



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 4th of July Celebration 10:00 AM	2
3	4 CENTER CLOSED	5 Shopping At Walmart 9:00 AM	6 Craft Day 10:00 AM Bridge 1-4 PM	7 Nutrition Bingo 11:00 AM <i>Herman Najera</i>	8	9
10	11	12	13 Craft Day 10:00 AM Bridge 1PM-4 PM	14 Nutrition Bingo 11:00 AM Game Night 4:00 to 7 PM	15	16
17	18	19 White Elephant Bingo 10:00 AM	20 Craft Day 10:00 AM <i>Honor a special senior 12:00 AM</i> Bridge 1-4 PM	21 Breakfast w/ the Guys 8:00 AM Nutrition Bingo 11:00 AM	22 Butterfly Museum Trip 9:00 AM	23
24	25	26 Bean Bag Baseball 10:00 AM	27 Site Council Mtg. 10:30 AM Bridge 1PM-4 PM	28 Ladies' Lunch & Movie 10:00 AM Nutrition Bingo 11:00 AM	29 Birthday Party at Noon 	30 <i>Joyce A. Maddox</i>
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Texercise classes: Monday's and Wednesday's 9:00 AM – 10:30 AM

Regular exercise classes: Friday's at 9:00 AM – 10:00 AM

While Americans are living longer, that doesn't necessarily mean they are living healthier. Regular physical activity can help reduce the risk and minimize the impact of disease. **Texercise** can help you to enjoy life and live it to the fullest!

JULY 2016 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Please DO NOT forget to reserve your meal(s) two days in advance. If you cannot make it into the Heritage Hall Senior Center to sign up for your meal(s), PLEASE contact us at 713-675-4487. We will be happy to reserve your meal(s).</p> <p style="text-align: center;">Thank you kindly, Elizabeth Flores, Director</p>				<p>1 Smoked Sausage* Coleslaw Ranch Beans Hot Dog Bun Peach Cobbler Milk Mustard</p>
<p>4 CENTER CLOSED</p>	<p>5 Sesame Chicken Fried Rice Squash/Zucchini/Tomato Dinner Roll Pound Cake Milk</p>	<p>6 Turkey Gumbo* Lentils Medley Cabbage Cornbread Fresh Fruit Milk Margarine</p>	<p>7 Tuna Macaroni Salad Carrot Raisin Salad Saltine Crackers Oatmeal Cream Cookie Milk</p>	<p>8 Ranchero Beef Patty~ Hominy Green Beans Wheat Roll Vanilla Pudding Milk</p>
<p>11 Pesto Chicken Penne Pasta Brussels Sprouts Dinner Roll Fresh Orange Milk</p>	<p>12 Beef Spaghetti Casserole Squash Medley Garden Vegetables Wheat Roll Fudge Cream Cookie Milk</p>	<p>13 Turkey Breast w/Gravy Scalloped Potatoes Green Beans w/Red Peppers Texas Bread Fruited Lime Gelatin^ Milk</p>	<p>14 Sausage with Red Beans* Dirty Rice Country Tomatoes Cornbread Chocolate Cake Milk Margarine</p>	<p>15 Pulled Chicken Mole~ Spanish Rice Fiesta Vegetables Flour Tortilla Fresh Fruit Milk</p>
<p>18 Peppered Beef Steak Garlic Whipped Potatoes^ Herbed Green Beans Wheat Bread Fresh Fruit Milk</p>	<p>19 Chicken Alfredo ~ Broccoli Sliced Carrots Whole Wheat Breadstick Lemon Pudding Milk</p>	<p>20 Glazed Ham+ Collard Greens Okra & Tomatoes Cornbread Fresh Fruit Milk Margarine</p>	<p>21 Breaded Fish Macaroni & Cheese Spring Vegetables Wheat Roll Yellow Cake w/ Chocolate Frosting^ Milk Tartar Sauce</p>	<p>22 Hamburger Patty Shredded Lettuce/Pickles Baked Beans Hamburger Bun Apple Cobbler Milk Mustard & Catsup</p>
<p>25 Teriyaki Chicken Meatballs~ Rice Florentine Japanese Vegetables Dinner Roll Pound Cake Milk</p>	<p>26 Beef w/Mushroom Gravy Whipped Potatoes^ Diced Beets Wheat Bread Nutty Buddy Bar Milk</p>	<p>27 Chicken & Sausage Jambalaya Black Eyed Peas Spinach Cornbread Fresh Fruit Milk Margarine</p>	<p>28 Beef Taco Pinto Beans Sliced Carrots Flour Tortilla Peach Cobbler Milk Taco Sauce</p>	<p>29 Chicken Salad Pasta Salad Tomato Spoon Relish Saltine Crackers Strawberry Shortcake Milk</p>

^ -Contains Sulfites

* -Contains Turkey

+ -Contains Pork

~-New Menu Item