AUGUST 2019
SPECIAL EVENTS

TROUT CREEK SENIOR CENTER

• 6795 COLLIER ROAD • ORANGEDALE,FL 32092
SENIOR CENTER COORDINATOR • CLARISE• (904) 522-1611

MONDAY	WEDNESDAY	FRIDAY
State of the Month is South Dakota		2 Don Miniard
5	7 PODIATRIST	9
12	14 Humana VJ DAY	16 Arts & Crafts Stretching with Allyson
19 Wii	21 Poetry & Journal Club Directory Meeting	23 Doyle Primm
26	28 Wacky Waffle Wednesday Book Club	30 Arts & Crafts Bead Club

Council On Aging

VISION STATEMENT

"To provide the opportunity for every person in St. Johns County to enjoy wellness, longevity and quality of life choices within a strong, healthy

A Unit of The National Council on the Aging
NISC
ACCREDITED BY NATIONAL INSTITUTE OF SENIOR CENTERS

EVERYDAY EVENTS

MONDAY 10:30-12:00	WEDNESDAY 10:30-12:00	FRIDAY
• Stretching with Glo • Line Dancing with Joyce • Wii • Trivia • UF Speaker	• Blood Pressure Checks • "The Troubadours" • Walking Club	12:30 Bingo for Prizes

The Council on Aging is a private non-profit corporation funded in part by the Federal older Americans Act, State General Revenue through the Florida Department of elder Affairs, North-east Florida Area Agency on Aging, Elder Source, St. Johns County Board of County Commissioners, United Way of St. Johns County, and the St. Johns County Department of Parks and Recreation.

August 2019 Menu

Trout Creek Senior Program

(904) 522-1611

Please call by noon the day before to schedule or cancel a reservation

Each meal includes fruit and low fat milk St. Johns County Council on Aging, a private non-profit corporation funded by the Federal Older Americans Act, State General Revenue through the Florida Department of Elder Affairs, Northeast Florida Area Agency on Aging, ElderSource, St. Johns Country Board of County Commissioners, and the United Way of St. Johns County.

MONDAY	WEDNESDAY	FRIDAY
		2 Spaghetti smothered in Italian Meat Sauce, Caesar Salad, Garlic & Herb Toast
5 Ham Salad Croissant, Lettuce, Tomato, Carrot, Pineapple, and Raisin Salad	**7** Breaded Fish Fillet, Summer Squash, Spinach, and Brown Rice	**9** Hamburger Steak, Mashed Potatoes, Gravy, Carrot Coin, and Dinner Roll
12 Oven Fried Chicken, Southern Greens, and Macaroni & Cheese	**14** Egg Salad Sandwich, Lettuce, Tomato, Pickle Spear, and Signature Potato Salad	**16** Pot Roast, Mashed Potatoes, Green Beans, and Warm Dinner Roll
19 Chef Salad, Turkey, Cheese, Egg, Lettuce, Tomato, Cucumber, Grapes, & Captain Wafer Crackers	**21** Italian Sub, Shredded Lettuce, Tomato Slices, Red Onions, Pickle Spear, and Potato Chips	**23** Herb Crusted Pork Loin, Carrot Coins, Lima Beans, and Wild Rice
26 Country Fried Steak, Mashed Potatoes, Gravy, Cauliflower, and Dinner Roll	**28** Turkey Sandwich on Rye, Lettuce. Tomato Slices, Pickle Spear, and Creamy Cole Slaw	**30** BBQ Pork Sandwich, Oven Roasted Potato Wedges, and Corn