























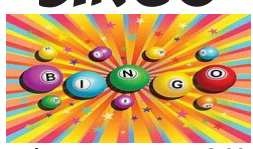
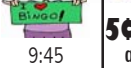



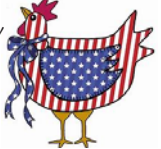


| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|--|--|--|
|  <p>Join St. Louis Oasis for A Matter of Balance The goals of this program include:</p> <ul style="list-style-type: none"> ✓ Taking steps to reduce your fear of falling ✓ Discussing fall-reduction strategies ✓ Increasing your strength and balance ✓ Setting goals and tracking your progress ✓ Developing new friendships & communication skills <p>Designed To Help Individuals Improve Their Balance, Flexibility And Range Of Motion. All Participants Will Receive A Free Informational Workbook ~ Light Refreshments Will Be Provided Call 826-5108 For Information & To Register</p> | <p>June Dairy Month</p> <p>Dairy Products Like Milk Contain Nine Essential Nutrients Which May Help To Better Manage Your Weight, Reduce Your Risk For High Blood Pressure, Osteoporosis And Certain Cancers</p>  | <p>Please Call By 1:00pm The Day Before Your Wish To Eat With Us</p>  <p>Suggested Donation \$4⁰⁰ Congregate Meal \$4²⁵ Home Delivered</p> | <p>Father's Day Father's Day is a celebration honoring fathers and celebrating fatherhood, paternal bonds, and the influence of fathers in society</p>  <p>Sunday, June 16</p> | |
| <p>3rd</p>  | <p>4th</p> <p>Taco Salad with Beef, Cheese, Lettuce & Tomatoes Refried Beans Fruit Pie</p>  <p>Country Rhythm Aces Band ~music starts at 10:00~</p> | <p>5th</p> <p>Turkey & Dressing with Gravy Sweet Potatoes Mixed Vegetables Fruit Pie</p> <p>Pinochle Join Us at 9:00</p>  <p>BINGO 10:00</p> <p>Nickel BINGO after lunch</p>  | <p>6th</p> <p>Liver & Onions OR Bratwurst Whipped Potatoes Carrots Pineapple</p> <p>Quilting Calling All Quilters! 8:30 a.m.</p>  | <p>7th</p> <p>Ham & Beans with Cornbread Carrots Cole Slaw Fruit</p> <p>BINGO! HAPPINESS IS YELLING "BINGO" STARTS AT 10:00</p>  |
| <p>10th</p>  | <p>11th</p> <p>Chicken Salad on Croissant Bean Salad Broccoli & Cauliflower Salad Fruit Sald</p> <p>Site Council Meeting 9:30am</p> <p>Bingo 10:30</p>  <p>11:30 - Land of Lincoln Legal Services</p> | <p>12th</p> <p>Chef Salad (Mixed Romaine Lettuce with Ham, Egg, Cheese and Chopped Tomato) Fruit Pie</p> <p>Pinochle Playing at 9:00</p> <p>Bingo Time 10:00am</p> <p>June Birthday Party</p> <p>5¢ BINGO after lunch</p>  | <p>13th</p> <p>Country Fried Steak with Gravy Mashed Potatoes Corn / Biscuit Cantaloupe</p> <p>Quilting Quilters Never Grow Old... They Just Go To Pieces</p>  | <p>14th</p> <p>Barbecue Pork Steak Baked Potato Baked Beans Fruit Salad</p> <p>Father's Day Recognition</p> <p>Kim from Hospice Game & Program 10:00am</p>   |
| <p>17th</p> <p>Senior Day Out Leave Site at 11:00</p>  <p>11:30 Lunch At Chin In Perryville "Visit Veteran's Wall" "Center Is Closed"</p> | <p>18th</p> <p>Pork Chop with Mushroom Gravy Mashed Potatoes Peas & Carrots Fruit</p> <p>MUSIC 10:00 with Jesse & Friends</p> <p>Wii Bowling after lunch</p>  | <p>19th</p> <p>Roast Beef with Gravy Whipped Potatoes Corn Fruit</p> <p>Pinochle 9:00 Calling All Players</p> <p>Blood Pressure Check and Blood Sugar Check 9:00 Sponsored by Manor at Craig Farms</p> <p>Bingo 10:00 by Manor at Craig Farms</p> <p>5¢ BINGO after lunch</p>  | <p>20th</p> <p>Fried Chicken Baked Potato Baked Bean Medley Apricots</p> <p>Quilting 8:30 a.m.</p> <p>Matter of Balance 9:30 to 11:30</p> <p>Ice Cream Soda Day after lunch</p>   | <p>21st</p> <p>Pork Sausage with Gravy Mashed Potatoes Sauerkraut / Biscuit Watergate Dessert</p> <p>Big BINGO 10:00 a.m.</p> <p>Trip To The Amish Store 1:00 Leave Center</p>   |
| <p>24th</p>  | <p>25th</p> <p>Grilled Chicken Salad Mixed Romaine Lettuce with Tomatoes & Cucumbers Fruit Pie</p> <p>BINGO Playing Begins at 12:00</p>  | <p>26th</p> <p>Barbecue Chicken AuGratin Potatoes Cowboy Beans Fruit</p> <p>Pinochle 9:00 Calling All Players</p> <p>Let's Play Bingo 9:45</p> <p>Social Activity 10:30 by Susan Sloop University Of IL</p> <p>5¢ BINGO after lunch</p>  | <p>27th</p> <p>Fried Fish Roasted Potatoes Stewed Tomatoes Pineapple / Cake</p> <p>Quilting 8:30 a.m.</p> <p>Matter of Balance 9:30-11:30am</p> <p>Bring Your Minister With You Day</p>   | <p>28th</p> <p>Pork Roast with Gravy Mashed Potatoes Green Beans Fruit Crisp</p> <p>BINGO Players Be Ready... 10:00</p> <p>4th Of July CRAFTS by Lisa from Chester Library</p>   |