

Boomers & Better

What's For Lunch?

MAY 2016 Semcac Senior Nutrition Rollingstone/Winona

*All Meals Subject to Change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Spaghetti/ Meat Sauce Parslied Carrots French Bread Tossed Salad Sr Cream Fruit Dessert	Chicken Pasta Salad Chow Mein Noodles Cuke Salad Peaches Dinner Roll Baked Coconut Custard	BBQ Pork Loin Scalloped Potatoes Brussel Sprouts Wheat Roll Frozen Yogurt	Meatloaf Boiled Red Potatoes Succotash Carrot-Raisin Salad Fresh Grapes	Ham & Bean Soup Crackers Egg Salad on Bun 3- Bean Salad Refrigerator Dessert
Chicken ala King Over Biscuit Peas Cranberry Bog Salad Fresh Fruit	Beef Tips Mashed Potatoes Oriental Blend Veg Mixed Greens Salad Fruit Cup	Chef Salad Melon Wedge Batter Bun Ice Cream	Pork Roast Mashed Potatoes/Gravy Green Beans Tossed Salad Pudding	Birthdays 13 Celebration Chicken Broccoli Bake Buttered Beets P/A Orange Fruit Cup Cake
Baked Cod Alt: Beef Pattie Rice Pilaf Orange Glazed Carrots 3-Bean Salad Flavored Ice Cream	Onion Smothered Steak Alt: Liver & Onions Mashed Potatoes Corn/Pimento 7-Layer Salad Fresh Fruit	Winona 18 Party Baked Chicken Mashed Potatoes/Gravy BBQ Green Beans Fresh Melon Wedge	Meatballs Sweet Potatoes Mixed Vegetables Peas & Grapes Cup For Friday, May 20th: Box Lunch	Closed
Swiss Steak Mashed Potatoes Broccoli/Cauliflower Molasses Cookie	Roast Beef Mashed Potatoes/Gravy Stewed Tomatoes Orange Wedges	Shredded Turkey on Bun Potato Salad Baked Beans Pickles Melon Cup	Meat Lasagna Mixed Greens Salad Orange Slices French Bread Pudding	Crab Salad Sweet & Sour Cukes Peach/Cottage Cheese Batter Bun Rhubarb Rosie Box Lunch for Monday, the 30th
Closed	Chicken Breast in Sauce Wild Rice Pilaf Spinach/Vinegar Waldorf Salad Pudding	For Reservations, please order one day in advance: Lewiston: 932-4072 Rollingstone: 689-4189 St. Charles: 932-4072 Winona: 429-4211		

Alternate on Menu = Diner's Choice
OR on Menu = Site Staff Choice based on diner preference

This Month at the Winona Friendship Center

MAY 2016

251 Main Street 454-5212

Monday	Tuesday	Wednesday	Thursday	Friday
2 7:30-8:15 Zumba MR 8:30-9:30 Ping Pong MR 9-2 Stampers BL 11:30 Pool Tourney GR 1-3:30 Bridge CL 2-5 Acrylic Painting CR 4-5 Nia MR 5:15-6:15 Jani's Fitn MR	3 8-8:40 Balance MR 9:00-10:30 Wii GR 9:30-10:30 Tai Chi MR 12:30-3 500 MR	4 7:30-8:15 Zumba MR 8-8:40 Yoga Mat BL 9:30-10:30 Tai Chi MR 12-3:30 Schafskopf JH 1-2 Fashion Show BL/MR 4-5 Nia MR 5:15-6:15 Jani's Fitn MR	5 9:30-10:30 Tai Chi MR 12-1 B.L. Blood Pressures MR 12:30-3 "15" Card MR 1-3:30 Bridge BL 4-4:45 Groovin' MR 5-5:45 Yogalates BL	6 9:30-10:30 Tai Chi MR 10-12 Collegium BL 1-3:30 Poker MR 1-3:30 Sale Set Up MR 5:15-6:15 Jani's Fitn BL
9 7:30-8:15 Zumba MR 8:30-9:30 Ping Pong MR 11:30 Pool Tourney GR 12:30-2:30 WYL CR 12:30-3:30 Canasta CL 12:30-4:30 Defensive Driving MR 1-3:30 Bridge BL 4-5 Nia HZ 5:15-6:15 Jani's Fitn BL	10 8-8:40 Balance MR 9:00-10:30 Wii GR 9:30-10:30 Tai Chi MR 12:30-3 500 MR	11 7:30-8:15 Zumba *Studio MR 8-8:40 Yoga Mat BL 9:30-10:30 Tai Chi LL 10:30-11:15 PACE BL 1-3 Accreditation Party MR 4-5 Nia HZ 5:15-6:15 Jani's Fitn BL	12 9:30-10:30 Tai Chi MR 10-11 Chks & Bal CR 10-12 Stepping On BL 12:30-3 "15" Card BL 1-3:30 Bridge BL 4-4:45 Groovin' MR 5-5:45 Yogalates BL	13 9:30-10:30 Tai Chi MR 10-11:30 Knitting JH 10-12 Collegium BL 1-3:30 Poker MR 1-3:30 Dominos JH 5:15-6:15 Jani's Fitn MR
16 7:30-8:15 Zumba MR 8:30-9:30 Ping Pong MR 9-2 Stampers BL 11:30 Pool Tourney GR 10-11 Bike, Hike & Lunch Meeting CR 1-3 Mary Poppins MR 1-3:30 Bridge CL 4-5 Nia MR 5:15-6:15 Jani's Fitn MR	17 8-8:40 Balance MR 9:00-10:30 Wii GR 9:30-10:30 Tai Chi MR 12:30-3 500 MR	18 7:30-8:15 Zumba MR 8-8:40 Yoga Mat BL 9:30-10:30 Tai Chi MR 12-2 LGF Meeting BL 10-30-11:15 PACE JH 1-2 Live Owl Prog. MR 4-5 Nia MR 5:15-6:15 Jani's Fitn MR	19 9:30-10:30 Tai Chi MR 10-12 Stepping On BL 12:30-3 "15" Card MR 1-3:30 Bridge BL 4-4:45 Groovin' MR 5-5:45 Yogalates BL	20 9:30-10:30 Tai Chi MR 12-3:30 Bundles MR 1-3:30 Poker MR 4-5:30 LGF Boating *Marina MR 5:15-6:15 Jani's Fitn MR
23 7:30-8:15 Zumba MR 8:30-9:30 Ping Pong GR 11:30 Pool Tourney MR 12-12:45 Dr. West MR 12:30-3:30 Canasta JH 1-3:30 Bridge CL 1-2 Telec.-Poetry BL 4-5 Nia MR 5:15-6:15 Jani's Fitn MR	24 8-8:40 Balance MR 9:00-10:30 Wii GR 9:30-10:30 Tai Chi MR 12-1 Book Club CR 12:30-3 500 MR 5-6 Danceworkz in Motion MR	25 9-12 National Health and Fitness Day Improve Your Health for a Better Self 12-3:30 Schafskopf JH 4-5 Nia MR 5:15-6:15 Jani's Fitn MR	26 9:30-10:30 Tai Chi MR 10-12 Stepping On BL 1-3:30 Bridge BL 1-3:30 Bingo MR 4-4:45 Groovin' MR 5-5:45 Yogalate BL	27 9:30-10:30 Tai Chi MR 10-11:30 Knitting JH 1-3:30 Poker MR 1-3:30 Dominos JH 5:15-6:15 Jani's Fitn MR
30 Closed Memorial Day	31 8-8:40 Balance MR 9:00-10:30 Wii GR 9:30-10:30 Tai Chi MR 10:45-11:30 AFEP BL 12:30-3 500 MR	Please pre-register for programs 454-5212	Room Abbreviations: AQ = Aquatic Ctr BL = Back Lounge ERC = East Rec. Ctr CL = Computer Lab CR = Craft Room GR = Game Room	HZ = Holzinger JH = Java Hut LL = Lake Lodge MR = Main Room MS = Masonic *Off city site

NATIONAL COUNCIL ON AGING/ NATIONAL INSTITUTE OF SENIOR CENTERS ACCREDITATION:

Wednesday, May 11 • 1-3 pm

- The hard work is done. Time to CELEBRATE!
- Public officials will present our good works
- Awesome hors d'oeuvres and desserts, please RSVP for catering count
- This is YOUR Party. Don't miss the honor bestowed upon us
- Entertainment by Under Paris Skies; featuring Euro Swing and Gypsy Jazz with Ron Reimer; accordion, Steve Mejer; guitar and Larry Dalton; upright bass

LIVE BIRD PROGRAM: "THE GREAT HORNED OWL" SOAP OPERA:

Facilitator: Karla-Executive Director, International Owl Center, Houston, MN

Wednesday, May 18 • 1-2 pm • Members: \$10

- Victor evicted Wendell and Wheezy from their own territory
- Then there is Victor, Virginia, Rusty, Iris and Scarlett Owl Hara showing up to try to kill Alice
- If this sounds like a soap opera, it is!
- It's a real life, true owl soap opera that had taken place outside of Houston, MN
- Get the inside scoop on this ongoing owl drama that involves audio recordings & video footage of these owls
- Alice the Great Horned Owl will be present to tell her side of the story, too

REGISTRATION DEADLINE: May 9

NATIONAL SENIOR HEALTH & FITNESS DAY:

Wednesday, May 25 • 9am - Noon • Members: Free

- This is the nation's largest health & wellness event for older adults
- "Improve Your Health For A Better Self"
- Fitness thru the Decades with Deb McClellan, Live Well Winona
- Juicing recipes, Jennifer Holden, HyVee Dietician
- Boomers on Broadway Dance, Jennifer Tabor O'Neill, MN Conservatory

We just got a maid, a cook and a chauffeur. How About You?

St. Charles
507-932-4062 Assisted Living
402 W. 4th St., St. Charles, MN 55972
www.stcharlesassistedliving.com
A New Place to Call HOME!

We offer private pay & elderly waiver.

Providing you with the freedom to access services & activities in the local community!

RIDES TO WINONA from ST. CHARLES, UTICA, LEWISTON & STOCKTON

Every Thursday take the bus to Winona for Dining, Shopping or Medical Appointments.

The bus will also make stops at Shopko, Target or Wal-mart.

www.semccac.org

Call 800-528-7622, for full details
Monday - Friday 8 am - 4:30 pm

*24 HOUR RESERVATIONS REQUESTED

We provide fare-based transportation for ALL of the general public. CURB to CURB rides make Semcac transit service unique and convenient for riders.



Public Transportation