

JUNE 2016

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Craft Day 10:00 AM Bridge 1-4 PM	2 Nutrition Bingo 11:00 AM	3 Last Day to Enter Photo's for the North Channel Garden Party on June 23rd.	4
5	6 Shopping At Walmart 9:00 AM	7	8 Bean Bag Baseball 10:00 AM Bridge 1-4 PM <i>Jose F. Garza</i>	9 Nutrition Bingo 11:00 AM	10 Amerigroup Bingo 10:00 AM <i>James D. Williams</i>	11
12	13 <i>Frances Butler</i>	14 Putt Putt Golf 10:00 AM	15 Craft Day 10:00 AM Bridge 1PM-4 PM <i>Josefa Ferrer</i>	16 Nutrition Bingo 11:00 AM <i>Honor a Special Senior 12:00 PM</i>	17 Father's Day Celebration 10 AM	18
19 Father's Day	20 Game Night 4:00 PM - 7:00 PM	21 <i>William D. Carson</i>	22 Site Council Mtg. 10:30 AM Bridge 1-4 PM	23 North Channel Garden Party 9 AM to Noon Nutrition Bingo 11:00 AM	24 Birthday Party at Noon 	25
26 <i>Ana Castillo</i>	27	28	29 Bridge 1PM-4 PM	30 Nutrition Bingo 11:00 AM		

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!

Heritage Hall Senior Center
 1025 Oates Road
 Jacinto City, TX 77029
 713-675-4487

Director: Elizabeth Flores
 Program Assistants:
 Debi Bridgeman
 and Maria Espinoza

JUNE 2016 MENU

		WEDNESDAY 1	THURSDAY 2	FRIDAY 3
		Beef Spaghetti Casserole Green Beans Sliced Carrots Whole Wheat Breadstick~ Fruited Orange Gelatin^ Milk Diet - Fruited Gelatin^	Lemon Pepper Chicken Breast Confetti Rice Turnip Greens Cornbread Rice Crispy Bar Milk Margarine Diet - Same	Hamburger Patty Shredded Lettuce/Pickles Baked Beans Hamburger Bun Peach Cobbler Milk Mustard and Catsup Diet - Spiced Peaches
MONDAY 6	TUESDAY 7	WEDNESDAY 8	THURSDAY 9	FRIDAY 10
Chicken Breast with Gravy Macaroni and Cheese Stewed Tomatoes Wheat Bread Fresh Fruit Milk Diet - Same	Beef Stroganoff Broccoli Herbed Green Beans Wheat Roll Vanilla Pudding Milk Diet - Vanilla Pudding^	Smoked Sausage* Cajun Rice Mixed Greens Cornbread Fresh Fruit Milk Margarine Diet - Same	Turkey Pastrami*~ Swiss Cheese Lettuce and Tomato Green Pea Salad Wheat Bread (2) Pound Cake Milk Mustard Diet - Cake	Breaded Fish Lentils Country Vegetables Dinner Roll Fresh Banana Milk Tartar Sauce Diet - Same
MONDAY 13	TUESDAY 14	WEDNESDAY 15	THURSDAY 16	FRIDAY 17
Meatloaf Tomato Gravy Garlic Whipped Potatoes^ Rosemary Carrots Dinner Roll Fresh Fruit Milk Diet - Same	Sesame Diced Chicken~ Fried Rice Japanese Vegetables Wheat Bread Fresh Fruit Milk Diet - Same	Turkey Noodle Casserole* Diced Beets Cabbage Whole Wheat Breadstick~ German Chocolate Cake Milk Diet - Cake	Pork Carnitas+ Fiesta Vegetables Pinto Beans Flour Tortilla Chocolate Cake White Frosting^ Milk Taco Sauce Diet - Cake	Father's Day/Juneteenth Pork Chop+ Onion Gravy Lima Beans Okra and Tomatoes Cornbread Fudge Cream Cookie Milk Diet - Same
MONDAY 20	TUESDAY 21	WEDNESDAY 22	THURSDAY 23	FRIDAY 24
Alfredo Chicken Meatballs~ Delmonico Potatoes^ Squash Medley Wheat Roll Fresh Fruit Milk Margarine Diet - Same	Hamburger Patty Baked Beans Mixed Vegetables Hamburger Bun Fresh Fruit Milk Mustard and Catsup Diet - Same	Tuna Macaroni Salad Beet Salad Carrot Raisin Salad Saltine Crackers Oatmeal Cream Cookie Milk Diet - Same	Beef with Peppered Gravy Northern Beans Squash/Zucchini/Tomatoes Cornbread Fresh Banana Milk Margarine Diet - Same	Parmesan Chicken Breast Macaroni and Cheese Green Beans Wheat Bread Pound Cake Milk Diet - Cake
MONDAY 27	TUESDAY 28	WEDNESDAY 29	THURSDAY 30	
Swiss Steak Peas with Red Peppers Broccoli Wheat Bread Fresh Fruit Milk Margarine Diet - Same	King Ranch Casserole Mexican Rice Sliced Carrots Wheat Roll Fresh Fruit Milk Diet - Same	Smoked Sausage* Cheesy Parslied Potatoes~ Catalina Vegetables~ Hot Dog Bun Chocolate Cake Milk Mustard Diet - Cake	BBQ Pork Rib Patty+ Tossed Salad Chuckwagon Corn Dinner Roll Hot Spiced Apples Milk Italian Salad Dressing Diet - Same	

^ - Contains Sulfites
 * - Turkey
 + - Pork
 ~ - New Menu Item