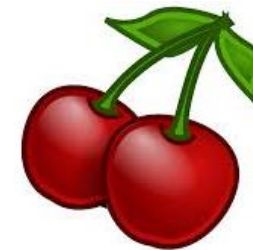




# News and Activities



## Weekly Activities

**Monday - Friday:** Harvest Share, 8 am - 4 pm  
Offering produce & baked goods to everyone

**Mondays:** Bridge, 1 pm

**Tuesdays:** Music by the Blue Mountaineers, 11 am  
Pinochle, 1 pm  
Bingo, 6:30 pm

**Thursdays:** Foot Clinic will resume in September  
Live Music and Dancing, 11 am  
12 Aces Pinochle, 15<sup>th</sup> 1 pm  
Sassy Senior Pinochle, 22<sup>nd</sup>, 24<sup>th</sup>, 12:30 pm

**Fridays:** Live Music and Dancing, 11 am  
Pinochle Social Club, 7 pm



## Dances

Everyone welcome!  
6:30-9:30 pm

Saturday, August 24<sup>th</sup>  
Music by Terry LaMont

Saturday, August 31  
Music by Blue Mountaineers



## Live Music

**Blue Mountaineers -**  
Tuesdays

**Terry LaMont**  
Thursdays - 8<sup>th</sup>, 22<sup>nd</sup>  
Fridays - 9<sup>th</sup>, 23<sup>rd</sup>

**The Fine Tunes**  
Thursdays - 1<sup>st</sup>, 15<sup>th</sup>  
Fridays - 2<sup>nd</sup>, 16<sup>th</sup>

## Special Events and Classes

**Mondays, Wednesdays, & Fridays:** Exercise class with chairs  
10 - 11 am, La Grande Senior Center

**Wednesday, 21:** Join Dr. Quinto at 12pm @ the senior center  
Topic will be "Memory Loss"

Sponsored by Grande Ronde Hospital Home Care Services

**Friday, 30<sup>th</sup> Sweet Treat Social:** Join us for a sweet time  
2:00-3:30pm offering traditional sweets and social hour.

**Powerful Tools for Caregivers Class:** starts August 1<sup>st</sup>, and  
will be meeting each Thursday for six weeks.

Register at 541-963-3186 ext. 1019


## Community Events

**Tuesdays & Saturdays:** La Grande Farmer's Market  
3:30 - 6 pm (Tues.), 9 am - 12 pm (Sat.), Max Square, LG

**July 31<sup>st</sup> - August 3<sup>rd</sup>:** Union County Fair, 3604 N. 2<sup>nd</sup> St, LG

**August 1 Fair Day for Seniors:** Seniors get in free all day!  
8-10 am free senior breakfast served  
at the Fair Grounds

# Community Connection: August 2019 Lunch & Activities Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>Lunch is served Mon-Fri from 11:30am-12:30pm 60+: Suggested donation of \$3.00 Under 60: \$6.00</p>			<b>1 Mushroom-Swiss Cheeseburger</b>  Served with seasoned steak fries, apple slaw, and an oatmeal raisin cookie  *J&R Services*	<b>2 Clam Chowder</b>  Bread bowl optional, layered salad, fresh fruit, and dessert  *J&R Services*
<b>5 Baked Potato Bar</b>  Served with all of the trimmings for that perfect potato bar, fresh fruit, salad, and dessert  *The Mermaids*	<b>6 Lemon &amp; Dill Chicken</b>  Served with roasted potatoes, green beans & tomatoes, salad greens, rolls, and fruit  *The Misfits*	<b>7 Shepherd's Pie</b>  Served with spinach salad, cottage cheese, fruit, and dessert  *V F W*	<b>8 Chef Salad</b>  Served with chicken and rice soup, wheat rolls, watermelon, and raspberry sherbet  *The Fast Track*	<b>9 Zesty Chicken Strips</b>  Served with baked beans, steak fries, coleslaw, and fresh fruit  *The Rusty Wheels*
<b>Thank You Pepsi</b>		<b>Thank You Helen Cochrane</b>		<b>Thank You Barreto MFG</b>
<b>12 Soup and Salad Bar</b>  Potato Corn Chowder served with a variety of salads, wheat rolls, and fresh fruit  *The Fill Ins*	<b>13 Ravioli</b>  Served with steamed vegetables, Caesar salad, baked garlic bread, and sherbet  *The American Legion*	<b>14 Fried Chicken</b>  Served with mashed potatoes, gravy, steamed vegetable, rolls, jell-0, and cake <b>HAPPY BIRTHDAY SENIORS!</b>  *J&R Services*	<b>15 Pulled Pork Sandwich</b>  Served with potato salad, red cabbage slaw, fresh fruit, and dessert  *The First Christian Church*	<b>16 Fish and Chips</b>  Served with steak fries, cowboy baked beans, coleslaw, and fresh fruit slices  *The Latter Day Saints Church*
		<b>Thank You GRH Home Care Services</b>		
<b>19 Mandarin Chicken</b>  Served over rice pilaf, steamed broccoli, oriental salad, bread sticks, and grapes  *The Rusty Wheels*	<b>20 Honey Glazed Ham</b>  Served with scalloped potatoes, green beans, pea salad, and huckleberry ice cream  *The Rovers*	<b>21 Meat Loaf</b>  Served with mashed potatoes, gravy, glazed carrots with dill, jell-0, rolls, and dessert  *The Latter Day Saints Church*	<b>22 Traditional BLT</b>  Served with seasoned steak fries, sweet onion and cucumber salad, and watermelon  *The Rusty Wheels*	<b>23 Sweet/Sour Pork</b>  Served with fried rice, cashew broccoli, coleslaw, eggrolls, and fortune cookies  *The Rovers*
	<b>Thank You La Grande Pinochle Club</b>	<b>Thank You GRH Home Care Services</b>		
<b>26 Chicken Cordon Bleu</b>  Served with rice or noodles, steamed vegetables, salad greens, and fruit  *The Methodist Church*	<b>27 Beef Stroganoff</b>  Served over rice or noodles, steamed vegetables, salad greens, rolls, and fruit  *The Fill Ins*	<b>28 Stuffed Tomatoes</b>  Tomatoes filled with chicken salad and served with fruit garnish, rolls, and a brownie  *J and R Services*	<b>29 Taco Bar</b>  Build your own taco, served with salad greens, chips, salsa, avocado, sour cream, and fresh fruit  * The Fast Track*	<b>30 Pan Roasted Chicken with Shallots</b>  Your choice of rice or noodles, vegetable casserole, sesame cabbage salad, rolls, and fruit  *The First Christian Church*
		<b>Thank You Barreto MFG</b>		