

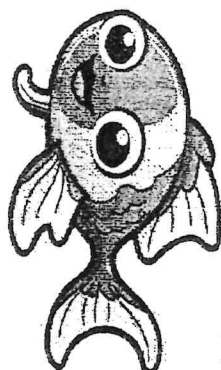
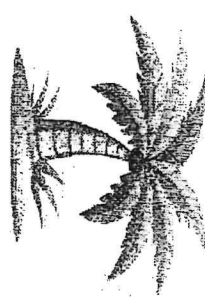
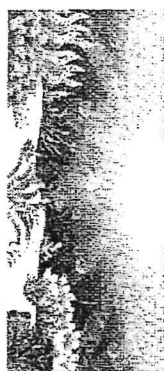
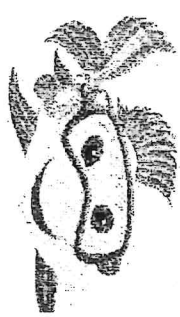

**MENU ON BACK-**  
 Call - 405-732-0302 for meal  
 Reservations. 9am-11:30am  
**SENIOR CENTER OFFICE**  
 -----405-739-1200-----



| S | MONDAY  | TUESDAY  | WEDNESDAY   | THURSDAY  | FRIDAY   | S  |
|---|---|--|---|---|--|----|
| U |   |  |   |   |  | A  |
| 4 | Come have coffee with Midwest City Mayor, Matt Dukes. The 3 <sup>rd</sup> Wednesday of this month 9:30-10:30AM<br>August field trip will be posted on our bulletin board, 2 weeks before we go! | ... Mr. David Cranford will be here on Wednesday mornings to visit with those who have questions about Medicare/Medicaid and Insurance. 9a-10a   | *For all lunch appointments you must register. See Ms. Angie, our Site Manager for meals. Call 24 hrs. Before lunch time @405-732-0302 for a reservation. Phone reservations accepted from 9am-11:30pm. | TRIAD/SALT (Seniors and law enforcement together) will meet the 3 <sup>rd</sup> Tues, at 1:00 pm. Dpt. Tara Hardin (with the Ok. County Sheriff's office) always has new and interesting information for you! Please join us. | 8a - 11a Dominos!<br>8a - 11:30 & a 12-4p - Pinochie'<br>9-10a - Gospel singing (Grand Rm)<br>10a - 11 *Exercise Group<br>11a - Tai Chi<br>11:15 Dine in Lunch w/Reservations<br>12-4 Mexican Train Dominos<br>1p - 4p Pickle Ball | 1  |
|   | 9-11a Music Jam<br>10a - *Exercise Group<br>11 - Tai Chi<br>11:15 Dine in lunch with Reservations<br>1-3p Woodcarvers<br>1p-4p - Hand & Foot<br>1p - 4p Pickle Ball                             | 9-9:45am - Yoga<br>9a -12 - Dominos!<br>8a - 11:30 & a 12-4p - Pinochie'<br>10a - *Exercise Group<br>12p - *BINGO!<br>11:15 Dine in lunch w/Reservations   | 9am-11a Wood carvers<br>10a *Exercise<br>10a Bible Study (Parlor) +<br>11a - Tai Chi<br>11:15 Dine in lunch with Reservations<br>12-4 - Bridge Group<br>1pm-4pm Board Games<br>1pm - *Line Dancing!     | 9-9:45am - Yoga<br>9-30a-12 Knit/Crochet<br>10a - *Exercise Group<br>11:15 Dine in Lunch w/ Reservations<br>1-4p - Art in the afternoon!<br>1p-4p - Hand & Foot<br>6:30-9p Live Band \$10.00                                  | 8a - 11a Dominos!<br>8a - 11:30 & a 12-4p - Pinochie'<br>10a - *Exercise Group<br>11a - Tai Chi<br>11:15 Dine in Lunch with Reservations<br>12-4 Mexican Train Dominos<br>1p - 4p Pickle Ball                                      | 8  |
|   | 9-11a Music Jam<br>10a - *Exercise Group<br>11a - Tai Chi<br>11:15 Dine in lunch, with Reservations<br>1p-4p - Hand & Foot<br>1-3p Woodcarvers<br>1p - 4p Pickle Ball                           | 9-9:45am - Yoga<br>9a -12 - Dominos!<br>8a - 11:30 & a 12-4p - Pinochie'<br>10a - *Exercise Group<br>11:15 Dine in lunch w/Reservations<br>12-4pm SWOOP!!<br>- 9p Fun Timers Square Dancing...       | 9-11a Wood carvers<br>10a Exercise Group & 10a Bible Study<br>11a - Tai Chi<br>11:15 Dine in Lunch with Reservations<br>12-4 - Bridge<br>1pm-4pm Board Games<br>1pm - *Line Dancing!                    | 9-9:45am - Yoga<br>9:30-12 Knit/Crochet<br>10a - *Exercise Group<br>11:15 Dine in Lunch w/ Reservation<br>1-4p - Hand & Foot<br>1-4 - Art in the afternoon!<br>7-9 pm D A V<br>7:00-9pm Live Band \$10.00                     | 8a - 11a Dominos!<br>8a - 11:30 & a 12-4p - Pinochie'<br>10a - *Exercise Group<br>11a - Tai Chi<br>11:15 Dine in Lunch with Reservations<br>12-4 Mexican Train Dominos<br>1p - 4p Pickle Ball                                      | 15 |
|   | 9-11a Music Jam<br>10a - *Exercise Group<br>11 - Tai Chi<br>11:15 Dine in lunch with Reservations<br>1-3p Woodcarvers<br>1p-4p - Hand & Foot<br>1p - 4p Pickle Ball                             | 9-9:45am - Yoga<br>9a -12 Dominos!<br>8a - 11:30 & a 12-4p - Pinochie'<br>10a - *Exercise Group<br>11:15 Dine in lunch w/ Appt.<br>12p - *BINGO!<br>1pm - TRIAD/SALT<br>2:00-4:00 - Quilts and More! | 9-11a Wood carvers<br>9:30-10:30 *Mayor Matt Dukes<br>10a *Exercise Group<br>11a - *Tai Chi<br>11:15 Dine in lunch with Reservations<br>12-4 - Bridge<br>1pm-4pm Board Games<br>1pm - *Line Dancing!    | 9-9:45am - Yoga<br>9:30am-12 Knit/Crochet<br>10a - *Exercise Group<br>11:15 Dine in lunch with Reservation<br>1-4p - Hand & Foot<br>1-4 - Art in the afternoon!<br>7-9 pm D A V<br>7:00-9pm Live Band \$10.00                 | 8a - 11a Dominos!<br>8a - 11:30 & a 12-4p - Pinochie'<br>10a - *Exercise Group<br>11a - Tai Chi<br>11:15 Dine in Lunch with Reservations<br>12-4 Mexican Train Dominos<br>1p - 4p Pickle Ball                                      | 22 |
|   | 9-11a Music Jam<br>10a - *Exercise Group<br>11 - Tai Chi<br>11:15 Dine in lunch with Reservations<br>1-3p Woodcarvers<br>1p-4p - Hand & Foot<br>1p - 4p Pickle Ball                             | 9-9:45am - Yoga<br>9a -12 Dominos!<br>8a - 11:30 & a 12-4p - Pinochie'<br>10a - *Exercise Group<br>11:15 Dine in lunch w/ Appt.<br>12-4pm SWOOP!!<br>7p - 9p Fun Timers Square Dancing               | 9-11a Wood carvers<br>10a *Exercise Group (Parlor)<br>11a - Tai Chi<br>11:15 Dine in lunch with Reservations<br>12-4 - Bridge<br>1pm-4pm Board Games<br>1pm - *Line Dancing!                            | 9-9:45am - Yoga<br>9:30am-12 Knit/Crochet<br>10a - *Exercise Group<br>11:15 Dine in lunch with Reservation<br>1-4p - Hand & Foot<br>1-4 - Art in the afternoon!<br>7-9 pm D A V<br>7:00-9pm Live Band \$10.00                 | 8a - 11a Dominos!<br>8a - 11:30 & a 12-4p - Pinochie'<br>10a - *Exercise Group<br>11a - Tai Chi<br>11:15 Dine in Lunch with Reservations<br>12-4 Mexican Train Dominos<br>1p - 4p Pickle Ball                                      | 29 |

**MENU ON BACK!**

# AUGUST MENU 2025

| Mon   | Tue  | Wed   | Thu  | Fri   |
|---|--|---|--|---|
| 1   |  |   |  |   |
|   |                                       |                             |                       |    |
| <p>PORK CHOP<br/>MASHED POTATOES<br/>W/GRAVY<br/>MIXED VEGGIES<br/>ORANGE<br/>WHEAT BREAD<br/>MILK</p>                    | <p>PENNE PASTA W/ITALIAN<br/>SAUSAGE<br/>STEAMED BROCCOLI<br/>SALAD<br/>HOT BREAD PUDDING<br/>WHEAT BREAD<br/>MILK</p>   | <p>BAKED CHICKEN SALAD<br/>GLAZED SWEET POTATOES<br/>GREEN BEANS<br/>JELLO W/FRUIT<br/>WHEAT BREAD<br/>MILK</p> | <p>CHICKEN FAJITAS<br/>MEXICAN STREET CORN<br/>CINNAMON CARROTS<br/>COOKIE<br/>FLOUR TORTILLA<br/>MILK</p> | <p>PASTA SALAD W/TURKEY,<br/>HAM &amp; CHEESE<br/>CALIFORNIA MIX SALAD<br/>CORN RELISH<br/>COOKIE<br/>CRACKERS (8)<br/>MILK</p> |
| 2   |  |   |  |   |
| <p>CHICKEN FRIED STEAK<br/>MASHED POTATOES<br/>W/GRAVY<br/>CALIFORNIA VEGGIE MIX<br/>PEACHES<br/>WHEAT BREAD<br/>MILK</p> | <p>TACO<br/>CHILI BEANS<br/>LETTUCE, TOMATO, ONIONS,<br/>CHEESE<br/>HOT FRUIT COMPOTE<br/>TORTILLA<br/>MILK</p>          | <p>NAVY BEANS &amp; HAM<br/>TOMATO RELISH<br/>CREAMY COLESLAW<br/>BLUEBERRY JELLO<br/>CORNBREAD<br/>MILK</p>    | <p>BEEF FRANK<br/>BAKED BEANS<br/>SAUERKRAUT<br/>PUDDING<br/>BUN<br/>MILK</p>                              | <p>BAKED FISH FILET<br/>HOMINY<br/>CINNAMON CARROTS<br/>CAKE<br/>WHEAT BREAD<br/>MILK</p>                                       |
| 3   |  |   |  |   |
| <p>BBQ PORK<br/>POTATO CASSEROLE<br/>CALIFORNIA VEGGIE MIX<br/>ORANGE<br/>BUN</p>   | <p>EGG SALAD<br/>PICKLED BEETS<br/>SUNSHINE GELATIN<br/>COOKIE<br/>WHEAT BREAD (2)<br/>MILK</p>                          | <p>BEEF STROGANOFF<br/>GREEN PEAS<br/>GREEN SALAD<br/>HOT FRUIT COMPOTE<br/>WHEAT BREAD<br/>MILK</p>            | <p>JAMBALAYA<br/>RICE<br/>GREEN BEANS<br/>JELLO W/FRUIT<br/>WHEAT BREAD<br/>MILK</p>                       | <p>CHEF SALAD<br/>TURKEY, EGG, CHEESE<br/>POTATO SALAD<br/>AMBROSIA<br/>CRACKERS (8)<br/>MILK</p>                               |
| 4   |  |   |  |   |
| <p>SLOPPY JOE<br/>BAKED BEANS<br/>CARROT CRUNCH<br/>HOT FRUIT COMPOTE<br/>BUN<br/>MILK</p>                                | <p>MACARONI &amp; CHEESE<br/>W/SAUSAGE<br/>BROCCOLI<br/>GREEN SALAD<br/>HOT ROSY APPLESAUCE<br/>WHEAT BREAD<br/>MILK</p> | <p>CONFETTI BEANS &amp; HAM<br/>TOMATO RELISH<br/>CREAMY COLESLAW<br/>COOKIE<br/>CORNBREAD<br/>MILK</p>         | <p>TACO SALAD<br/>CHILI BEANS<br/>GREEN SALAD<br/>HOT BREAD PUDDING<br/>CHIPS &amp; SALSA<br/>MILK</p>     | <p>COLD PLATE<br/>HAM &amp; CHEESE<br/>PEA SALAD<br/>CORN RELISH<br/>BANANA<br/>WHEAT BREAD (2)<br/>MILK</p>                    |
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