

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 9:30 Chair Volleyball 10:00 Coloring with Paulette 10:00 Hand and Foot 10:00 Skip Bo 10:30 Dominoes 12:30 Bingo w/ Nye 1:30 Open Games BBQ Pork Rib Patty Italian Chicken Salad on Croissant	2 9:00 Rummikub 9:30 Line Dancing 9:30 Garbage Cards 10:00 Hints w/ Home Instead 10:30 Special Music with Wally on the Piano Mexican Tortilla Casserole Ham, Turkey, Roast Beef Sandwich	3 9:00 Rummikub 9:15 Tai Chi 9:30 Exercises 9:30 Garbage Cards 10:30 Bingo 12:30 Sheepshead and Pinochle Baked Cod Loin in Sauce Classic Chef Salad	4 9:00 Rummikub 9:30 Chair Volleyball 9:30 Traveling Pitch at Arlington 10:00 UNO Attack 10:30 Bingo w/ Pro-Med Care 1:00 Center Closes Meatball Marinara Subs Ham-Cheese on Ciabatta Bun	5
	6 Friendship Day! 	7 9:00 Rummikub 9:30 Tai Chi 9:30 Exercises 10:00 Hand and Foot 10:00 Garbage Cards 10:30 Farkle 12:30 Sheepshead/Pitch Creamy Italian Chicken Roast Beef Tomato Wrap	8 9:30 Chair Volleyball 10:00 Coloring with Paulette 10:00 Hand and Foot 10:00 Skip Bo 10:30 Dominoes 12:30 Bingo w/ Shalimar 1:30 Open Games Teriyaki Meatballs Chicken Salad on Croissant	9 9:30 Line Dancing 9:30 Exercises 9:30 Skip Bo 10:30 Special Music The Neal's 11:30 Birthday Party Oven Roasted Pork Loin Turkey Chef Salad	10 9:00 Rummikub 9:15 Tai Chi 9:30 Exercises 9:30 Garbage Cards 10:30 Mystery Bingo 12:30 Sheepshead and Pinochle Chicken Marsala Ham and Cheese Sandwich	11 7:45 AM Leave for ENOA Walk-a-thon Free Massages Tai Chi and Yoga Demos Lunch, walking and Ice Cream on the way home! 1:00 Center Closes
13 Happy Left Hander's Day to all of us in our right mind! 	14 9:00 Rummikub 9:30 Tai Chi 9:30 Exercises 10:00 Hand and Foot 10:30 Music with Ron Schulzkamp! Hot Roast Beef Sandwich Ham Salad on Marble Bread	15 9:30 Chair Volleyball 10:00 Coloring with Paulette 10:00 Hand and Foot 10:00 Skip Bo 10:30 Dominoes 12:30 Bingo w/ Home Instead 1:30 Open Games Cheeseburger Turkey Chef Salad	16 9:30 Line Dancing 9:30 Exercises 9:30 Skip Bo 9:30 Dominoes 10:30 Special Music Bill Chrastil 12:30 Pitch Tournament Baked Pit Ham Tuna Salad on Hoagie Bun	17 9:00 Rummikub 9:15 Tai Chi 9:30 Exercises 9:30 Garbage Cards 10:30 Poker Bingo 12:30 Sheepshead and Pinochle Diced Turkey and Gravy Crab & Shrimp Macaroni Sld	18 9:30 Rummikub 9:30 Chair Volleyball 10:00 Skip Bo 10:00 Garbage Cards 10:30 Bingo with Caring Senior Services 1:00 Center Closes SW Chicken Chili Ham-Cheese on Ciabatta Bun	19
20 National Radio Day! WE LOVE KHUB! 	21 9:00 Rummikub 9:30 Exercises/Tai Chi 10:00 Hand and Foot 10:30 Bohemian Pitch 10:30 Farkle 12:30 Sheepshead/Pitch Beef-Country Potato Casserole Egg Salad on Vienna Bread	22 9:30 Chair Volleyball 10:00 Coloring with Paulette 10:00 UNO Flash 10:30 Bohemian Pitch 12:30 Bingo w/ Pathfinder 1:30 Open Games Chicken Sloppy Joe Beef Taco Salad	23 9:00 -1:30 Toe Nail Clinic 9:30 Line Dancing 9:30 Board Meeting 10:30 Special Music with George and the Jrs 12:30 Pitch Tournament Meatballs w/ Stroganoff Cobb Salad	24 9:00 Rummikub 9:15 Tai Chi 9:30 Exercises 9:30 Garbage Cards 10:30 Bingo 12:30 Sheepshead/Pinochle Cheesy Chicken-Rice Casserole Classic Chef Salad	25 9:30 Rummikub 9:30 Chair Volleyball 10:00 Skip Bo 10:00 Garbage Cards 10:00 Canasta 1:00 Center Closes Potato Crunch Fish Fillet Turkey & Cheese Sandwich	26 National Dog Day 
27	28 9:00 Rummikub 9:30 Exercises/Tai Chi 10:00 Hand and Foot 10:00 Garbage Cards 10:30 Farkle 12:30 Sheepshead/Pitch Oven Roasted Turkey Denver Omelet Salad	29 9:30 Chair Volleyball 10:00 Coloring with Paulette 10:00 UNO Flash 10:30 Bohemian Pitch 12:30 Bingo 1:30 Open Games Pork Chop Fritter Creamy Crab Meat-Pasta Sld	30 9:00 Rummikub 9:30 Line Dancing 9:30 Skip Bo 10:30 Special Music with Wayne Miller 12:30 Pitch Tournament Hearty Beef Stew Fiesta Chicken Salad Wrap	31 9:00 Rummikub 9:15 Tai Chi 9:30 Exercises 10:30 You call it Bingo 12:30 Sheepshead/Pinochle 5:30 Supper at State Lakes Liver and Onions Pecan Cranberry Chicken Sld	Suggested lunch contribution is \$3.50 for those 60 and better Lunch served daily at 11:30am-please call by noon the day before Center is opened Monday-Thursday 9:00am-3:00pm Fridays 9:00am-1:00pm Transportation available \$2.00 each way Like us on Facebook: Fremont Friendship Center ENTER AS OUR GUEST...LEAVE AS OUR FRIEND!	