




MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>6/1 Turkey & Swiss Croissant Sand. Coleslaw. Med Veggies, Soup, Fresh Grapes</p> <p>YOGA, CRAFTS CROCHET</p>	<p>6/2 Korean BBQ Beef, Stir Fried Vegetables, Vegetable Fried Rice, Bread w/Marg. Fresh Orange.</p> <p>BINGO TEXAS HOLD'EM</p>	<p>6/3 Broccoli Cheese Stuff Chicken, Peas & Pearl Onions, Mash Potatoes, Bread Choc Pudding</p> <p>CRAFTS, BOOK CLUB, CROCHET DOMINOS</p>	<p>6/4 Meatball Stroganoff, Carrots, Buttered Egg Noodles, Applesauce.</p> <p>CRAFTS, BOOK CLUB, CROCHET DOMINOS</p>	<p>6/5 Baked Three Cheese Pasta Florentine. Italian Normandy Blend, Breadstick, Mixed Fruit.</p> <p>BINGO</p>
<p>6/8 Cheeseburger, Broccoli w/Ranch Dip, Baked Beans, Apple.</p> <p>YOGA, CRAFTS CROCHET</p>	<p>6/9 BBQ Chicken, Sauteed Greens, Corn. Bread, Pears.</p> <p>BINGO TEXAS HOLD'EM</p>	<p>6/10 Deli Plate, Sweet Potato Corn Soup, Bread Pound Cake w/Berries.</p> <p>CRAFTS, BOOK CLUB, CROCHET DOMINOS</p>	<p>6/11 Lemon Dill Grilled Chicken, Ital Veg Blend, Rice, Bread, Fresh Fruit.</p> <p>CRAFTS, BOOK CLUB, CROCHET DOMINOS</p>	<p>6/12 Meatloaf, M. Pot. Peas & Carrots, Jell-O.</p> <p>BINGO</p> 
<p>6/15 Meatballs Rosini, Cauliflower & Peas, Toss Salad, Penne w/Sauce. Bread w/Marg, Jell</p> <p>YOGA, CRAFTS CROCHET</p>	<p>6/16 California Turkey Burger w/sandwich Roll., Broccoli w/Ranch Dip, Watermelon.</p> <p>BINGO TEXAS HOLD'EM</p>	<p>6/17 Chicken Carnitas, Cabbage Slaw, Mexican Rice, Tortilla, Salsa, Diced Peas</p> <p>CRAFTS, BOOK CLUB, CROCHET DOMINOS</p>	<p>6/18 Honey Mustard Chicken Salad, Zucchini Parm Soup, Bread w/Marg, Fresh Apple</p> <p>CRAFTS, CROCHET TRIPOLY</p>	
<p>6/22 Orange Pineapple Pork Loin, Green Beans, Baby Baked Potatoes, Bread, Banana Pudding.</p> <p>YOGA, CRAFTS CROCHET</p>	<p>6/23 Greek Salad w.Salmon, Garden, Veggie Soup, Bread w/Marg, Fresh Orange.</p> <p>BINGO TEXAS HOLD'EM</p>	<p>6/24 Crab Cake, Saled w/Ranch, Mac & Cheese, Bread w/Marg, Diced Peach</p> <p>CRAFTS, BOOK CLUB, CROCHET DOMINOS</p>	<p>6/25 Stuffed Pepper, Carrots, Mash Potatoe, Bread Cinn Apple sauce.</p> <p>CRAFTS, CROCHET TRIPOLY</p>	<p>6/26 Beef Barbacoa, Black Beans & Corn, Veg Blend, Guacamole, Rice, Fruit Salad</p> <p>BINGO</p>
<p>6/29 Rasp BBQ Chicken w/Sand Roll, Broccoli & Cauliflower, Sweet Potatoes, Oatmeal Cookie.</p> <p>YOGA, CRAFTS CROCHET</p>	<p>6/30 Sausage & Peppers, Dice Potatoes, Peppers & Onions, Hoagie Roll, Jell-O</p> <p>BINGO TEXAS HOLD'EM</p>			

LUNCH
MONDAY—FRIDAY
11:30 AM

CENTER HOURS
9:00 AM to 4:00 PM
MONDAY—FRIDAY

COVID-19 SHOTS & BOOSTERS BY APPOINTMENT

*Information and Assistance
Need help knowing where to turn or completing forms?
Call 412-481-5484 for an appointment.*

NEED A RIDE?
For OPT transportation to and from the Center for daily activities or special events, call 412-481-5484 by 11:00am the day before you need a ride. (\$1.25 each way)

NOTE: EACH medical trip (65+) will cost \$2.25 each way. For 60-64, medical trips will be \$5.25 each way.

COMPLAINTS? CALL!
ACCESS: 412-562-5353
OPT: 412-562-5385

Since 1977, Allentown Senior Citizen Centers, Inc. has offered programs to meet the educational socialization, recreational, and counseling needs of older adults. Center Services are Available to all individuals 60 or older who reside in Allegheny County.