thurs. PAT BLESSIN-ORGAN MUSIC	11:30 Wed., AUG. 22 & 29 JEFF & SANDY	8:00 am. Sat., AUG. 11 BREAKFAST/MARLA GARRETT
AUG 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					AUG 2018
TWIN FALLS SENIOR CENTER 208-734-5084 530 SHOSHONE ST. W., TWIN FALLS, ID. 83301 CENTER OFFICE HOURS Mon-Fri 8:00 am to 5:00 pm Website - www.tfseiorcenter.com Facebook - Twin Falls Senior Center CENTER & VOLUNTEER DRIVERS NEEDED!!!	Room Codes QR - Quilting Room CR - Card Room CFR - Conference Room MPR - MultiPurpose Room RR - Relaxation Room MH - Main Hall		Wednesday 2018-08-01 Ham & Cheese Casserole Cinnamon Rolls for Sale 9:00 Quilting (QR) 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 2018-08-02 Chicken Strips 11:30 Pat Blessin/Organ Music (MH) 11:55 Thunder Thurs Game (MH) 12:15 ID Home Health (MH) Foods to help with heat exhaustion & Recovery 1:00-Thursday Pinochle (CR) 1:00 Hand & Foot Canasta (CR) 3:30 & 6:30 Art Class (CFR) 6:00pm Ladies AA (MPR)	Friday 2018-08-03 Beef Tips/w Gravy 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)	Saturday 2018-08-04 Celebration of Life for Ben R. Eldredge 11:00 am - 2:00 pm
	Sunday 2018-08-05 Monday 2018-08-06 BBQ Pulled Pork 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 - Rethink your Drink 1:00 Monday Bridge (CR) 1:30 & 4:00 Art Class (CFR) 2:00 Tai Chi Class (RR) 4:30 TOPS Meeting (CR)	Tuesday 2018-08-07 Rancher's Chicken 10:30 - Foot Clinic (RR) 11:45 Ticket Tues Game (MH) 12:15 Syringa Place (MH) Tips for Keeping Cool in Summer Heat 1:00 Hand & Foot Canasta (CR) 1:30 & 4:00 Art Class (CFR) 6:30pm Tues Pinochle (CR)	Wednesday 2018-08-08 Spaghetti 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 (CFR) 5:30pm - Laughter Therapy (MH)	Thursday 2018-08-09 Hot Turkey Sandwich 11:30 Pat Blessin/Organ Music (MH) 11:30 Heritage Health Services (MH) Blood Pressure Checks 11:55 Thunder Thurs Game (MH) 12:15 Heritage Health Services (MH) 10 Foods for Energy 1:00-Thursday Pinochle (CR) 1:00 Hand & Foot Canasta (CR) 3:30 & 6:30 Art Class (CFR) 6:00pm Ladies AA (MPR)	Friday 2018-08-10 Meat Loaf 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)	Saturday 2018-08-11 \$8 Fundraising Breakfast Marla Garrett entertains Breakfast 8:00 am - 10:00 am FRENCH TOAST BAKE HAM, SAUSAGE, & EGGS POTATO CASSEROLE BISCUITS & GRAVY FRESH FRUIT, BREAD TRAYS COFFEE, MILK, JUICE 11:00am Button Club MTG
Sunday 2018-08-12 Monday 2018-08-13 Creamy Pork Loin 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)	Tuesday 2018-08-14 Fish Fillet w/Tarter Sauce 11:45 Ticket Tues Game (MH) 1:00 Hand & Foot Canasta (CR) 1:30 & 4:00 Art Class (CFR) 6:30pm Tues Pinochle (CR)	Wednesday 2018-08-15 Caesar Chicken Cinnamon Rolls for Sale 9:00 Quilting (QR) 10:30 - Fit & Fall Proof (MH) 10:30 Alzheimer's Support Group (CR) 11:15 Molina Healthcare/Ryan Anderson Introducing Plan Information 11:30 MV Gem Fiddlers (MH) 1:00 Duplicate Bridge (MPR) 2:00 Tai Chi Class (CFR) 5:30pm - Laughter Therapy (MH)	Thursday 2018-08-16 Meatballs Lyonnaise 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) 6:00pm Ladies AA (MPR)	Friday 2018-08-17 Baked Ham 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)	Saturday 2018-08-18 10:00 - NOON Twin Falls Sewing Center I love to Sew Club Annual Picnic	
Sunday 2018-08-19 Monday 2018-08-20 Teriyaki Chicken 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)	Tuesday 2018-08-21 Chicken Fried Steak 10:30 - Foot Clinic (RR) 11:45 Ticket Tues Game (MH) 1:00 Hand & Foot Canasta (CR) 12:15 Bridgeview Estates (MH) Maintaining your Potassium Level 2:00 Intro to Computer Class 2 (RR) 6:30pm Tues Pinochle (CR)	Wednesday 2018-08-22 BBQ Ribs 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 (CFR) 5:30pm - Laughter Therapy (MH)	Thursday 2018-08-23 Parmesan Chicken 11:30 Pat Blessin/Organ Music (MH) 11:55 Thunder Thurs Game (MH) 1:00-Thursday Pinochle (CR) 1:00 Hand & Foot Canasta (CR) 2:00 Intro to Computer Class 2 (RR) 3:30 & 6:30 Art Class (CFR) 6:00pm Ladies AA (MPR)	Friday 2018-08-24 Hamburger Stroganoff 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)	Saturday 2018-08-25	
Sunday 2018-08-26 Monday 2018-08-27 Fried Chicken 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)	Tuesday 2018-08-28 Sweet & Sour Pork 11:45 Ticket Tues Game (MH) 1:00 Hand & Foot Canasta (CR) 1:30 & 4:00 Art Class (CFR) 2:00 Intro to Computer Class 2 (RR) 6:30pm Tues Pinochle (CR)	Wednesday 2018-08-29 Navajo Taco Baked Potato 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 (CFR) 5:30pm Laughter Therapy (MH)	Thursday 2018-08-30 Cheeseburger 11:30 Pat Blessin/Organ Music (MH) 11:55 Thunder Thurs Game (MH) 12:45 Visually Impaired Support Group Mtg (CR) - Senior Safety 1:00 Thursday Pinochle (CR) 1:00 Hand & Foot Canasta (CR) 2:00 Intro to Computer Class 2 (RR) 3:30 & 6:30 Art Class (CFR) 6:00 Ladies AA (MPR)	Saturday 2018-08-31 Room Codes QR - Quilting Room CR - Card Room CFR - Conference Room MPR - Mult+18:G20iPurpose Room RR - Relaxation Room MH - Main Hall		