

# APRIL ACTIVITY CALENDAR

## Medicaid Awareness Month

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> Hand & Foot (Cards) 9:00 <b>Beg. Line Dance 9:00</b> <b>Chair Exercise 12:00</b> Bunko 1:00 APRIL FOOL'S DAY!	<b>2</b> Knit/Crochet 9:00 <b>NO Zumba 9:30</b> Bingo 12:30	<b>3</b> Hand & Foot (Cards) 9:00 Bible History 10:00 <b>Guided Solution 10:30</b> Bingo 12:30	<b>4</b> Knit/Crochet 9:00 <b>Beg. Line Dance 9:00</b> Mexican Train 11:30 Game Day 12:30 - 3 Clay County Fair Begins!	<b>5</b> Hand & Foot (Cards) 9:00 Bingo 12:30
<b>8</b> Hand & Foot (Cards) 9:00 <b>Beg. Line Dance 9:00</b> <b>Chair Exercise 12:00</b> Bunko 1:00	<b>9</b> Knit/Crochet 9:00 <b>Zumba 9:30</b> <b>Walk &amp; Stretch w/Carole 11:45</b> Bingo 12:30	<b>10</b> Hand & Foot (Cards) 9:00 Bible History 10:00 <b>Beware of Medicare Scams 10:30</b> <b>Walking &amp; Stretching w/Carole 11:45</b> Bingo 12:30	<b>11</b> Knit/Crochet 9:00 <b>Beg. Line Dance 9:00</b> Mexican Train 11:30 Game Day 12:30 - 3	<b>12</b> <b>BP Checks</b> 8:30-10:00 Hand & Foot (Cards) 9:00 Bingo 12:30
<b>15</b> Hand & Foot (Cards) 9:00 <b>Beg. Line Dance 9:00</b> <b>Chair Exercise 12:00</b> Bunko 1:00	<b>16</b> Knit/Crochet 9:00 <b>Zumba 9:30</b> <b>Modern Senior Health/ Staci Hartzog 10:30</b> <b>Walk &amp; Stretch w/Carole 11:45</b> Bingo 12:30	<b>17</b> Hand & Foot (Cards) 9:00 <b>Tech Help/Leah 9:30</b> Bible History 10:00 <b>Walk &amp; Stretch w/Carole 11:45</b> Bingo 12:30	<b>18</b> Knit/Crochet 9:00 Beg. Line Dance 9:00 <b>Tullie w/Devoted 10:30</b> Mexican Train 11:30 Karaoke 12:30 - 3	<b>19</b> Hand & Foot (Cards) 9:00 <b>Bingo-cize 10:00</b> Bingo 12:30
<b>22</b> Hand & Foot (Cards) 9:00 <b>Beg. Line Dance 9:00</b> <b>Chair Exercise 12:00</b> Bunko 1:00	<b>23</b> Knit/Crochet 9:00 <b>Zumba 9:30</b> <b>Shine/Eldersource 10:30</b> <b>Walk &amp; Stretch w/Carole 11:45</b> Bingo 12:30	<b>24</b> Hand & Foot (Cards) 9:00 Bible History 10:00 <b>Financial Awareness w/ Ester 11:00</b> <b>Walk &amp; Stretch w/Carole 11:45</b> Bingo 12:30	<b>25</b> Knit/Crochet 9:00 <b>Beg. Line Dance 9:00</b> Mexican Train 11:30 Game Day 12:30 - 3	<b>26</b> <b>BP Checks</b> 8:30-10:00 Hand & Foot (Cards) 9:00 <b>NO Bingo-cize 10:00</b> Bingo 12:30
<b>29</b> Hand & Foot (Cards) 9:00 <b>Beg. Line Dance 9:00</b> <b>Chair Exercise 12:00</b> Bunko 1:00	<b>30</b> Knit/Crochet 9:00 <b>Zumba 9:30</b> <b>Aetna/Steve Taylor 10:30</b> Bingo 12:30			

**\*Haircuts By Donna / Set up Appointment with Donna!**



April 4th- 14th  
**Wednesday, April 10th - Seniors 60+ FREE!**  
 10:00 am - 10:00 pm

HAPPY  
*Happy Birthday*

Dan Yaccarano  
 Lorena Figueroa  
 Pauline Cale  
 Nancy Rosa  
 Ken Sayers  
 Daniel Michael  
 Fern Carlson  
 Freeda Cadd  
 Dan Taylor

### FUN FACT

Spring fever is a real syndrome. When the temperature rises during the warm spell after a long winter, there is a dilation of the blood vessels so blood can be carried to the body surface where heat can be lost quickly. People experience an energetic feeling when this happens.

Baby birds learn to sing during spring. Although they are born with the ability to sing, they must learn the specific songs of their species. They often learn their songs within two months of being born.

**SENIOR CENTER OF  
KEYSTONE HEIGHTS**



**Lunch is Served: 11 am  
Monday - Friday  
Please Reserve Your Lunch  
2 Days in Advance  
(352) 473 - 7121**

**APRIL MEAL CALENDAR**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> Salisbury Steak with Gravy Delmonico Potatoes Summer Veggies Dinner Roll Fruit Cup Milk	<b>2</b> Lemon Pepper Chicken Green Peas Okra & Tomatoes Wheat Bread Fruit Cup Milk	<b>3</b> Beef Cabbage Casserole Lima Beans Sliced Carrots Wheat Bread Fruit Milk	<b>4</b> Chicken Tetrazinni Corn Green Beans Dinner Roll Fruit Milk	<b>5</b> Turkey Ham w/Wht Beans Steamed Rice Country Veggies Dinner Roll Fruit Milk
<b>8</b> Cheesy Meat Casserole Green Beans Glazed Carrots Dinner Roll Fruit Cup Milk	<b>9</b> BBQ Rib Patty Whipped Potatoes Garden Veggies Dinner Roll Fruit Cup Milk	<b>10</b> Smothered Meatballs Parslied Rice Green Peas Wheat Bread Fruit Milk	<b>11</b> Chicken Noodle Casserole Mixed Veggies Brussels Sprouts Dinner Roll Fruit Cup Milk	<b>12</b> Hamburger Patty w/Bun Baked Pinto Beans Lettuce/Tomato Mixed Fruit Cobbler Mustard/Ketchup Milk
<b>15</b> Meatloaf w/Tomato Gravy Garlic Whipped Potatoes Herbed Green Beans Dinner Roll Fruit Cup Milk	<b>16</b> Garlic Rosemary Chicken Mixed Beans Parslied Carrots Dinner Roll Fruit Cup Milk	<b>17</b> Savory Beef Casserole Green Peas California Veggies Wheat Bread Fruit Milk	<b>18</b> Sweet & Sour Chicken Fried Rice Japanese Veggies Dinner Roll Fruit Milk	<b>19</b> Swedish Meatballs Rotini Noodles Tuscany Veggies Dinner Roll Fruit Cup Milk
<b>22</b> Italian Mac Baby Lima Beans Dilled Carrots Dinner Roll Fruit Cup Milk	<b>23</b> Pork Sausage Kidney Beans Collard Greens Hot Dog Bun Fruit Cup Mustard Milk	<b>24</b> Swiss Steak Parslied Whipped Potatoes Spring Veggies Wheat Bread Fruit Milk	<b>25</b> Chicken & Rice Casserole French Green Beans Corn Wheat Bread Fruit Milk	<b>26</b> Taco Meat Pinto Beans Mexican Rice Lettuce/Tomato/Cheese Flour Tortilla Fruit Milk
<b>29</b> Salisbury Steak w/Gravy Delmonico Potatoes Summer Veggies Dinner Roll Fruit Cup Milk	<b>30</b> Lemon Pepper Chicken Green Peas Okra & Tomatoes Wheat Bread Fruit Cup Milk	<p><i>Hello Spring</i></p>		

*\*Meals must be consumed on site and may contain or have been exposed to allergens such as: Dairy, Gluten, Soy, and Shellfish*

**CONTACT US**

**CHRISTINE PAPPAS HANKINS**  
Senior Center Supervisor  
cpappas@agingtrue.org

**DEBRA MOORE**  
Assistant Senior Center Supervisor  
dmoore@agingtrue.org

**Hours of Operation**  
Monday - Friday  
8:30 AM till 4:30 PM  
(352) 473 - 7121

[agingtrue.org/clay-county](http://agingtrue.org/clay-county)

[facebook.com/agingtrue](https://facebook.com/agingtrue)

**OTHER LOCATIONS**

**Green Cove Springs**  
604 Walnut Street  
Green Cove Springs, FL 32043  
(904) 284 - 3134

**Middleburg**  
3916 Section Street  
Middleburg, FL. 32068  
(904) 291 - 3520

**Orange Park**  
414 Stowe Avenue  
Orange Park, FL. 32073  
(904) 269 - 4731

**OTHER SERVICES**

- Meals on Wheels
- Case Management
- Mental Wellness
- Long Term Care
- In-home Services
- Respite Care
- R.E.L.I.E.F. Program
- Adult Day Health Services
- Utility Assistance (EHEAP)