

SENIOR CENTER OF KEYSTONE HEIGHTS



125 N.E. Commercial Circle
Keystone Heights, FL
32656
(352) 473 - 7121



JULY ACTIVITY CALENDAR

SENIOR INDEPENDENCE MONTH



Monday	Tuesday	Wednesday	Thursday	Friday
1 Card Games & Billiards 9:00-4:30 Beg. Line Dance 9:00 Learn to Play Hand & Foot 9:00 Chair Exercise 12:00 Bunko 1:00	2 Knit/Crochet 9:00 Learn to play Spades 9:00-11 NO ZUMBA 9:30 Bingo 12:30	3 Card Games & Billiards 9:00-4:30 <i>fun & games</i> 9:30-12 Bingo 12:30	 CLOSED 	5 Card Games/Billiards 9:00-4:30 Bingo 12:30 Afternoon Matinee & Popcorn 2:45
8 Card Games & Billiards 9:00-4:30 Beg. Line Dance 9:00 Learn to Play Hand & Foot 9:00 Chair Exercise 12:00 Bunko 1:00	9 Knit/Crochet 9:00 Learn to play Spades 9:00-11 NO ZUMBA 9:30 Bingo 12:30	10 Card Games & Billiards 9:00-4:30 Edward Jones Financial 10:30 Bible History 10:00 Bingo 12:30	11 Knit/Crochet 9:00 Beg. Line Dance 9:00 Tulie Martinez 10:30 Mexican Train 11:30 Spades 12:30 - 3	12 Blood Pressure / Glucose Checks 8:30-10 Card Games & Billiards 9:00-4:30 Bingo 12:30 Afternoon Matinee & Popcorn 2:45
15 Card Games & Billiards 9:00-4:30 Beg. Line Dance 9:00 Learn to Play Hand & Foot 9:00 Chair Exercise 12:00 Bunko 1:00	16 Knit/Crochet 9:00 Learn to play Spades 9:00-11 ZUMBA 9:30 FL Commerce Housing Counsel 10:30 Bingo 12:30	17 Card Games & Billiards 9:00-4:30 Build Your Tech Skills w/Leah 9:30 Bible History 10:00 Bingo 12:30	18 Knit/Crochet 9:00 Beg. Line Dance 9:00 Karaoke 10:30 Mexican Train 11:30 Spades 12:30 - 3	19 Card Games & Billiards 9:00-4:30 Bingo 12:30 Transportation Independence 9:30-10:30 Afternoon Matinee & Popcorn 2:45
22 Card Games & Billiards 9:00-4:30 Beg. Line Dance 9:00 Learn to Play Hand & Foot 9:00 Chair Exercise 12:00 Bunko 1:00	23 Knit/Crochet 9:00 Learn to play Spades 9:00-11 ZUMBA 9:30 Bingo 12:30	24 Card Games & Billiards 9:00-4:30 Bible History 10:00 Bingo 12:30	25 Knit/Crochet 9:00 Beg. Line Dance 9:00 Mexican Train 11:30 Spades 12:30 - 3	26 Blood Pressure / Glucose Checks 8:30-10 Card Games & Billiards 9:00-4:30 Bingo 12:30 Afternoon Matinee & Popcorn 2:45
29 Card Games & Billiards 9:00-4:30 Beg. Line Dance 9:00 Learn to Play Hand & Foot 9:00 Chair Exercise 12:00 Bunko 1:00	30 Knit/Crochet 9:00 Learn to play Spades 9:00-11 ZUMBA 9:30 Bingo 12:30	31 Card Games & Billiards 9:00-4:30 Bible History 10:00 Bingo 12:30 Birthday Celebration!		



DATES TO REMEMBER
National Ice Cream Month
 Nat'l Stay Out of the Sun Day
July 3
 Sidewalk Egg Frying Day
July 4
 Nat'l Swimming Pool Day
July 11
 Hot Enough For Ya Day
July 23
 Nat'l Refreshment Day
July 25

HAPPY
birthday
Sam Mossuto
Carolyn Beeman
Linda Dixon
Julia Huskey
Ruthanne Catizone
Debra Hirsch
Joan Dowdy
Wayne Middleton
Marie Touchton

31 DAYS IN THE MONTH
 National Hot Dog Month
 Hottest Month
 National Ice Cream Month
 Water Lily
 Independence Day
JULY FUN FACTS
 World Emoji Day
 Summer
 Astrology Signs
 Slurpee Day
 Cancer
 Leo
 National Picnic Month
 Ruby Birthstone

SENIOR CENTER OF KEYSTONE HEIGHTS



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

JULY MEAL CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
1 Sweet & Sour Chicken Fried Rice Japanese Veggies Dinner Roll Fruit Cup Milk	2 Pork Sausage Northern Beans Mustard Greens Hot Dog Bun Fruit Cup Mustard Milk	3 BBQ Chicken Baked Beans Hashbrown Casserole Dinner Roll Lorna Doone Cookie Milk	4  CLOSED	5 Taco Meat Pinto Beans Mexican Rice Lettuce/Tomato/Cheese Flour Tortilla Fruit Milk
8 Beef & Rice Casserole Herbed Green Beans Glazed Carrots Wheat Bread Fruit Cup Milk	9 BBQ Rib Patty Red Beans & Rice Cabbage Dinner Roll Fruit Cup Milk	10 Meatballs Spaghetti Sauce Penne/Tomatoes Peas Wheat Bread Fruit Milk	11 Chicken Salad Corn Salad Lettuce/Tomato Wheat Bread Fruit Milk	12 Hamburger Patty w/Bun Baked Pinto Beans Country Potatoes Lettuce/Tomato Oatmeal Creme Pie Mustard/Ketchup Milk
15 Swiss Steak Whipped Potatoes Peas Wheat Bread Fruit Cup Milk	16 Chicken Taco Meat Blk Beans/Corn Mexican Rice Lettuce/Tomato/Cheese Flour Tortilla Fruit Cup Milk	17 Pork Sausage Blackeyed Peas Green Beans Hot Dog Bun Fruit Mustard Milk	18 Orange Glazed Chicken Confetti Rice Collard Greens Dinner Roll Fruit Milk	19 Sloppy Joe Mixed Beans California Veggies Hamburger Bun Fruit Milk
22 Meatballs /Mushroom Gravy Delmonico Potatoes Italian Green Beans Wheat Bread Fruit Cup Milk	23 Sausage/White Beans Corn Orange Carrots Wheat Bread Fruit Cup Milk	24 Hamburger Patty w/Bun Baked Pinto Beans Lettuce/Tomato Mixed Fruit Cobbler Mustard/Ketchup Milk	25 Chicken Salad Green Pea Salad Lettuce/Tomato Pita Bread Fruit Milk	26 Meatloaf w/Tomato Gravy Garlic Whipped Potatoes Spring Veggies Dinner Roll Fruit Milk
29 Sweet & Sour Chicken Fried Rice Japanese Veggies Dinner Roll Fruit Cup Milk	30 Pork Sausage Northern Beans Mustard Greens Hot Dog Bun Fruit Cup Mustard Milk	31 Salisbury Beef Onion Gravy Whipped Potatoes Green Beans Wheat Bread Fruit Milk		

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

 agingtrue.org/clay-county

 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)