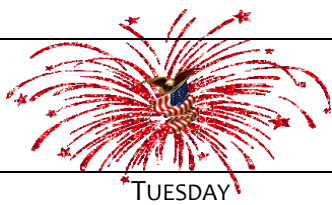














JULY 2019



JERSEYVILLE SENIOR CITIZENS CENTER

806 E. FRANKLIN ST. JERSEYVILLE, IL 62052 (618) 498-3483

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1 US POSTAGE STAMP DAY</p>  <p>HAMBURGER ON BUN</p>	<p>2</p> <p>GRILLED CHICKEN PATTY</p>	<p>3 IN-HOUSE EXERCISE 11AM</p>  <p>ALL MEAT FRANK ON BUN</p>	<p>4 CLOSED IN OBSERVANCE OF INDEPENDENCE DAY</p> 	<p>5 BRING A FRIEND</p> <p>BBQ PORK ON BUN</p>
<p>8 BLOOD PRESSURE 11AM</p>  <p>HAM & CABBAGE CASSEROLE</p>	<p>9</p> <p>CHICKEN ALFREDO</p>	<p>10 SILVER SNEAKERS 11AM</p>  <p>TACO SALAD</p>	<p>11 CHEER UP THE LONELY DAY</p> <ul style="list-style-type: none"> • INVITE SOMEONE TO LUNCH!  <p>BEEF & NOODLES</p>	<p>12 BRING A FRIEND</p> <p>BAKED HAM</p>
<p>15 NATIONAL GIVE SOMETHING AWAY DAY</p>  <p>POLISH SAUSAGE & KRAUT</p>	<p>16</p> <p>SWISS STEAK</p>	<p>17 IN-HOUSE EXERCISE 11AM</p>  <p>GOULASH</p>	<p>18 RULES OF THE ROAD 1PM</p>  <p>CHICKEN STIR-FRY</p>	<p>19 BRING A FRIEND</p> <p>BIRTHDAY DINNER</p>  <p>HAMLOAF</p>
<p>22</p> <p>CHICKEN TORTELLINI ALFREDO</p>	<p>23</p> <p>CHICKEN FRIED STEAK</p>	<p>24 SILVER SNEAKERS 11AM</p>  <p>CHILI</p>	<p>25</p> <p>POTATO SOUP</p>	<p>26 BRING A FRIEND</p> <p>MEATLOAF</p>
<p>29</p> <p>VEGETABLE BEEF SOUP</p>	<p>30 PAPERBACK BOOK DAY</p>  <p>ENJOY AN OLD FAVORITE</p> <p>BBQ JOHNNY RIBS</p>	<p>31 IN-HOUSE EXERCISE 11AM</p>  <p>MOSTACCIOLI</p>	<p>YOU ARE WELCOME TO JOIN US FOR LUNCH AT 12PM PLEASE CALL IN ADVANCE FOR LUNCH ONLY</p>	<p>THESE PROGRAMS BROUGHT TO YOU BY:</p>  <p>Illinois Valley Economic Development Corporation</p>

