

APRIL 2019

FREMONT FRIENDSHIP CENTER

402-727-2815

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY				
	1 9:00 Rummikub 9:15 Exercises 9:30 Scrabble 10:30 April Fools-Fact of Fiction? 12:30 Double Pot Pitch Get double or more if you eat lunch Sweet and Sour Chicken BLT Salad	2 9:15 Tai Chi 9:30 Chair Volleyball 10:00 Coloring w/ Paulette 10:00 Hand and Foot 12:30 Bingo-Shalimar 1:30 Open Games BBQ Pork Rib Patty Roast Beef Chef Salad	3 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 Chicken and Gravy over Biscuits Roast Beef Sandwich	4 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 and Gravy Ham and Cheddar on Kaiser Bun	5 9:00 Rummikub 9:30 Chair Volleyball 10:00 Cheat Cards 10:30 Presentation by Rich Hirshman "All about Nebraska" CENTER CLOSSES AT 1PM Breakfast for Lunch! Cheese Omelet Chicken Salad on Croissant	6 International Pillow Fight Day! 				
	7	8 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 Sloppy Joe Creamy Cheese Tortellini on lettuce	9 9:15 Tai Chi 9:30 Chair Volleyball 10:00 Coloring w/ Paulette 10:00 Hand and Foot 12:30 Bingo-FFC 1:30 Open Games 5:30 Supper Club-detail on back Cheesy Chicken Breast Three Meat Hoagie	10 9:00 Sip and Chat 9:30 Exercises 9:30 Line Dancing 9:30 Hand and Foot Cards 10:30- Special Music with Bill Chrastil 11:30 Monthly Birthday Party Roast Beef with Gravy Turkey Chef Salad	11 9:00 Rummikub 9:15 Tai Chi and Exercises 10:00 Blood Pressure Checks w/ Elite Professionals Home Care 10:30 Mystery Bingo 12:30 Sheepshead and Pinochle Ham and Au gratin Potatoes Greek Chicken Salad	12 9:00 Rummikub 9:30 Chair Volleyball 10:00 Train Dominoes 10:00 Farkle 10:00 Cheat Cards 10:30 Bingo with Pro-Med Care CENTER CLOSSES AT 1PM Baked Cod Loin in Cream Sauce Roast Beef & Swiss Sandwich	13			
		Palm Sunday 	15 9:00 Rummikub 9:00 Exercises 9:00 Scrabble 9:30 Movie Monday with Mar's Marvelous Popcorn 12:30 Double Pot Pitch Get double or more if you eat lunch Lemon Pepper Chicken Crab Salad on Marble Bread	16 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-Fremont Audiology 1:30 Open Games Meatloaf Sandwich Deli Chicken on Vienna Bread	17 9:00 Cinnamon Rolls w/ Nyla 9:30 Exercises 9:30 Line Dancing 9:30 Hand and Foot Cards 10:30 Special Music with Pam Kragt 12:30 Pitch Tournament Roast Pork Loin and Gravy Chicken Caesar Salad	18 9:00 Rummikub 9:00 Tai Chi and Exercises 10:00 Goal setting to improved nutrition-Michaela, ENOA R.D. 10:30 Bingo 12:30 Sheepshead 12:30 Pinochle Swedish Meatballs Turkey and Swiss on Ciabatta Bun	19 9:00 Rummikub 9:30 Chair Volleyball 10:00 Scrabble 10:00 Farkle 10:30 Bingo w/ Miracle Ear Good Friday CENTER CLOSSES AT 1PM Italian Seafood Pasta Classic Chef Salad	20 		
			Happy Easter 	22 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 Ball Park Bratwurst Roast Beef Sandwich	23 9:15 Tai Chi 9:30 Chair Volleyball 10:00 Coloring w/ Paulette 10:30 "Story of Grace Snyder" 12:30 Bingo w/ Pathfinder 1:30 Open Games Beef Ravioli w/ Marinara Sauce Turkey Chef Salad	24 9:00 Sip and Chat 9:30 Exercises 9:30 Line Dancing 10:00 Special Music with Wayne Miller 12:30 Pitch Tournament Country Fried Steak w/ Gravy Lemon Pepper Tuna Salad Sandwich	25 9:15 Tai Chi and Exercises 10:00 Moving Well with health issues Fremont Wellness & Therapy-Ashley 10:30 Poker Bingo 12:30 Sheepshead and Pinochle Taco Salad Teriyaki Chicken Strips on Lettuce	26 9:00 Rummikub 9:00 Farkle 9:00 Scrabble 9:30 Chair Volleyball 10:30 Group game of Catch Phrase CENTER CLOSSES AT 1PM Ground Beef Stew Chicken Pasta Salad on Lettuce	27	
				28	29 9:00 Rummikub 9:00 Exercises 9:30 Movie Monday with Mar's Marvelous Popcorn 12:30 Double Pot Pitch Get double or more if you eat lunch Turkey Tetrazzini Roast Beef and Bleu Cheese Salad	30 9:15 Tai Chi 9:30 Chair Volleyball 10:00 Bunco 10:00 Coloring w/ Paulette 12:30 Bingo w/ Mosaic 1:30 Open Games All Beef Chili Dog Egg Salad on Croissant			Suggested lunch contribution is \$4.00 for those 60 and better Lunch served daily 11:30am please call by noon the day before Center is open: Monday-Thursday 9am-3pm, Friday 9am-1pm Transportation available \$3.00 each way Like us on Facebook: Fremont Friendship Center Walking Available: CF Side Tues., Wed. and Thurs.	