


July 2026 Activities

Monday	Tuesday	Wednesday	Thursday	Friday
JULY				
		1	2	3
		9:00AM- Sewing 9:00 AM Geri-Fit Exercise 10:00AM –Sponsored Bingo 11:30AM Lunch 12:00PM– Mahjong	10:00AM Bingo 11:00 AM Bingocize 11:30AM 4th of July Cookout for Lunch 12:30 PM- Open Cards 1:00PM Cookie Decorating	CLOSED 
6	7	8	9	10
8:30 AM- Crafting Group 10:00AM -Bingo 11:00 Bingocize 11:00AM Clothes Closet 11:30AM Lunch	9:00AM Seated Tai Chi 9:00 AM Quilters 10:00AM Bingo 11:00 AM Blood Pressure Checks 11:00AM Chair Yoga 11:30AM Lunch 6:00PM Good Ole Gospel Music Night	9:00AM- Geri Fit Exercise 9:00AM- Sewing 10:00AM Bingo 11:30 AM Lunch 12:00PM– Mahjong	10:00AM Sponsored Bingo 11:00AM Bingocize 11:30AM Lunch 12:30 PM- Open Cards 1:00PM Freeze Drying Produce Class	8:00AM-10:00AM Free Hearing Screenings 9:00AM Breakfast Buffet 10:00AM Bingo 11:30AM Lunch 12:00PM Euchre 1:00PM Geri Fit Exercise
13	14	15	16	17
8:30AM Crafting Group 9:00 AM Tai Chi Class 10:00AM Bingo 11:00 AM Bingocize 11:00AM Clothes Closet 11:30AM Lunch 12:00PM Pleasant City Site Activity	9:00AM Seated Tai Chi 9:00 AM Quilters 10:00AM Sponsored Bingo 11:00 AM Blood Pressure Checks 11:00AM Chair Yoga 11:30AM Lunch 12:00PM Cumberland Site Activity 1:30PM Alzheimer’s Support Group	9:00AM- Sewing 9:00 AM Geri-Fit Exercise 10:00AM –Bingo 11:30AM Lunch 12:00PM– Mahjong 12:00PM Old Washington Site Activity	10:00AM Bingo 11:30AM Lunch 12:30 PM- Open Cards 4:00-5:00PM Grab & Go Dinner 5:00PM- Monthly Dine In Senior Dinner	9:00 AM Geri-Fit Exercise 10:00AM Bingo 10:00 AM - 3:00PM- Food Commodity Pick Up 11:30AM– Lunch 12:30 PM- Euchre 1:00 PM Geri-Fit Exercise
20	21	22	23	24
8:30AM Crafting Group 9:00 AM Tai Chi Class 10:00AM Bingo 11:00 AM Bingocize 11:00AM Clothes Closet 11:30AM Lunch 2:00 PM Painting Class	9:00AM Seated Tai Chi 9:00 AM Quilters 10:00AM Sponsored Bingo 11:00 AM Blood Pressure Checks 11:00AM Chair Yoga 11:30AM Lunch 11:30AM Lunch Bunch Group	8:00AM Kingwood Gardens Trip 9:00AM- Sewing 9:00 AM Geri-Fit Exercise 10:00AM –Bingo 11:30AM Lunch 12:00PM– Mahjong 1:00PM Building Health Brain Habits	10:00AM Bingo 11:00 AM Bingocize 11:30AM Lunch 12:30 PM- Open Cards 1:30PM Greeting Card Class	9:00AM Geri Fit Exercise 10:00AM Sponsored Bingo 11:00AM Lunch 12:30 PM- Euchre 1:00PM Geri Fit Exercise
27	28	29	30	31
8:30AM Crafting Group 9:00 AM Tai Chi Class 10:00AM Bingo 11:00 AM Bingocize 11:00AM Clothes Closet 11:30AM Lunch	9:00AM Seated Tai Chi 9:00 AM Quilters 10:00AM Bingo 11:00 AM Blood Pressure Checks 11:00AM Chair Yoga 11:30AM Lunch 12:00PM Byesville Site Activity 4:00 Byesville Dinner	9:00AM- Sewing 9:00 AM Geri-Fit Exercise 10:00AM –Bingo 11:30AM Lunch 12:00PM– Mahjong	8:15AM Eagles Tribute Band Trip 10:00AM Bingo 11:00 AM Bingocize 11:30AM Lunch 12:30 PM- Open Cards	9:00 AM Geri-Fit Exercise 10:00AM Bingo 11:30AM Birthday Celebration Lunch 12:00PM Euchre 1:00PM Geri Fit Exercise

July 2026 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>We invite you to join us for lunch at the Guernsey County Senior Center from 11:30 am until 1:00 pm Monday – Friday. The Byesville Site serves lunch at 11:30 am. Monday—Friday. Pleasant City 11:30-1:00 pm Monday & Thursday, Cumberland 11:30-1:00 pm, Tuesday & Friday, Londonderry site is temporarily closed, Tuesday & Thursday, and Old Washington site Wednesday & Friday from 11:30am-1:00pm. Dine-In or Grab & Go Options Available. If you have any questions about our nutrition services please call 740-439-5717 or toll free at 1-866-534-2349. Each meal includes a choice of white, wheat, or specified bread and a choice of either 2% or Skim Milk. Ingredient content can be found on our website at www.GuernseySenior.org.</p> <p><i>*Menu subject to change depending on item availability.</i></p> <p>This institution is an equal opportunity provider.</p>		<p>1 Hamburger Steak w/ Mushroom Gravy Whole Potatoes Broccoli Crowns Peaches Dinner Roll/Margarine Choice of Milk</p>	<p>2 Smoked Sausage w/Bun Scalloped Potatoes Baked Beans Watermelon Patriotic Cake Choice of Milk</p>	<p>3 Closed for the Fourth of July Holiday Frozen meals Available upon request</p>
<p>6 Stuffed Pepper Mashed Potatoes Lima Beans Fresh Apple Choice of Bread/Margarine Choice of Milk</p>	<p>7 Pork Chop w/Mushroom Gravy Parsley Potatoes Sliced Carrots Orange Pineapple Salad Breadstick/Margarine Choice of Milk</p>	<p>8 Grilled Chicken Salad w/ Dressing Pickled Beets Apricots Blueberry Muffin Choice of Milk</p>	<p>9 Ham Loaf Mashed Sweet Potatoes Broccoli Pineapple Chunks Dinner Roll/Margarine Choice of Milk</p>	<p>10 Spaghetti w/Meatballs Key Largo Vegetables Spiced Pears 100% Fruit Juice Garlic bread Choice of Milk</p>
<p>13 Italian Chicken Au Gratin Potatoes Buttered Corn Applesauce Choice of Bread/Margarine Choice of Milk</p>	<p>14 Sloppy Joe w/Bun Steak Fries Zucchini & Squash Mix Fresh Banana Choice of Milk</p>	<p>15 Salisbury Steak w/Gravy Yukon Gold Potatoes Creamed Peas Fresh Orange Choice of Bread/Margarine Choice of Milk</p>	<p>16 Pork Riblet Tater Tots Spinach Diced Pears Butterscotch Pudding Knot Roll/Margarine Choice of Milk</p>	<p>17 Roast Beef/Gravy Diced Potatoes Cauliflower w/Cheese Sauce 100% Fruit Juice Dinner Roll/Margarine Choice of Milk</p>
<p>20 Hamburger Gravy over Mashed Potatoes Sliced Carrots Cherry Crisp Biscuit/Margarine Choice of Milk</p>	<p>21 Pork Loin Twice Baked Potato Casserole Italian Blend Vegetables Ambrosia Salad Dinner Roll/Margaine Choice of Milk</p>	<p>22 Glazed Meatloaf Red Skinned Potatoes Seasoned Green Beans Sliced Strawberries Dinner Roll/Margaine Choice of Milk</p>	<p>23 Chicken Alfredo w/Pasta Tossed Salad w/Dressing Succotash Cinnamon Applesauce Garlic Bread Choice of Milk</p>	<p>24 Baked Fish Macaroni & Cheese California Blend Vegetables Mandarin Oranges Coleslaw Choice of Bread/Margarine Choice of Milk</p>
<p>27 Country Fried Steak w/Gravy Sour Cream Chive Mashed Potatoes Brussel Sprouts Granny Smith Apple Choice of Bread/Margarine Choice of Milk</p>	<p>28 Roast Turkey Buttered Potatoes Peas & Carrots Tropical Mixed Fruit Dinner Roll/Margarine Choice of Bread/Margarine Choice of Milk</p>	<p>29 Cheese Omelet Sausage Patty Potatoes O'Brian Mixed Fruit Cup Tomato Juice Biscuit/Jelly Choice of Mik</p>	<p>30 BBQ Beef Hashbrown Casserole Italian Blend Fruit Cocktail Choice of Bread Choice of Milk</p>	<p>31 Chicken Salad w/Croissant Potato Salad Grape Salad 100% Fruit Juice Chocolate Chip Cookie Choice of Milk</p>