

MAY 2019

FREMONT FRIENDSHIP CENTER

402-727-2815

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | |
|---|--|--|--|---|---|---|--|
|  | Suggested lunch contribution \$4 for those 60 & Better! Lunch served daily at 11:30a! Call by noon the day before. Center is open: Monday-Thursday 9am-3pm, Friday 9am-1p Transportation available \$3.00 each way Like us on Facebook: Fremont Friendship Center | | 1 9:00 Sip and Chat 9:30 Exercises 9:30 Line Dancing 10:00 Hints w/ Home Instead 10:30 Music w/ Wally on Piano 12:30 Pitch Tournament Breakfast for Lunch! Omelet Roast Beef on Kaiser Bun | 2 9:15 Tai Chi and Exercises 10:00 "Steps to decluttering your home w/ Karan from Pathfinder" 10:30 Bingo 12:30 Sheepshead and Pinochle Meatloaf with Gravy BLT Salad | 3 9:00 Rummikub 9:30 Chair Volleyball 10:00 Bohemian Pitch 10:30 Group Game of Catch Phrase CENTER CLOSSES AT 1PM Cheesy Chicken Breast Ham and Cheese Sandwich | 4 | |
| | 5 | 6 9:00 Rummikub 9:15 Exercises 9:30 Scrabble 9:30 Board Game Monday Try a new game today! 12:30 Double Pot Pitch Get double or more if you eat lunch BBQ Pork Rib A Patty Roast Beef Chef Salad | 7 9:00 Rummikub 9:15 Tai Chi 9:30 Chair Volleyball 10:00 Understanding Alzheimer's and Dementia-Alzheimer's Assoc. 12:30 Bingo-FFC 1:30 Open Games Creamed Chicken w/ Gravy Ham and Cheese Sandwich | 8 9:00 Sip and Chat 9:30 Exercises 9:30 Line Dancing 10:30- Special Music with Billy Troy 11:30 Monthly Birthday Party 12:30 Pitch Tournament Baked Ham w/ Citrus Glaze Chicken Caesar Salad | 9 9:15 Tai Chi and Exercises 10:00 Name that Tune with Elite Professionals Home Care Cane and Walker Height Check 10:30 Mystery Bingo 12:30 Sheepshead and Pinochle Baked Cod Loin Roast Beef and Swiss on Bread | 10 9:00 Rummikub 9:30 Chair Volleyball 10:00 Bohemian Pitch 10:00 Farkle 10:00 Cheat Cards 10:30 Bingo with Pro-Med Care CENTER CLOSSES AT 1 PM Cheeseburger Meatloaf Deli Chicken & Cheese Sandwich | 11  |
| | 12 MOTHER'S DAY  | 13 9:00 Rummikub 9:00 Exercises 9:00 Scrabble 9:30 Movie Monday with Man/s Marvelous Popcorn 12:30 Double Pot Pitch Get double or more if you eat lunch Ham and Au gratin Potatoes Greek Chicken Salad | 14 9:15 Tai Chi 9:30 Chair Volleyball 10:00 Coloring w/ Paulette 10:00 Hand and Foot 10:30 Skip Bo 12:30 Bingo-Shalimar 1:30 Open Games Country Fried Steak w/ gravy Chicken Salad on Croissant | 15 9:00 Cinnamon Rolls w/Ny 9:30 Exercises 9:30 Line Dancing 9:30 Hand and Foot Cards 10:30 Special Music with The Links 12:30 Pitch Tournament Sloppy Joe Sandwich Turkey & Swiss on Ciabatta Bun | 16 9:00 Rummikub 9:00 Tai Chi and Exercises 10:00 ENOA Information and Assistance Presentation 10:30 Bingo 12:30 Sheepshead 12:30 Pinochle Lemon Pepper Chicken Crab Salad on Marble Bread | 17 9:00 Rummikub 9:30 Chair Volleyball 10:00 Scrabble 10:00 Bohemian Pitch 10:30 Bingo with Fremont Therapy and Wellness CENTER CLOSSES AT 1 PM Beef Ravioli w/ Marinara Sauce Turkey Chef Salad | 18 |
| | 19 | 20 9:00 Rummikub 9:00 Exercises 9:30 Scrabble 9:30 Board Game Monday 12:30 Double Pot Pitch Get double or more if you eat lunch All Beef Chili Dog Egg Salad on Croissant | 21 9:15 Tai Chi 9:30 Chair Volleyball 10:00 Coloring w/ Paulette 10:30 "Story of Grace Snyder" 12:30 Bingo-Fremont Audiology 1:30 Open Games Turkey Tetrazzini Roast Beef/Bleu Cheese Salad | 22 9:00 Sip and Chat 9:15 Board Meeting 9:30 Line Dancing 10:00 Special Music with John Worsham 12:30 Pitch Tournament Swedish Meatballs Creamy Cheese Tortellini | 23 9:00 Rummikub 9:15 Tai Chi and Exercises 9:30 Mexican Train Dominoes 10:30 Poker Bingo 12:30 Sheepshead and Pinochle Roast Beef and Gravy Turkey Chef Salad | 24 9:00 Rummikub 9:00 Farkle 9:00 Scrabble 9:30 Chair Volleyball 10:30 Group game of Catch Phrase CENTER CLOSSES AT 1 PM Sweet and Sour Chicken Breast Three Meat Hoagie Sandwich | 25  |
| | 26  | 27  CENTER IS CLOSED TODAY | 28 9:15 Tai Chi 9:30 Chair Volleyball 10:00 Bunco 10:00 Coloring w/ Paulette 12:30 Bingo w /Pathfinder 1:30 Open Games Ball Park Bratwurst Lemon Pepper Tuna Sandwich | 29 9:00 Sip and Chat 9:30 Line Dancing 9:30 Exercises 10:30 Entertainment w/ George and the Jrs. 12:30 Pitch Tournament Taco Salad Teriyaki Chicken on Lettuce | 30 9:00 Rummikub 9:15 Tai Chi and Exercises 9:30 Mexican Train Dominoes 10:30 Bingo 12:30 Sheepshead and Pinochle Ground Beef Stew Chicken Pasta Salad | 31 9:00 Rummikub 9:30 Chair Volleyball 10:00 Scrabble 10:00 Bohemian Pitch 10:00 Skip Bo CENTER CLOSSES AT 1 PM Roast Pork Loin with Gravy Chicken Caesar Salad | |