

**Ossining Senior Services**

<b>July 2022</b>				
<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
				<b>1</b>
				10-11am ARTS & CRAFTS 12:00pm LUNCH SALMON LOAF
<i>*If you have a FOOD ALLERGY, please inform the Nutrition Program Manager</i>				
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
<b>CLOSED 4TH OF JULY</b>	12:00pm LUNCH STUFFED SHELLS	10-11am CHAIR YOGA 12:00pm LUNCH TUREKY & CHEESE SANDWICH  12:30pm SHOP-RITE	10:30-11:30am LINE DANCING  12:00pm LUNCH BBQ CHICKEN	10-11am ARTS & CRAFTS  12:00pm LUNCH SOLE FLORENTINE
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
10:30-11:30pm BINGO  12:00pm LUNCH MAC & CHEESE	<b>DINING ROOM CLOSED</b>  COLD SUMMER LUNCH CHEF'S SALAD <b>* HDM ONLY *</b>	10-11am CHAIR YOGA 12:00pm LUNCH MEATLOAF  12:30pm SHOP-RITE	10:30-11:30am LINE DANCING  12:00pm LUNCH HERBED LEMON CHICKEN	10-11am ARTS & CRAFTS  12:00pm LUNCH EGGPLANT PARM
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
10:30-11:30pm BINGO  12:00pm LUNCH ITALIAN CHICKEN SAUSAGE	12:00pm LUNCH BAKED ZITI WW/ MEAT SAUCE	10-11am CHAIR YOGA 12:00pm LUNCH ROAST TURKEY  12:30pm SHOP-RITE	10:30-11:30am LINE DANCING  12:00pm LUNCH GERMAN STYLE PORK CHOP	10-11am ARTS & CRAFTS  12:00pm LUNCH COLD SUMMER LUNCH TUNE SALAD SANDWICH
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
10:30-11:30pm BINGO  12:00pm LUNCH VEGETABLE & CHEESE FRITATA	12:00pm LUNCH CHICKEN SALAD SANDWICH	10-11am CHAIR YOGA 12:00pm LUNCH BEEF & PEPPER STEAK  12:30pm SHOP-RITE	10:30-11:30am LINE DANCING  12:00pm LUNCH TILAPIA	10-11am ARTS & CRAFTS  12:00pm LUNCH SPAGHETTI & MEATBALLS

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