



# APRIL

All activities and congregate lunches currently offered at the **Senior Resource and Community Center** in White Cloud



**Vegetable and Fruit served with every meal.**

**Menu is subject to change.**

## ACTIVITIES & MEALS CALENDAR



Please no Outside Food or Drink.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> 10:00am: Enhance Fitness Classes 11:30am: Lunch Served  Celebrating April Birthday's with a special lunch treat!	<b>2</b> 11:30am: Lunch Served	<b>3</b> 11:00am: Live Music by Mark and Friends 11:30am: Lunch Served	<b>4</b> 11:00am: Free Blood Pressure Checks 11:30am: Lunch Served 12:30pm-1:00pm: <b>BINGO</b>	<b>5</b> 10:00am: Enhance Fitness Classes 11:30am: Lunch Served
<b>Cabbage Roll</b>	<b>BLT Wrap</b>	<b>Sweet and Sour Pork with Rice</b>	<b>Lemon Parmesan Chicken</b>	<b>French Onion Beef Casserole</b>
<b>8</b> 10:00am: Enhance Fitness Classes 11:30am: Lunch Served	<b>9</b> 11:00am: Live Music by Ted 11:30am: Lunch Served	<b>10</b> 10:00am: Enhance Fitness Classes 11:30am: Lunch Served 12:30pm-1:00pm: <b>BINGO</b>	<b>11</b> 11:30am: Lunch Served  Whitecaps Baseball Game Trip	<b>12</b> 10:00am: Enhance Fitness Classes 11:30am: Lunch Served
<b>Cold Cut Hoagie</b>	<b>Kielbasa Gnocchi Soup</b>	<b>Hot Beef Sandwich</b>	<b>Honey, Cinnamon and Apple Chicken</b>	<b>Raisin Bread Sausage Bake</b>

<b>15</b>	<b>10:00am:</b> Enhance Fitness Classes <b>11:00am:</b> TRIVIA <b>11:30am:</b> Lunch Served	<b>16</b>	<b>11:30am:</b> Lunch Served	<b>17</b>	<b>10:00am:</b> Enhance Fitness Classes <b>11:00am:</b> Free Blood Pressure Checks and Live Music by Steve Troyer <b>11:30am:</b> Lunch Served	<b>18</b>	<b>11:30am:</b> Lunch Served <b>12:30pm-1:00pm:</b> BINGO	<b>19</b>	<b>10:00am:</b> Enhance Fitness Classes <b>11:00am:</b> Live Music by Whirlin' Wind <b>11:30am:</b> Lunch Served
<b>22</b>	<b>10:00am:</b> Enhance Fitness Classes <b>10:30am-11:00am:</b> Creative Corner <b>11:30am:</b> Lunch Served	<b>23</b>	<b>11:30am:</b> Lunch Served	<b>24</b>	<b>10:00am:</b> Enhance Fitness Classes <b>11:30am:</b> Lunch Served <b>12:30pm-1:00pm:</b> BINGO	<b>25</b>	<b>11:30am:</b> Lunch Served	<b>26</b>	<b>10:00am:</b> Enhance Fitness Classes <b>11:30am:</b> Lunch Served
<b>29</b>	<b>10:00am:</b> Enhance Fitness Classes <b>11:30am:</b> Lunch Served	<b>30</b>	<b>11:00am:</b> Senior Snippet: Teladoc Information with Corewell Health <b>11:30am:</b> Lunch Served						
	<b>Homestyle Goulash</b>		<b>Chicken Caesar Wrap</b>						
	<b>Beef Patty with Mushroom Gravy</b>		<b>Chef Selection</b>		<b>Homemade Chicken Pot Pie</b>		<b>Breakfast Sandwich</b>		<b>Patty Melt Sliders</b>
	<b>Tuna Noodle Casserole</b>		<b>Teriyaki Chicken and Rice</b>		<b>Chili Dog</b>		<b>Chicken Fried Steak</b>		<b>Apricot and Peach Pork Stuffing</b>