

# June

# 2019

## Menu and Activities Calendar

Santa Cruz Council on Aging, Inc.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	<b>3</b> <b>Chorus Classes</b> 9:30am to 11:30am  Chicken Stir Fry, Steamed Rice, Stir Fry Vegetables, Fruit, Milk	<b>4</b> <b>Manuela Lopez</b> <b>Exercise Class</b> 10:30am  Hot Dog, Baby Carrots, Fruit, Milk	5  Chicken Fajitas, Beans, Spanish Rice, Fruit, Milk	<b>6</b> <b>Exercise Class</b> 10:30am  Chipotle BBQ Meatloaf, Mashed Potatoes, Dinner Roll, Fruit, Milk	7  Chicken Chop Suey, Broccoli, Steamed Rice, Fruit, Milk	8
9	<b>10</b> <b>Irela Corral</b> <b>Margarita Perez Pina</b> <b>Chorus Classes</b> 9:30am to 11:30am  Hamburger, Carrots, Fruit, Milk	<b>11</b> <b>Rodolfo Castro</b> <b>Exercise Class</b> 10:30am  Breaded Chicken, Mashed Potatoes, Fruit, Milk	<b>12</b> <b>Knitting</b>  Country Fried Steak, Mixed Vegetables, Fruit, Milk	<b>13</b> <b>Exercise Class</b> 10:30am  Chicken Alfredo, Green Salad, Fruit, Milk	<b>14</b> <b>Herminia Valencia</b>  Fish Tacos, Beans, Fruit, Milk	15
<b>16</b> <b>Enedelina Campos</b> <b>Graciela Trevino</b> <b>Maria Cubillas</b>	<b>17</b> <b>Chorus Classes</b> 9:30am to 11:30am  Beef and Broccoli, Steamed Rice, Corn, Fruit, Milk	<b>18</b> <b>Exercise Class</b> 10:30am <b>Knitting</b>  Chicken Tacos, Beans, Spanish Rice, Fruit, Milk	<b>19</b> <b>Knitting</b>  Baked Penne, Broccoli, Fruit, Milk	<b>20</b> <b>Exercise Class</b> 10:30am  Fish and Chips, Fries, Fruit, Milk	<b>21</b> <b>Elvira Hernandez</b> <b>Octavio Opadaca</b>  Chicken Pozole, Carrots, Fruit, Milk	<b>22</b> <b>Socorro Rodriguez</b> <b>Norma Cecilia Ibarra</b> <b>Conrad Villegas</b>
23	<b>24</b> <b>Chorus Classes</b> 9:30am to 11:30am  Orange Chicken, Steamed Rice, Stir Fry Vegetables, Fruit, Milk	<b>25</b> <b>Exercise Class</b> 10:30am  Cheese Quesadilla, Beans, Fruit, Milk	<b>26</b>  Spaghetti w/ Meatsauce, Broccoli, Dinner Roll WG, Fruit, Milk	<b>27</b> <b>Exercise Class</b> 10:30am  Taco Salad, Corn, Dinner Roll WG, Fruit, Milk	<b>28</b> <b>Five Year Anniversary Celebration</b>  Veggie Lasagna, Carrots, Dinner Roll, Fruit, Milk	<b>29</b> <b>Pete Estrada</b>
30		Notes: <b>Birthdays</b> Activities-Cards/Bingo daily after lunch <b>Menu</b>	<b>THANKS TO OUR PARTNERS</b> 		Menu Approved by: <b>Alan Coker R.D.</b> Sodexo Quality of Life Services 10802 N. Black Canyon HWY Phoenix, AZ 85053 Email: alan.coker@sodexo.com	

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All menu and activities are subject to change