

The Weekly Connection

Personal Care | April 21-27, 2024

Highlighted programs for the week. These activities are in addition to your regular daily activities included on your monthly calendar.

Sunday, April 21

10:00am Church Service (Fellowship Room)

Sunday Matinee

1:00pm Moon Light in Vermont Hallmark Channel 137

1:00pm PBA Bowling FOX Channel 5

Monday, April 22

10:00am Bingo (Dining Room)

2:00pm Stretching (Dining Room)

Tuesday, April 23

10:00am Current Events (Dining Room)

2:00pm Dominoes (Dining Room)

Wednesday, April 24

10:00am Balloon Volleyball (Dining Room)

2:00pm Chat with the Chaplain (Dining Room)

Thursday, April 25

10:45am Fun & Fitness (Dining Room)

2:00pm Documentary Part 2 (Dining Room)

3:30pm Rosary (Arlington Sun Porch)

Friday, April 26

10:00am Manicures (Parlor)

2:00pm National Pretzel Day (Dining Room)

2:00pm Life Long Learning (Wellness Lounge)

Saturday, April 27

10:00am It's Puzzling (Dining Room)

2:00pm Dominoes (Dining Room)

Life Long Learning

April 26

2:00pm

Wellness Lounge

Topic: "Avoiding Apocalypse: How Science and Scientists Ended the Cold War."

Speaker: *Jeff Colvin, nuclear physicist and writer.*

2024 4	Sunday April 21	Monday April 22	Tuesday April 23	Wednesday April 24	Thursday April 25	Friday April 26	Saturday April 27
Breakfast	Assorted Juices Assorted Cold Cereals Assorted Toast Oatmeal Egg & Ham Bake	Assorted Juices Assorted Cold Cereals Assorted Toast Oatmeal with Cinnamon Banana-Stuffed French Toast Scrambled Eggs	Assorted Juices Assorted Cold Cereals Assorted Toast Hot Oatmeal Fried Egg Bacon	Assorted Juices Assorted Cold Cereals Assorted Toast Cream of Wheat Waffles Scrambled Eggs	Assorted Juices Assorted Cold Cereals Assorted Toast Hot Oatmeal Southwestern Breakfast Casserole	Assorted Juices Assorted Cold Cereals Assorted Toast Hot Oatmeal Cinnamon Roll Cheesy Scrambled Eggs	Assorted Juices Assorted Cold Cereals Assorted Toast Cream of Wheat Pumpkin Pancakes Sausage Link
Lunch	Beef Stew Roasted Garlic Chicken Sautéed Green Beans Brussels Sprouts Boston Cream Pie	Chicken Pot Pie Country Fried Steak Biscuit Mashed Potatoes Peas Butterscotch Pudding Parfait	Tuna Noodle Casserole Baked Ham Dinner Roll Baked Sweet Potatoes Maple-Glazed Carrots Blonde Brownie	Spaghetti with Meat Sauce Lemon Dill Tilapia Sautéed Green Beans Garlic Breadstick Frosted Chocolate Cake	Mustard-Glazed Baked Ham Open-Faced Roast Beef Sandwich Au Gratin Potatoes Sliced Harvard Beets Cauliflower Cream Cheese Bar	Baked Chicken Thigh Popcorn Shrimp Parsified Potatoes Coleslaw Peas & Carrots Mandarin Oranges	Salisbury Steak Quiche Lorraine Garlic Mashed Potatoes Stewed Tomatoes Mixed Vegetables Tapioca Pudding
Dinner	Potato Leek Soup Grilled Turkey & Cheese Sandwich Cottage Cheese Fruit Plate Baked Potato Salad Caesar Salad Mandarin Oranges	Navy Bean Soup Beef Stir-Fry Turkey Salad Sandwich Rice Stir-Fry Vegetables Fruit Cocktail	Cream of Potato Soup Reuben Sandwich Hot Dog Tossed Salad Green Beans Baked Steak Fries Sliced Pears	Cauliflower & Cheddar Soup Grilled Bratwurst Beef Meatloaf Braised Red Cabbage Mixed Vegetables Hot German Potato Salad Pineapple Tidbits	Chili Con Carne Grilled Chicken Breast Sandwich Tossed Salad Cornbread Crinkle Cut French Fries Fresh Grapes	Chicken Noodle Soup Beef Taco Casserole Chicken Salad on Bun Mexican Corn Tossed Salad Seasoned Rice Churro	Tomato Basil Soup BBQ Pulled Pork Sandwich Grilled Cheese Sandwich Oven-Fried Potato Wedges Broccoli Cuts Fresh Fruit

Milk, water and assorted hot and cold beverages available at every meal. Additional menu choices are located on our Always Available menu.