









JUNE 2019



SILVER STRANDS SENIOR CENTER

133 WEST STATE ST. PALMYRA, IL 62674 (217) 436-2497

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>THESE PROGRAMS BROUGHT TO YOU BY:</p>  <p>Illinois Valley Economic Development Corporation</p>	<p>YOU ARE WELCOME TO JOIN US FOR LUNCH AT 11:30AM PLEASE CALL IN ADVANCE FOR LUNCH ONLY</p>		<p>JUNE IS MEN'S HEALTH MONTH AWARENESS. PREVENTION. EDUCATION. FAMILY</p> <p>WWW.MENSHEALTHMONTH.ORG</p>	
<p>3</p> <p>PEPPER STEAK</p>	<p>4</p> <p>BISCUITS & GRAVY</p>	<p>5</p> <p>WORLD ENVIRONMENT DAY GO GREEN!</p>  <p>SLOPPY JOE ON BUN</p>	<p>6</p> <p>BROCCOLI CHEESE SOUP</p>	<p>7</p> <p>BRING A FRIEND</p>  <p>12PM</p> <p>FISH</p>
<p>10</p> <p>NATIONAL ICED TEA DAY</p>  <p>BBQ PORK ON BUN</p>	<p>11</p> <p>CHICKEN POT PIE</p>	<p>12</p> <p>HAMBURGER ON BUN</p>	<p>13</p> <p>POTATO SOUP</p>	<p>14</p> <p>BRING A FRIEND</p>  <p>12PM</p> <p>CHICKEN FRIED STEAK</p>
<p>17</p> <p>VEGETABLE BEEF SOUP</p>	<p>18</p> <p>NATIONAL SPLURGE DAY DO OR BUY SOMETHING SPECIAL FOR YOURSELF!</p>  <p>GRILLED CHICKEN PATTY</p>	<p>19</p> <p>CHILI</p>	<p>20</p> <p>BEEF & NOODLES</p>	<p>21</p> <p>BRING A FRIEND</p> <p>BIRTHDAY DINNER</p>  <p>BINGO 12PM</p> <p>OVEN FRIED CHICKEN</p>
<p>24</p> <p>HAM & BEANS</p>	<p>25</p> <p>CHICKEN ALFREDO</p>	<p>26</p> <p>CHICKEN PATTY ON BUN</p>	<p>27</p> <p>MINESTRONE SOUP</p>	<p>28</p> <p>BRING A FRIEND</p>  <p>12PM</p> <p>MEATLOAF</p>

