

# JULY:ACTIVITY CALENDAR

	Tuesday	Wednesday	Thursday	Friday
	1 Exercise Class- 9:15AM Karaoke 10AM Bible Study 1030am Line Dance 1030	2 Bingo 10AM Rummikub 12:30PM Knit/Crochet By Appt Arts/crafts 9-12	3 Exercise Class- 9:15AM Karaoke 10AM Bible Study 1030am Line Dance 1pm	4 Center Closes <b>4<sup>th</sup> of July</b>
7	Bingo- 10AM Rummikub- 12:30PM Arts/Crafts 9am-12	8 Exercise Class- 9:15AM Beg. 930 Line Dance 1030 Pokeno 1PM Arts/Crafts 1PM	9 Bingo 10AM Rummikub 12:30PM Knit/Crochet By Appt Arts/Crafts 9am-12 10AM Tech Help	10 Exercise Class- 9:15AM Karaoke 10AM Bible Study 1030am Line Dance 1pm 10am Popcorn/Movie
14	Bingo- 10AM Rummikub- 12:30PM Arts/Crafts 9am-12	15 Exercise Class- 9:15AM Beg. 9:30 Line Dance 10:30 Pokeno 1PM Arts/Crafts 1PM	16 Bingo 10AM Rummikub 12:30PM Knit/Crochet By Appt Arts/Crafts 9am-12	17 Exercise Class- 9:15AM Bible Study- 10:30AM Line dance 1PM 10am Hair Cuts 10am Tatted Remnants Musical Band
21	Bingo- 10AM Rummikub- 12:30PM Arts/Crafts 9am-12	22 Exercise Class 9:15AM Beg 930 Line Dance 1030 Pokeno 1PM Arts/Crafts 1PM	23 Bingo 10AM Rummikub 12:30PM Knit/Crochet By Appt Arts/crafts 9-12 9am Scrapbooking	24 Exercise Class- 9:15AM Karaoke 10AM Bible Study 1030am Line Dance 1pm 11:15 Ray Meyers Pres.
28	Bingo- 10AM Rummikub- 12:30PM Arts/Crafts 9am-12	29 Bingo- 10AM Rummikub- 12:30PM Arts/Crafts 9am-12	30 Bingo 10AM Rummikub 12:30PM Knit/Crochet By Appt Arts/crafts 9-12	31 Exercise Class- 9:15AM Karaoke 10AM Bible Study 1030am Line Dance 1pm
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## Special Events

**HAPPY**

**4<sup>th</sup> of July**

## REMINDER

Meals are served from 12:00 PM - 1:00 PM, Monday - Friday and require a 2-day advance reservation. To reserve a meal, please call or stop by your local center to sign up. Meals must be consumed on site and may contain or have been exposed to allergens such as: Dairy, Gluten, Soy, and Shellfish

## MANAGEMENT

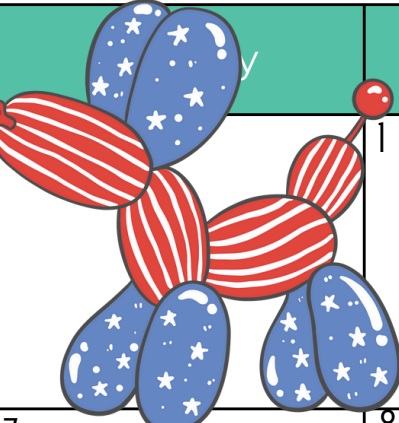


**Ishtar Jorden**  
Senior Center Supervisor  
(904) 291 - 3520  
[ijorden@agingtrue.org](mailto:ijorden@agingtrue.org)

**FOR ADDITIONAL ASSISTANCE**  
**ISHTAR JORDEN AND**  
**HECTOR JIMENEZ**  
**ARE AVAILABLE**



SENIOR CENTER OF AGING TRUE MIDDLEBURG  
Community Senior Services  
Clay County

# JULY LUNCH MENU

	Tuesday	Wednesday	Thursday	Friday
	1 BBQ Chicken Whole Kernel Corn Green Peas Hamburger Bun Fresh Fruit/Milk Pickle Slices	2 Salisbury/Gravy Whipped Potatoes Sliced Carrots Wheat Bread Fruit Cup Milk	3 Garlic Rosemary Chicken Northern Beans Okra and Tomatoes Texas Bread Fresh Fruit Milk Mustard	4  4 <sup>th</sup> of July
7 Sloppy Joe Delmonico Potatoes Summer Vegetables Hamburger Bun Fruit Cup Milk	8 Sweet and Sour Chicken Fried Rice Japanese Vegetables Dinner Roll Fruit Cup Milk	9 Swedish Meatballs Rotini Noodles Green Beans Dinner Roll Fruit Cup Milk	10 Chicken Taco Meat Pinto Beans Mexican Rice Lettuce/Tomato Shredded Cheese Flour Tortilla Fresh Fruit Milk	11 Pork Sausage Lime Beans Cabbage Hot Dog Bun Fresh Fruit Milk Mustard
14 Swiss Steak Garlic Whipped Potatoes Herbed Green Beans Dinner Roll Fruit Cup Milk	15 BBQ Rib Patty Whipped Potatoes Garden Vegetables Dinner Roll Fresh Fruit Milk	16 Hamburger Patty Baked Pinto Beans Whole Kernal Corn Hamburger Bun Fresh Fruit Milk Mustard/Ketchup	17 Smothered Chicken Mixed Beans Parslied Carrots Dinner Roll Fresh Fruit Milk	18 Meatballs/Spaghetti Sauce Penne/Tomatoes Tuscany Vegetables Dinner Roll Fudge Creme Cookie Milk
21 Chicken Fried Rice Diled Carrots Green Beans Dinner Roll Fruit Cup Milk	22 Pork Sausage Lime Beans Cabbage Hot Dog Bun Fresh Fruit Milk Mustard	23 Beef/Mushroom Gravy Parslied Whipped Potatoes Spring Vegetables Dinner Roll Fresh Fruit Milk	24 Creamy Paprika Chicken Buttered Rice Garden Vegetables Wheat Bread Fresh Fruit Milk	25 Taco Meat Pinto Beans Mexican Rice Tomato/ Lettuce Shredded Cheese Flour Tortilla Fresh Fruit Milk
28 Teriyaki Meatballs Parslied Rice Green Peas Fruit Cup Milk	29 Teriyaki Meatballs Parslied Rice Green Peas Fruit Cup Milk	30 Salisbury/Gravy Whipped Potatoes Sliced Carrots Wheat Bread Fruit Cup Milk	31 Garlic Rosemary Chicken Northern Beans Okra and Tomatoes Texas Bread Fresh Fruit Milk Mustard	

## CONTACT US

3916 Section Street  
Middleburg, FL.  
32068

(904) 291 - 3520

### Hours of Operations

**Monday - Friday**

9:00 AM till 4:30 PM

**Saturday - Sunday**

Office Closed



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



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

## OTHER LOCATIONS

### Keystone Heights

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

### Green Cove Springs

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

### 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)