



Ninilchik Senior Center

PO Box 39422. 66265 Aspen Ave. Ninilchik, AK. 99639 Phone: 567-3988

Coming Up:

**4th-Independence Day—
Center Closed**

18th-Board Meeting

**20th-Sew Saturday 10am-
4pm**

**24th-Mario Carboni Concert
6pm**

**25th-Annual Membership
Meeting 12:45 pm**

26th-Olympics Begin



Note From the President of the Board:

Summer is here. Yea!!!! Have you noticed how green everything is. Plants are flowering as they should. Not much rain. We could probably use some more of that but I am not complaining one little bit. Even the cloudy days are wonderful.

July will be a busy month here at the Center. We are preparing for our annual meeting that comes along on July 25. It will start about 12:45 pm. Some things to remember for the meeting. You must be a current member to vote at the meeting. Membership expires on 1 July. Make sure you stop in the office to pay your membership. It is still only \$25 per person. There will be 3 seats on the board to fill. If you are interested on being on the board of the Senior Center then by all means stop by the office and fill out the forms to declare your candidacy.

The board generally meets on the 3rd Thursday of each month. Board members are expected to attend the board meetings, participate in the annual fundraiser in some capacity, as well as in other activities at the center that may require your participation.

I was hoping to hear about the capital budget by the time I had to write this but unfortunately we have not heard yet. Our planned kitchen project is making progress but it is slow. If you have the ability to help out with a donation, it would be greatly appreciated. Every little bit helps. If you make a donation and specify that it is for the kitchen then that is where it will go.

Tourist season is in full swing so keep your eye out for those sneaky RV's that are rolling down the highway. It seems like the charters are in full swing as well. I'm seeing a lot of boats coming and going to the boat launch. I'm also seeing quite a few fish hanging up for pictures.

Our summer concert series featuring Mario Carboni (The Honky-Tonk Rebel) is off to a wonderful start. Mario will be playing again on Wednesday 24 July starting at 6:00 pm. Cover charge is \$10. Feel free to bring some finger food. This is a fundraiser for the center so come on out and support Mario and the center. There is room to do some dancing and every seat is a first class seat.

Be safe this summer and I'll see you for the August news letter.

~ Richard Hawkins



A Note from the Executive Director:

July already?? This summer is flying by as our summers in Alaska usually do, but what a nice summer it has been so far! Gardens are in full swing and will soon be producing lots of fresh vegetables. Flowers are bringing color to the areas where they are planted. Summer is one of the most beautiful times of the year in the glorious state of Alaska. Hope everyone is able to get out and have some fun this summer enjoying the sunshine and longer days.

Speaking of fun things, there are lots of fun things coming up here at the center.....

July 25: Annual Meeting, 12:45 pm. We will be voting this year for three board members. If you are interested in being a board member, please see the office or any one of the existing board members. One quick form to fill out and a little bio about yourself and we'll get you on the ballot.

July 25 and August 28: Mario Carboni (The Honky-tonk Rebel) will be here at the Senior Center from 6 pm -9 pm "ish" putting on a concert like no other for your entertainment. Cost to get in is \$10/ person and if you're willing, bring some finger foods to share. Mario is an extremely talented musician and you won't be disappointed! Come and check it out, do some dancing and have some fun!

August 23: Annual Fundraiser Dinner: Prime Rib and all the fixin's, followed up with an evening of fun as we auction off some wonderful items and of course desserts! If you are interested in making a pie to donate to the auction, pie plates are available – check with the office staff. Our volunteer committee is busy working out all the details and gathering donations for our auctions. This is a hard working committee and their efforts are much appreciated! The committee members are: Cheryl Doyle (chair), Faye Woodhead, Vi Nordgren, Kaye Waldsmith and myself. If you're interested in being on the fundraising committee, please contact Cheryl Doyle. We're excited about the event and hope to see you there!

That's it for now. Thank you to everyone for coming by the center this summer and joining us for a meal, activities, or just to say hi! We're glad you're here!

~ Julie Otto



July Dugout News

July is here and it's my favorite month of the year. Why, you ask?

4th of July, yours truly has a birthday, Baseball season, WNBA and the Summer Olympics begin.

So, this month I thought I'd enlighten you with Olympics information! Great idea!!

2024 Olympics begin July 26-Aug. 11 in Paris, France for the first time ever opening ceremonies will take place outside of the stadium along the Seine River in the heart of the city. A boat for each national delegation with their athletes on board.

Sports for this Summer:

Archery, badminton, basketball (including 3 on 3), beach volleyball, breakdancing, boxing, canoe/kayak, climbing, cycling (track, road, mountain, BMX), diving, golf, gymnastics, handball, judo, modern pentathlon, open water swimming, roller sport (skateboarding), rowing, rugby, sailing (including windsurfing), shooting, soccer/football, swimming, surfing, synchronized swimming, table tennis, taekwondo, tennis, track and field, water polo, weightlifting, and wrestling.

Sports taken out for this summer are Baseball and Softball

1st Modern Olympic games occurred in 1896 and consisted of Boxing, Equestrian (chariot racing, riding), Pankration, Pentathlon (discus, javelin, jump, running, wrestling), running, and wrestling.

4,400 athletes will participate in Paris

Oldest sport is running

Karate was taken out because it lacked entertainment value

Most unpopular sports are Equestrian Events with Badminton 2nd

Easiest sport is rowing

Safest sport is sailing, canoeing, kayaking, rowing, synchronized swimming, diving

Cheapest sport is basketball, table tennis, or badminton

2028 Summer Olympics will be held in the USA! Los Angeles, California.

Enjoy the Olympics and as always

SWING FOR THE FENCE

Cheryl





NINILCHIK SENIOR CENTER CONCERT SERIES FUNDRAISERS

Featuring

Mario Carboni

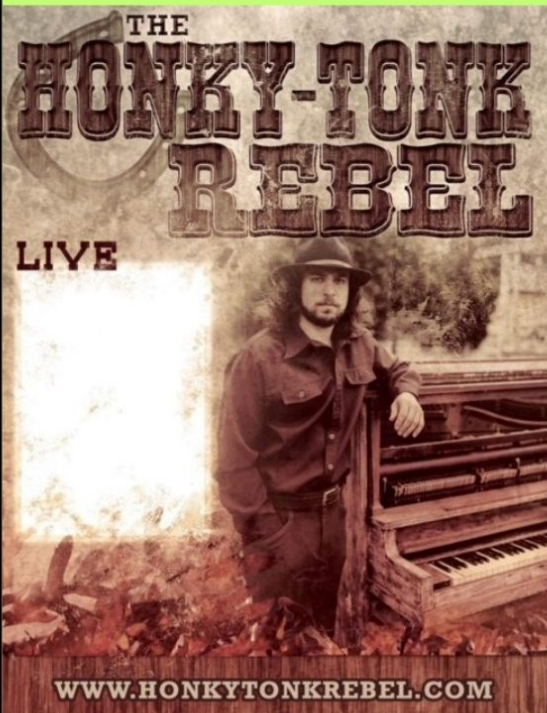
The Honky-Tonk Rebel

Wed, June 12, 2024

Wed, June 26, 2024

Wed, July 24, 2024

Wed, August 28, 2024



- ~ Starts at 6 pm to 9 ish
- ~ \$10 per person
- ~ Bring finger food
- ~ Family Friendly
- ~ Doors open at 5:30 pm

907-567-3988



At the Ninilchik Senior Center 66265 Aspen Ave, Ninilchik

Raffle

John Deere Lawn Tractor w/ Snow Blower Attachment



John Deere S220 Lawn Tractor with 42" Mower Deck and 44" Snow Blower Attachment

Tickets are \$50 each. Only 300 tickets to be sold
Tickets available at the Ninilchik Senior Center

Drawing will be held at the Ninilchik Senior
Center Fundraiser on August 23, 2024
Winner need not be present to win



State of Alaska Gaming Permit #874



NINILCHIK SENIOR CENTER **JULY** ACTIVITIES SCHEDULE

1 Membership Renewal

4 Closed

20 Sew/Quilting Saturday 10:00-4:00 \$5.00 Potluck Dish

24 Mario concert 6:00-9:00 \$10.00

25 Annual Membership Meeting 1:00 pm
(must be a member to vote)

26 Summer Olympics begin

30 Metal Art Class 1:15-3:00 \$65.00

(we need 10 people prepaid to be able to hold the class)

To choose your metal art, look at Creations by Abe online.

Pick which 3 pieces you would like to do.

Money, name and 3 projects due in office by the July 8th.

Questions? See Cheryl.

Cheryl and Faye are willing to hold another day for you to finish your project or if you can't make the date but have paid ahead.

Trivia

5,12,19,26 at lunch

Bingo

3,10,17,24,31 1:15-3:00 \$5.00

A BIG THANK YOU to
Terry Hepner, Kathy Bundy and Steve Vanek
for working in the garden!

We got fresh dirt and some raised planters this year and they
worked hard!



"It Blew Her Mind When I Told Her": Older Adults Are Sharing The "Common Knowledge" Practices From The Past That Have Become Obsolete Over Time

An article from Buzz Feed

I'll truly never forget the surprised faces of my younger cousins when I explained to them that I used to have a phone that *wasn't* touchscreen. I can't believe we've gotten to this point, but I won't lie by saying that I *haven't* been shocked by things that were normal "back in the day." So when members of the [BuzzFeed Community](#) shared the [facts and experiences from the past](#) that are not so common today, I was completely captivated. Here are some of the responses that might leave you feeling nostalgic or genuinely confused:

1. "We smoked everywhere — I mean EVERYWHERE. I remember going to the doctor as a kid, and they would even smoke in the exam room."
2. "'Cut and paste' meant you cut out the actual paragraph from the actual piece of paper and pasted it into a new one. Also, does anyone remember the mimeograph machine? You would type on this special paper with several layers, and if you made a mistake, you had to paint over it with a pink liquid that never dried and always smeared everywhere. Then you would insert that stack of paper into a machine and crank it to pump out however many copies you needed."
3. "I remember when [ice cream](#) came in a square container, and we used to have to slice it."
4. "I remember when homes used to have 'milk chutes' near the side door, where the milkman would leave the milk. There also used to be a 'paper/rags' man who drove by the house in a horse-drawn cart collecting paper and rags. That was in the late '50s, and I was about 4 or 5. There was also a man who would come around and sell waffles. Best waffles ever!"
4. "I remember when homes used to have 'milk chutes' near the side door, where the milkman would leave the milk. There also used to be a 'paper/rags' man who drove by the house in a horse-drawn cart collecting paper and rags. That was in the late '50s, and I was about 4 or 5. There was also a man who would come around and sell waffles. Best waffles ever!"
5. "Home fax machines. They were kind of like instant messaging...only not as instant. Also, you had to unplug your phone from the line and plug the line into the fax machine to use it. AND if you forgot to plug the cable back into the phone, people couldn't reach you at all."
6. "I remember when telephone numbers consisted of letters AND numbers. For example, I lived in a city called Globe. My phone was GL7-2242. The next town over was Diamond, so everyone's phone number in that town started with DI."

7."My almost 5-year-old recently asked me what kind of phone I had when I was 5. It blew her mind when I told her that I didn't have a phone. I told her that the only phone we had was used solely for making calls and that it was plugged in and had a cord. Then I had to explain what a smartphone is and that I didn't have one until I was like 23. That blew her mind even more."

8."All soft drinks were sold in glass bottles, and you could pick up the empty bottles and turn them in at the store, where you could trade them in for either a new soda or money. I used to pull my red Radio Flyer wagon with my bike around our neighborhood and pick up empty bottles to take back to the store so that I could redeem them for change to supplement my allowance. The local bottlers would take the bottles, wash and sanitize them, and then put fresh soda and a new cap on them. Nowadays, all glass bottles are disposable."

9."Need to write a school paper? Pull out the typewriter. Need to choose a font? Surprise — you only get one! Did you make a mistake? Hope you have a steady hand for that tiny Wite-Out brush that will leave giant white blobs on the page."

10."I showed my 19-year-old coworker a cassette tape. She had no idea what it was and didn't believe me when I told her."

11."Until the very late 1990s or early 2000s, my parents were still using a landline phone that was on a party line. They lived in a very rural area. I remember having to 'listen in' to make sure someone in the neighborhood wasn't using the phone line before placing a call. You could literally pick up the phone and listen to your neighbors' phone conversations if you wanted to."

12."When it came to taking pictures, we were careful about what pictures we took because processing them was expensive. For my family, it wasn't unusual to have a film roll last one to two years before being developed. And if your pictures came back blurry, overexposed, or just plain horrible, there was nothing you could do but be disappointed."

13."When your parents sent you to the grocery store, they would give you a written list of what was needed. The grocer would then take the list, collect the items from the shelves, then bag them for you. Nobody — kids or grown-ups — was allowed to take items off the shelves because the grocer did it for everyone. At the time, there was no such thing as a grocery cart."

14. "In the '50s, my mother had to have my father's permission to use birth control. Even in the '60s, my aunt had to have my uncle's permission to go on the Pill too."

15."If we wanted to straighten our hair, we would lay our heads on the ironing board, get our hair wrapped in waxed paper, and have someone iron it!"

Save the Date(s)

July 25, 2024

For the Annual Membership Meeting

At 12:45 pm



August 23, 2024

For Our Annual Dinner/Auction

Fundraiser

This year's theme: The Olympics



Fourth Of July



Find and circle all of the words that are hidden in the grid.
The remaining letters spell an Abraham Lincoln quotation.

L B C E L G A E D L A B N T H L O D S
A E S E F E W P A T R I O T I C E N T
V N H O L D E S N E A Y G B I C O H R
I F S F O E R T K T E A E N O O O E E
N R T E A Y B A I D L R C R L M E Y C
R A R S T R C R O F T I A L A M C T N
A N E U S O B S A Y P T A S F A N O O
C K A O M T H A O T I B J T R H E D C
E L M H A S O N I O I E R C E B D O B
B I E E D I T D N H F O O P E A N O E
A N R T A H D S S F P M N A D S E H T
R G S I N D O T E E E L S R O E P N S
B Y E H H E G R R D V E E A M B E O Y
E A I W O I S I Y T R A P D T A D I R
C D N N J O A P O T F O R E A L N T O
U I O T N S R E G R U B M A H L I A S
E L L H U E M S K R O W E R I F I N S
S O O R E D W H I T E B L U E E L H V
E H C M E H T N A L A N O I T A N S P

BLD EAGLE
BALLOONS
BARBECUE
BASEBALL
BEN FRANKLIN
BETSY ROSS
CAKE
CARNIVAL
CELEBRATION
COLONIES

CONCERTS
DECORATIONS
DEMOCRACY
FIREWORKS
FLAG
FLOATS
FREEDOM
GREAT BRITAIN
HAMBURGERS
HISTORY

HOLIDAY
HOT DOGS
INDEPENDENCE
JOHN ADAMS
LIBERTY
NATIONAL ANTHEM
NATIONHOOD
PARADE
PARTY

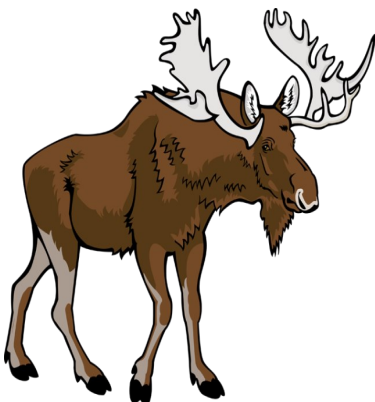
PATRIOTIC
PHILADELPHIA
PICNIC
RED WHITE BLUE
STARS AND STRIPES
STREAMERS
THOMAS JEFFERSON
USA
WHITE HOUSE



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1. In what part of the state is the Seward Peninsula?
2. It is believed that Alaska and Siberia were once connected by a land bridge across what sea?
3. What well-known lawman was in Nome in 1899, twenty years after he shot it out with the Clantons at the OK Corral?
4. Name one of the world's earliest land plants.
5. Name the event that takes place in many Alaskan communities during the summer in which the grand prize goes for the largest salmon caught?
6. What Alaskan native group was also known as the linguistic cousin of the Apaches and Navajos of the American southwest?
7. What was the "Nome Wonder"?
8. Where do salmon go to spawn?

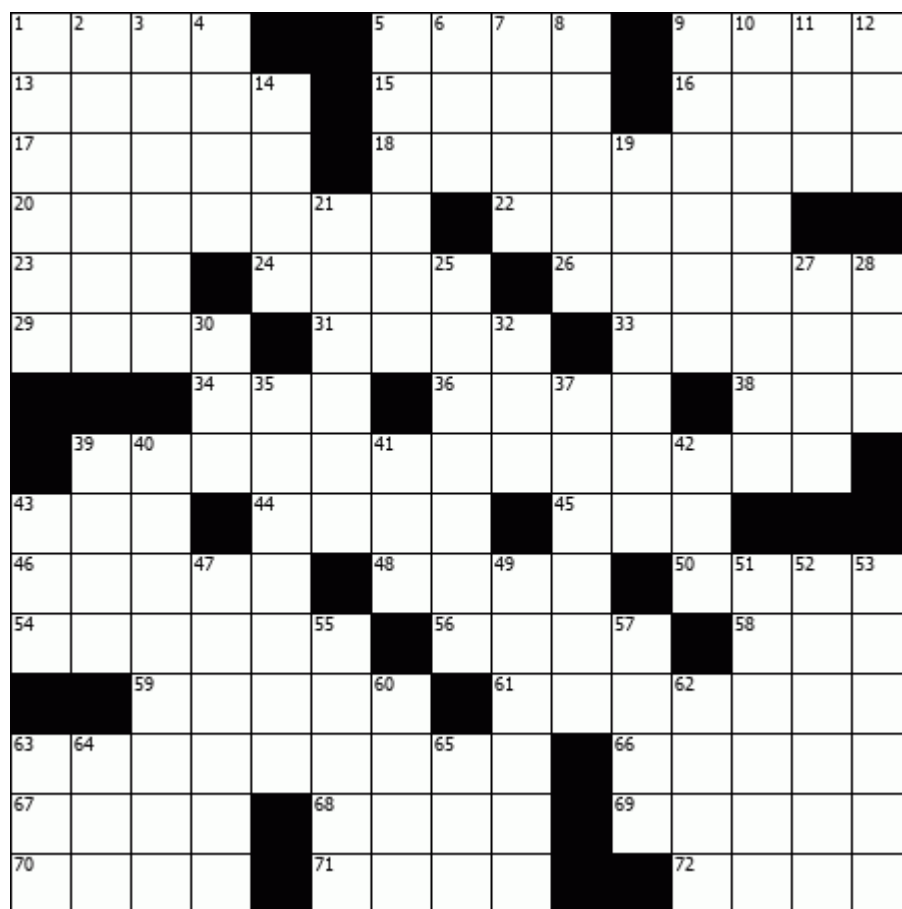


7. A seven inch gold
nugget discovered
in 1901
8. Up fresh water
streams

1. Western Alaska
2. Bering Sea
3. Wyatt Earp
4. Horetails
(Equisetum)
5. Salmon Derby
6. Athabaskan Indi-
an

Across

- 1. Nervous twitches
- 5. Abates
- 9. Cass was one
- 13. Double-reed instruments
- 15. Pulitzer poet Teasdale
- 16. Old-style "Holy cow!"
- 17. Donnybrook
- 18. "... and a cast of ___"
- 20. Gung-ho campaign
- 22. Shorthand whiz
- 23. Intention
- 24. Get together
- 26. Inventor Otis
- 29. Vehicle with caterpillar tread
- 31. Give off
- 33. Abate
- 34. Jabber
- 36. Condoleezza of the cabinet
- 38. Infant suffix
- 39. Just plain folks, and a hint to the central letters in 18-, 20-, 61- and 63-Across
- 43. Scot's cap
- 44. Pair
- 45. Oct. 2003 retiree
- 46. ___ Bowl
- 48. Pete Rose's team
- 50. Patsies
- 54. High fliers
- 56. Enjoy some karaoke
- 58. Nada
- 59. Controversial topic
- 61. Pizza topping
- 63. City of David
- 66. Serious lawbreaker
- 67. With 71-Across, one way to cook eggs
- 68. Border crosser's document
- 69. "The Interpretation of Dreams" author
- 70. Expressed, as farewell
- 71. See 67-Across
- 72. Pool's Minnesota ___



Down

- 1. Alley prowler
- 2. Spain and Portugal
- 3. Op-Ed piece
- 4. Understands
- 5. Regard
- 6. "Ridiculous!"
- 7. 'Hood buddies
- 8. Fry in a pan
- 9. Ogre
- 10. Religious doubter
- 11. Boiling
- 12. Classified listings
- 14. Clothes line
- 19. Inspector Clouseau's portrayer
- 21. With great feeling
- 25. Harangues
- 27. Dance that tells a story
- 28. Gibbon or orang
- 30. 16th century dramatist Thomas
- 32. "Mystic River" actor Robbins
- 35. Speech
- 37. Small aircraft maker
- 39. Rough up
- 40. Not 100%, as hearing
- 41. Corn serving
- 42. "... for what ___ worth"
- 43. Recipe meas.
- 47. Make certain
- 49. Consternation
- 51. Spring bloomer
- 52. Eat like it's going out of style, slangily
- 53. Uses for purchasing
- 55. Urbane
- 57. Back talk
- 60. Director Kazan
- 62. Medieval worker
- 63. College graduate's pursuit
- 64. Señora Perón
- 65. Winding curve

Join NSC's Legacy Club!

Leave a Legacy and make a donation (monthly or not) of any amount to the NSC Endowment Fund or NSC Operations and once your donations reach \$500, your name will be added to our donor tree. Endowment Fund Donations provide long-term investment income for the Senior Center.



Donor Tree Wall Levels of Giving:

- Tree Leaf: \$500. to \$999.
- Ptarmigan: \$1,000. to \$4,999.
- Crane: \$5,000. to \$9,999.
- Owl: \$10,000. to \$24,999.
- Eagle: \$25,000 +

Thank you to all who donate to the Ninilchik Senior Center!

David Shea 7/3

Ted Larsen 7/5

Cheryl Doyle 7/6

Rich Gill 7/7

Suzanne Woodard 7/7

Sharon Fowler 7/8

Larry Wallace 7/8

Elaine Chalup 7/9

Sue Gill 7/12

Rosemarie Welz 7/12

Kelly Emerson 7/13

Jeannette Minnihan
7/13

Jeanie Gregorich 7/14

Charles Williams 7/14

Sharon Calabrese 7/15

David Nordgren 7/16

Mary Ireland 7/22

Bob Pearson 7/22

Bob Jones 7/23

Pat Moran 7/25

John McCombs 7/26

Jim Kenshalo 7/27

Nora Appel 7/30

Liz Kruzick 7/31



\$5 A Month Club

Thank you to the following who contributed to the club:

David & Judy Clemenson	Bruce Randall
Delmer McCune	Debbie MacLean
Nora & Howard Appel	Cathy Perry
Char & Byron Moore	Josie Savoy
John & Janice Nofziger	Jim Beall
Ron Jorgensen	Vi Nordgren
Russ Cross & Beverly Graf	

We have a fund to provide items that are not in the budget.

If you would like to join the club, just bring or send a donation of \$5 any time you can.

THANK YOU!!!

Thank You

Vi Nordgren and Kaye Waldsmith for keeping our silent auction table full and organized

Dave Nordgren for the trash removal

Steve Vanek for selling split the pot tickets

Don't forget to log all of your time in the volunteer book

Thank you to all of our members and volunteers

Thank you to all the donors

Thank you to our cooks

Ninilchik Senior Center (NSC) Progressive Split the Pot Raffle

Cost: \$1 per ticket. Members may purchase as many tickets as desired each week. Tickets purchased are valid only for that week's drawing. Tickets must be purchased each week until 11am Friday if the member wishes to participate in that week's drawing.

Drawing Time: Every Friday at 12:00 pm

Location: Ninilchik Senior Center 66265 Aspen Ave Ninilchik, AK

Progressive Split the Pot Raffle Rules:

One winner every week.

Winner does not need to be present to win.

Open to NSC members only. Membership must be current.

The Current Raffle will last up to 16 weeks or until someone draws the Eagle. Future raffle duration may change without notice but will be announced at the beginning of each new raffle.



16 cards

(1) Eagle: grand prize winner: 50% of the pot

(1) Owl: 10% of the pot

(14) Ptarmigan: \$5





Ninilchik Senior Center
Operating Budget and Endowment Fund

Donations to the Operating Budget are used to keep the doors of Center open, while the purpose of the Endowment Fund is to invest for a stable income that will allow the Senior Center to become more self-sufficient.

Your Support is Valuable!

(All gifts are tax deductible to the extent allowed by law)

I am enclosing \$_____ Donation for: ☐ Operating Budget
☐ Endowment Growth

Your Name: _____ Date: _____

Your Address: _____

City: _____ State: _____ Zip: _____

Gift will be a memorial in honor of: _____

EIN: 52-1323828

About The Ninilchik Senior Center

Our Mission

We are dedicated to making life easier, more interesting, and providing assistance to others in need among our members, as well as the surrounding community, in ways which lift the spirit and give a feeling of love to each other. We are dedicated to assisting one another through cooperation, respect, and strength of spirit, so that everyone feels welcome and their contributions valued.

Board of Directors

President: Dick Hawkins
V. President: Viola Nordgren
Secretary: Kaye Waldsmith
Treasurer: Cheryl Doyle
Trustee: Steve Vanek
Trustee: Lynn Harding
Trustee: John McCombs

Endowment Trustees

Chair: Kaye Waldsmith
Vice Chair: Steve Vanek
Secretary: Vi Nordgren
Treasurer: John Nofziger
Trustee: David Clemenson

Staff

Executive Director: Julie Otto
Adm. Assist/Bookkeeper:
Tandy Wallace
Cook: Casey Campbell
Cook/Maintenance: Rick Ferguson
Trans. Driver: Mark Brees
NSC Homemaker:
Backup Driver/Laborer: R. Casey
Trezona

Join us for lunch!

Lunch is served at 12:00 pm Mon-Fri.

Suggested donation:

\$8 or members, \$12 for non-members

Lunch includes: soup,
salad, entrée and dessert

Events and Activities

Weekly

Mondays:

Quilting/Sewing 1-4 pm

Tuesdays:

Wednesdays:

Bingo (after lunch 1:15 pm)

Thursdays: Game Day 1-4 pm

Fridays:

Knitting 1:30-4:00

Billiards 1-4 pm

SUMMER



So far this Fiscal year the center received **\$126.45** from Fred Meyer through their community rewards program. Thank you to those who participate and make this possible.

If you shop at Fred Meyer, please consider linking your Rewards Card to donate to the center. Fred Meyer will donate money to the center whenever you make purchases; this will not affect the personal rewards associated with your account. Sign up online at: <https://www.fredmeyer.com/topic/community-rewards-4>

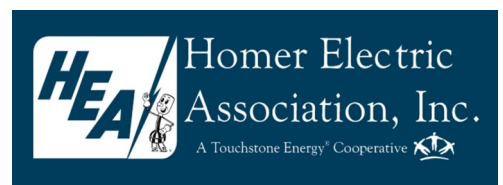
The center's Organization Identification Number is **GP013**. **Thank you!!!**

Answers to the puzzle on page 11

Puzzle Solution © OnlineCrosswords.net

T	I	C	S			E	B	B	S		M	A	M	A
O	B	O	E	S		S	A	R	A		E	G	A	D
M	E	L	E	E		T	H	O	U	S	A	N	D	S
C	R	U	S	A	D	E		S	T	E	N	O		
A	I	M		M	E	E	T		E	L	I	S	H	A
T	A	N	K		E	M	I	T		L	E	T	U	P
				Y	A	P		R	I	C	E		I	L
		M	I	D	D	L	E	A	M	E	R	I	C	A
T	A	M		D	Y	A	D		S	S	T			
S	U	P	E	R		R	E	D	S		S	A	P	S
P	L	A	N	E	S		S	I	N	G		Z	I	P
			I	S	S	U	E		S	A	U	S	A	G
J	E	R	U	S	A	L	E	M		F	E	L	O	N
O	V	E	R		V	I	S	A		F	R	E	U	D
B	A	D	E		E	A	S	Y			F	A	T	S

The Senior Center is partially funded by these Corporate Sponsors



- ~Alaska Food Coalition
- ~Enstar
- ~Fred Meyer/Kroger
- ~HEA
- ~Hilcorp Donor Advised fund though the Alaska Community Foundation
- ~Kenai Peninsula Borough
- ~Meals on Wheels America
- ~Peninsula Bishops Attic
- ~Private Donations
- ~State of Alaska/NTS Grant



July 2024 Menu



Meals will still be available as take-out (\$7 suggested donation, add \$2 for salad). **Lunch Starts at Noon.**
 Please note: menu is subject to change based on product availability. 907-567-3988 Please call in advance for take-out meals.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Birthdays	1	2	Bingo @ 1:15 3	4	5	Information 6
David Shea 7/3 Ted Larsen 7/5 Cheryl Doyle 7/6	Sloppy Joes w/Texas Toast French Fries Vegetable	Chicken Fajitas Refried Beans Rice Vegetable	Breakfast Sausage Potatoes Bread Pudding	Center Closed For Independence Day	Sweet & Sour Meatballs Eggroll Rice	Soup served daily with pick up meals
Rich Gill 7/7	8	9	Bingo @ 1:15 10	11	12	13
Suzanne Woodard 7/7 Sharon Fowler 7/8 Larry Wallace 7/8 Elaine Chalup 7/9 Sue Gill 7/12 Rosemarie Welz 7/12 Kelly Emerson 7/13 Jeannette Minnihan 7/13	Asian Chicken Thighs Rice Casserole Vegetable	Mushroom Swiss Bacon Meatloaf Potatoes Gravy Vegetable	Ranch Chicken Bake Beans Vegetable	Pork Cutlets Yams Cranberry Sauce Vegetable	Salisbury Steak Mashed Potatoes Gravy Vegetable	Suggested Donation \$8.00 Members \$12.00 Guests To-Go Soup \$1.00 per cup
Jeanie Gregorich 7/14 Charles Williams 7/14 Sharon Calabrese 7/15 David Nordgren 7/16	15	16	Bingo @ 1:15 17	Board Meeting 18	19	Sew Saturday 20
	Baked Ham Scalloped Potatoes Vegetable	Meatballs in Country Gravy Noodles Vegetable	Italian Chicken Pasta Bread Vegetable	Beef Stroganoff Noodles Vegetable	Pulled Pork Sandwich Beans Vegetable	10am - 4pm
Mary Ireland 7/22 Bob Pearson 7/22 Bob Jones 7/23 Pat Moran 7/25 John McCombs 7/26 Jim Keshalo 7/27	22	23	Bingo @ 1:15 24	Annual Mtg. 25	26	27
	Garlic Tomato Baked Chicken Potato Salad Vegetable	Bourbon Brats Rice Vegetable	Chicken Cordon Bleu Pasta Bread Vegetable Mario Concert 6pm	Roast Beef Mashed Potatoes Gravy Potatoes Vegetable	Cashew Chicken Salad w/Roll Pasta Jell-O	Lunch starts right at noon
Nora Appel 7/30 Liz Kruzick 7/31	29	30	Bingo @ 1:15 31	August 1	2	
	Lil' Cheddar Meatloaf Mashed Potatoes Gravy Vegetable	Chicken Tetrazzini Rolls Vegetable	Lasagna Garlic Bread Vegetable	Baked Chicken Rice Casserole Vegetable	Mushroom Beef Bites Noodles Vegetable	