



# Pueblo of Zuni Senior Center August 2016 Activity Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 <b>ZSC Staff Meeting</b> <b>No Food Services</b> 2:00-3:00 Enhance Fitness	2 12:00-1:00 Lunch 1:00-2:00 Make Ice Cream Sandwiches 2:00-3:00 Enhance Fitness	3 12:00-1:00 Lunch 1:00-2:00 Sewing project 2:00-3:00 Enhance Fitness	4 12:00-1:00 Lunch 1:00-3:00 Sewing Project	5 9-12 <b>In-Service</b> 12:00-1:00 Lunch 1:00-3:00 BINGO	6 
7 	8 12:00-1:00 Lunch 1:00-2:00 Make Leis 2:00-3:00 Enhance Fitness School starts for ZPS/ St. Anthony	9 12:00-1:00 Lunch 1:00-2:00 Make Leis 2:00-3:00 Enhance Fitness	10 12:00-1:00 Lunch 1:00-2:00 Make Leis 2:00-3:00 Enhance Fitness	11 <u>Kite Day</u> 12:00-1:00 Lunch 1:30-3:00 Hands-on cooking class w/ Food Distribution	12 12:00-1:00 Lunch 1:00-3:00 Make Invitations for Hawaiian Party	13 
14	15 12:00-1:00 Lunch 1:00-2:00 Cont. Invitations 2:00-3:00 Enhance Fitness 1st Day of school for Zuni Head Start	16 12:00-1:00 Lunch 1:00-2:00 Cont. Invitations 2:00-3:00 Enhance Fitness	17 12:00-1:00 Lunch 1:00-2:00 Cont. invitations 2:00-3:00 Enhance Fitness /2pm YLD Chair Aerobics @ ADC	18 12:00-1:00 Lunch 1:00-2:00 Hawaii Decorations 2:00-3:00 YLD Elderly Workout	19 12:00-1:00 Lunch 1:00-3:00 Hawaiian Celebration @ ADC parking lot	20 <u>National Radio Day</u> 
21 	22 <b>NO SERVICES STAFF TRAINING</b> Conference on Aging	23 <b>NO SERVICES STAFF TRAINING</b> Conference on Aging	24 <b>NO SERVICES STAFF TRAINING</b> Conference on Aging	25 12:00-1:00 Lunch 1:00-3:00 Decorations for float	26 12:00-1:00 Lunch 1:00-3:00 Decorations for float	27
28	29 12:00-1:00 Lunch 1:00-2:00 Decorations for float 2:00-3:00 Enhance Fitness	30 12:00-1:00 Lunch 1:00-2:00 Decorations for float 2:00-3:00 Enhance Fitness	31 12:00-1:00 Lunch 1:00-2:00 Decorate float 2:00-3:00 Enhance Fitness			

Dorothy Buketwa  
Menu Prepared by



# Zuni Senior Center

## August 2016









### Lunch Menu

\* Menu is subject to change without notice

\* Meal delivery may vary

\* For cancellations or questions, please call  
(505) 782-5541

Nancy Green, RD  
Menu Reviewed & Approved by

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 No Food Services ZSC Staff	2 Italian Mac w/ cheese Winter blend vegetable Sliced peaches Wheat roll	3 Pork Roast Bread stuffing Green beans Toss salad w/ranch Dressing Apple sauce	4 Baked Chicken Breast Capri blend vegetables Orange slices Wheat roll	5 Red Chili Beans Sliced cheese Waldorf salad Green leaf onion Banana Wheat roll	
	8 Broccoli Soup Steamed carrots Sliced peaches Turkey Sandwich	9 Supreme Pizza Italian blend Vegetable Spring salad Fruit cocktail	10 Beef Posole Carrot salad Watermelon dice Wheat roll	11 Sliced Ham Mashed potatoes Capri blend vegetables Pineapple tidbits Wheat roll	12 Patty Melt w/ cheese & onions Peas & carrots Purple plum Wheat roll	
	15 Pork Tamale mush Sliced beets Cucumber salad Apple sauce w/ cinnamon	16 Chicken Enchiladas Green beans Toss salad Fruit cocktail Wheat roll	17 Bean Burrito w/ diced onions & cheese Green chili sauce Steamed zucchini Apricot halves	18 Beef stroganoff w/ mushroom & diced onions Sweet peas Mandarin oranges Wheat roll	19 Mexican chicken Breast w/ salsa & sour cream & cheese Sliced carrots Pear halves Wheat roll	
	22 Sub Sandwich Sliced bell pepper, onion, Lettuce, tomatoes & mozzarella cheese Sun chips Fresh strawberries & Kiwi	23 <b>No Food Services Zuni Senior Center Staff Training</b>	24 <b>No Food Services Zuni Senior Center Staff Training</b>	25 Beef patty w/ onions & gravy Steamed rice Steamed broccoli Sliced peaches Wheat roll	Chicken Vegetable stew w/ noodles, celery, carrots & diced onion Mandarin oranges Wheat roll	
	29 Turkey Sandwich w/ onions, bell pepper, Mozzarella cheese Baby carrots sticks Sun chips Purple plum	30 Philly sandwich w/ green pepper, sliced onions, sliced mushroom Potato squares Spinach Diced Cantaloupe	31 Pinto beans Waldorf salad Pineapple & mandarin orange cup Corn bread			



A D C  
Sun

# Activities

# AUGUST 2016

Mon

Tue

Wed

Thu

Fri

Sat

	<p><b>1</b> <b>NO SERVICES</b>  <b>Staff Meeting</b></p>	<p><b>2</b> 10:00-12:00 foil art 12:00-1:00 Lunch 1:00-3:00 bingo invitations to congregate</p>	<p><b>3</b> 10:00-3:00 <b>Gallup Shopping Trip</b></p>	<p><b>4</b> 10:00-12:00 foil art 12:00-1:00 Lunch 1:00-3:00 finish foil art</p>	<p><b>5</b> 10:00-12:00 art frame 12:00-1:00 Lunch 1:00-2:00 art frame 2:00-3:00 chair Aerobics</p>	<p><b>6</b> </p>
	<p><b>8</b> 10:00-12:00 foil art frame 12:00-1:00 Lunch 1:00-2:00 current events 2:00-3:00 chair Aerobics</p>	<p><b>9</b> 10:00-12:00 writing back to school stories 12:00-1:00 Lunch 1:00-3:00 share stories</p>	<p><b>10</b> 10:00-12:00 finish up stories 12:00-1:00 Lunch 1:00-2:00 puzzles of choice 2:00-3:00 chair Aerobics</p>	<p><b>11</b> <i>Hands on Linkz</i> 10:00-12:00 decorate activities 12:00-1:00 Lunch 1:00-3:00 back to school bingo with congregate</p>	<p><b>12</b> 10:00-12:00 back to school activities 12:00-1:00 Lunch 1:00-2:00 current events 2:00-3:00 chair Aerobics</p>	<p><b>13</b> </p>
<p><b>14</b> </p>	<p><b>15</b> 10:00-12:00 group reading 12:00-1:00 Lunch 1:00-2:00 color by math 2:00-3:00 chair Aerobics</p>	<p><b>16</b> 10:00-12:00 nature art 12:00-1:00 Lunch 1:00-3:00 yarn bowl</p>	<p><b>17</b> 10:00-12:00 yarn bowl 12:00-1:00 Lunch 1:00-2:00 word puzzles 2:00-3:00 chair Aerobics</p>	<p><b>18</b> 10:00-12:00 national geographic movie 12:00-1:00 Lunch 1:00-3:00 movie</p>	<p><b>19</b> 10:00-12:00 animal collage 12:00-1:00 Lunch 1:00-2:00 animal collage 2:00-3:00 chair Aerobics</p>	<p><b>20</b> </p>
<p><b>21</b> </p>	<p><b>22</b> <b>NO SERVICES</b>  <b>STAFF TRAINING</b></p>	<p><b>23</b> <b>NO SERVICES</b>  <b>STAFF TRAINING</b></p>	<p><b>24</b> <b>NO SERVICES</b>  <b>STAFF TRAINING</b></p>	<p><b>25</b> 10:00-12:00 memory book 12:00-1:00 Lunch 1:00-3:00 memory book</p>	<p><b>26</b> 10:00-12:00 jingo 12:00-1:00 Lunch 1:00-2:00 current events 2:00-3:00 chair Aerobics</p>	<p><b>27</b> </p>
<p><b>28</b></p>	<p><b>29</b> 10:00-12:00 jellyfish in a bottle 12:00-1:00 Lunch 1:00-2:00 expressive art 2:00-3:00 chair Aerobics</p>	<p><b>30</b> 10:00-12:00 pompom character 12:00-1:00 Lunch 1:00-3:00 pompom art</p>	<p><b>31</b> 10:00-12:00 birthday cards 12:00-1:00 Lunch 1:00-3:00 birthday party</p>			

