

# July Menu: Posen Center

Dinner is a suggested *donation* of \$3.00 for seniors 60 years and older.

The meal cost is \$6.00 per person under 60.



## Posen Serving Times

(See pg. 8 for Onaway Center Menu)

### Sunday

Soup available at 3:00 pm  
Meal served at 4:00 pm

### Monday—Thursday

Soup available at 3:00 pm  
Meal served at 4:30 pm

Closed Friday  
&  
Saturday

## Sunday

## Monday

## Tuesday

## Wednesday

## Thursday

3 -Closed- 4 <sup>th</sup> of July Weekend	4 -Closed- Happy 4 <sup>th</sup> Of July!	5 Stuffed Red Peppers Boiled Potato Corn Plums Wheat Bread	6 Chicken Alfredo/Noodles Broccoli California Blend Apricots Wheat Bread Salad Bar	7 Meatloaf Mashed Potatoes Mixed Vegetable Diced Pears Dinner Roll
10 Pork Roast Mashed Potatoes/Gravy Green Beans Strawberries Dinner Roll Deluxe Salad Bar	11 Salisbury Steak w/ Mushroom Gravy White Rice Green Beans Pineapple Wheat Bread	12 Oven Baked Chicken Mashed Potatoes Capri Vegetable Blend Tropical Fruit Biscuit	13 Maxine's Cabbage Rolls Boiled Potato Peas & Carrots Diced Cinnamon Apples Wheat Bread Salad Bar	14 Baked Cod Wild Rice Brussel Sprouts Mixed Fruit Wheat Bread
17 Baked Ham Mashed Sweet Potatoes Asparagus Applesauce Dinner Roll Deluxe Salad Bar	18 Hamburger on a Wheat Bun Lettuce/Tomato/Onion Roasted Red Potatoes Corn Salad Mixed Melon	19 Honey Balsamic Chicken Mashed Potatoes Butternut Squash Plums Biscuit	20 Goulash Carrots Wax Beans Diced Pears Dinner Roll Salad Bar	21 Baked Pork Chops Wild Rice Broccoli Applesauce Cornbread
24 Roasted Turkey Au Gratin Potatoes Corn Blueberries Dinner Roll Deluxe Salad Bar	25 Country Fried Steak Mashed Potatoes/Gravy Carrots California Blend Vegetable Biscuit	26 Baked Chicken Breasts Garlic Mashed Potatoes Asparagus Diced Peaches Wheat Bread	27 Swedish Meatballs Over White Rice Mixed Vegetable Apricots Dinner Roll Salad Bar	28 Closed for Staff Training
31 Beef Roast Potato Medley Brussel Sprouts Tropical Fruit Dinner Roll Deluxe Salad Bar	<p>"We hold our heads high, despite the price we have paid, because freedom is priceless." --Lech Walesa</p>			

All meals served with bread, margarine and milk according to guidelines.



Menu subject to change due to food availability.

Federal and state grants cover only a portion of the meals we provide. Donations are important to PICCOA.

# July 2016

—Posen Center—

# Activities

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3 Closed for 4th of July	4  Closed for 4th of July!	5	6 <b>BirthDay Bingo</b> 2pm <i>4 Meal Draw!</i>	7 Skin Cancer 3:30 pm CSFP Senior Commodities 12—12:30 pm	8	9
10 Al Kamyszek Variety Band 2 pm	11 <b>PICCOA</b> Board Meeting – Posen Center 10:00 am	12 Introduction to Tai Chi 3:30 PM	13 <b>Bingo</b> 2pm	14 How to pay for Skilled Nursing 3:30 PM	15 Alpena Bus Trip	16
17 P.I. Clubhouse Meal—1pm	18 Benefits of Protein 3:30 PM	19	20 <b>Bingo</b> 2pm	21	22	23
24 Dan & Dave String Duo 2 PM <i>4 Meal Draw!</i>	25	26	27 <b>Penny Bingo</b> 2pm 	28 <b>Closed for Staff Training</b>	29	30
31	Those who expect to reap the blessings of freedom, must, like men, dergo the fatigue of supporting it. ~Thomas Paine					

# July Menu: Onaway Center

Dinner is a suggested *donation* of \$3.00 for seniors 60 years and older.

The meal cost is \$6.00 per person under 60.



## Onaway Serving Times

(See pg. 5 for Posen Center Menu)

### Sunday

Soup available at Noon  
Meal served at 1:00 pm

### Monday—Thursday

Soup available at 3:00 pm  
Meal served at 4:30 pm

Closed Friday  
&  
Saturday


## Sunday

## Monday

## Tuesday

## Wednesday

## Thursday

<p><b>3</b></p> <p>Closed 4<sup>th</sup> of July Weekend</p>	<p><b>4</b></p> <p>Closed Happy 4<sup>th</sup> Of July!</p>	<p><b>5</b></p> <p>Country Fried Steak Mashed Potatoes and Country Gravy Carrots Blueberries Biscuit</p>	<p><b>6</b></p> <p>Pork Patty Wild Rice Peas Applesauce Cornbread</p>	<p><b>7</b></p> <p>Lasagna California Blend Corn Diced Pears Breadstick</p>
<p><b>10</b></p> <p>Beef Roast Mashed Potatoes/Gravy Carrots Tropical Fruit Dinner Roll Deluxe Salad Bar</p>	<p><b>11</b></p> <p>Baked Chicken Breast Potato Medley Mixed Vegetable Hot Peach Delight Wheat Bread</p>	<p><b>12</b></p> <p>Swiss Steak White Rice Broccoli Cauliflower Mandarin Oranges Biscuit</p>	<p><b>13</b></p> <p>Herb Roasted Turkey Mashed Potatoes Asparagus Strawberries Dinner Roll</p>	<p><b>14</b></p> <p>Hot Dog on a Wheat Bun Corn on the Cob Potato Salad Fruit Cocktail</p>
<p><b>17</b></p> <p>Pork Roast Mashed Potatoes Butternut Squash Applesauce Dinner Roll Deluxe Salad Bar</p>	<p><b>18</b></p> <p>Lemon Pepper Chicken Parsley Egg Noodles Peas &amp; Pearl Onions Apricots Wheat Bread</p>	<p><b>19</b></p> <p>Meatloaf Mashed Potatoes Corn Diced Peaches Dinner Roll</p>	<p><b>20</b></p> <p>Shredded BBQ Pork On a Wheat Bun California Blend Green Beans Diced Pears</p>	<p><b>21</b></p> <p>Polish Sausage Sauerkraut Boiled Red Potato Corn Plums Biscuit</p>
<p><b>24</b></p> <p>Baked Ham Sweet Potato Half Mixed Vegetable Cantaloupe Dinner Roll Deluxe Salad Bar</p>	<p><b>25</b></p> <p>Sweet &amp; Sour Meatballs Over White Rice Carrots Wax Beans Diced Peaches Biscuit</p>	<p><b>26</b></p> <p>Goulash Succotash Carrots Apricot Halves Dinner Roll</p>	<p><b>27</b></p> <p>Garden Citrus Chicken Mashed Potatoes Broccoli Tropical Fruit Wheat Bread</p>	<p><b>28</b></p> <p><b>Closed for staff training</b></p>
<p><b>31</b></p> <p>Oven Baked Chicken Cornbread Stuffing Green Beans Strawberries Dinner Roll Deluxe Salad Bar</p>	<p>May we think of freedom, not as the right to do as we please, but as the opportunity to do what is right ~Peter Marshall</p> <p><b>Happy 4<sup>th</sup> of July!</b></p> 			

All meals served with bread, margarine and milk according to guidelines.

Menu subject to change due to food availability.




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# July 2016

## —Onaway Center—

# Activities

(See pg. 8 for Posen Center activities)

SUN	MON	TUE	WED	THU	FRI	SAT
<p><b>Huron Beach – Every Tuesday at 1pm.</b>  <b>For more information call the Onaway Center</b>  <b>989-733-2559</b>  <b>July 28<sup>th</sup> Odawa Casino Trip. \$10.00</b>  <b>Includes; Round trip transportation</b>  <b>from Onaway Center and Dinner.</b></p> 					1	2
3 Closed for 4 <sup>th</sup> of July Weekend 	4 Closed Happy Independence Day 	5 <b>Birthday Bingo 2-4</b>  Exercise Onaway 10 am	6 4 Meal Draw!  Exercise Onaway 10 am	7 Senior Commodities 9-10am  Exercise Onaway 10 am	8	9
10	11   Exercise Onaway 10 am	12 <b>Bingo 2-4</b>  Exercise Onaway 10 am	13   Exercise Onaway 10 am	14   Exercise Onaway 10 am	15	16
17 4 Meal Draw!	18   Exercise Onaway 10 am	19 <b>Bingo 2-4</b>  Exercise Onaway 10 am	20 How to pay for Skilled Nursing 3:30 PM  Exercise Onaway 10 am	21   Exercise Onaway 10 am	22 <b>Alpena Bus Trip</b>	23
24	25   Exercise Onaway 10 am	26 <b>Bingo 2-4</b>  Exercise Onaway 10 am	27   Exercise Onaway 10 am	28 <b>Closed for staff training</b>	29	30