



Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>Stay hydrated. Thirst sensation decreases with age. Maintain consistent water intake throughout the day to avoid dehydration!</i></p> <p><i>Did you know that 56 people signed the Declaration of Independence? Half of them were lawyers, with farmers and merchants making up the rest!</i></p>		<p>1</p> <p>Breaded Dill Chicken Sandwich w/ Lettuce and Tomato 1/2c Roasted Potatoes 1/2c Warm Spiced Apples 1/2c Coleslaw 1 Hamburger Bun, Ranch PC</p> <p>NEW ITEM</p>	<p>2</p> <p>Happy 4th of July! Cheeseburger 1/2c BBQ Baked Beans 1/2c Potato Salad Hamburger Bun 1/2c Fresh Watermelon</p> 	<p>3</p> <p>Closed</p>
<p>6</p> <p>4oz Teriyak Chicken 1/2c White Rice 1/2c Oriental Vegetables 1/2c Pineapple Tidbits</p>	<p>7</p> <p>Pasta & Meatballs (4) w/ Alfredo Sauce 1/2c Green Peas & Pearl Onions 1 Garlic Herb Breadstick Seasonal Fresh Fruit</p> <p>NEW ITEM</p>	<p>8</p> <p>3oz Pot Roast w/ 2oz Gravy 1/2c Mashed Potatoes 1/2c Mixed Vegetables White Bread 1/2c Peaches</p>	<p>9</p> <p>Grilled Chicken Salad (2oz Chicken, HB Egg over 1c Mixed Greens) 1c Cream of Broccoli Soup 1 Dinner Roll 1/2c Mixed Fruit</p>	<p>10</p> <p>Honey BBQ Meatballs (4) 1/2c Garlic Whipped Potatoes 1/2c Carrots 1 Dinner Roll Seasonal Fresh Fruit</p>
<p>13</p> <p>Florentine Omelet w/ Creamed Spinach and Cheese 1/2c Herbed Breakfast Potatoes 1/2c Warm Spiced Pears 1 Warm Biscuit</p> <p>NEW ITEM</p>	<p>14</p> <p>3oz Chipped BBQ Ham Sandwich 1/2c Seasoned Green Beans 1/2c Warm Spiced Apples 1/2c Homestyle Coleslaw 1 Hamburger Bun</p> <p>NEW ITEM</p>	<p>15</p> <p>3oz Chicken Cutlet with 2oz Country White Gravy 1/2c Mashed Potatoes 1/2c Peas Wheat Bread 1/2c Peaches</p>	<p>16</p> <p>Creamy Tuna Salad Sandwich (3oz Tuna, 1oz Mayo) 1/2c Crispy Broccoli Salad 1/2c Pickled Beet Salad 2 White Bread Seasonal Fresh Fruit</p>	<p>17</p> <p>3oz Pepper Steak w/ 1oz Tomato Sauce, 1oz Peppers, 1oz Onions 1 Baked Potato 1/2c Carrots 1 Wheat Bread 1/2c Pudding</p>
<p>20</p> <p>Creamy Vegetable Lasagna .5oz Shredded Mozzarella 1/2c California Blend Vegetables 1/2c Peas & Onions 1 Garlic Breadstick Seasonal Fresh Fruit</p>	<p>21</p> <p>Cheeseburger 1/2c Golden Roasted Potatoes 1/2c Mixed Vegetables 1 Hamburger Bun 1/2c Mandarin Oranges</p>	<p>22</p> <p>3oz Fire Grilled Chicken Breast 1/2c Cheesy Broccoli & Rice 1/2c Carrots 1/2c Diced Pears 1 Dinner Roll</p> <p>NEW ITEM</p> 	<p>23</p> <p>Meatball Hoagie (3) w/ .5oz Mozzarella Cheese 1c Pasta Fagioli Soup 1c Garden Salad w/ Dressing Seasonal Fresh Fruit 1 Hot Dog Bun</p>	<p>24</p> <p>3oz Open Faced Turkey Sandwich w/ 2oz Gravy 1/2c Whipped Potatoes w/ Chives 1/2c Sweet Corn 1 White Bread 1 Cookie</p>
<p>27</p> <p>Stadium Hot Dog 1/2c Cheesy Potatoes 1/2c Peas 1 Hot Dog Roll 1/2c Pineapple Tidbits</p>	<p>28</p> <p>4oz Chicken Salad Sandwich 1/2c Marinated Tomato Cucumber Salad 1/2c Macaroni Salad Seasonal Fresh Fruit 1 Hamburger Bun</p> <p>NEW ITEM</p>	<p>29</p> <p>3oz Baked Meatloaf w/ 2oz Onion Gravy 1/2c Garlic Whipped Potatoes 1/2c Sliced Carrots 1 Wheat Bread Seasonal Fresh Fruit</p>	<p>30</p> <p>Turkey Chef Salad (2oz Turkey, HB Egg, Cheddar, over 1c Mixed Greens w/ Tomato) 1c Vegetable Soup 1 Wheat Bread 1/2c Pudding</p>	<p>31</p> <p>3oz Salisbury Steak w/ 2oz Gravy Baked Potato w/ Margarine 1/2c Mixed Vegetables 1 Wheat Bread 1 Cookie</p>

Littlestown Area Senior Center Activity Calendar		July 2026		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
lunch served daily @ 11:30		1 Cards and Games	2 Utz Potato Chip Outlet @ 10:00 followed by York St. Treat - Center Closed	3 Center Closed
6 Renovations to building Center Closed	7 Renovations to building Center Closed	8 Craft Day	9 Cards and Games	10 Out of center activity center closed Lunch @ Chili's @ 11:00
13 Bingo @ 9:45	14 Cornhole	15 Birthday Recognition	16 Derek Reed @ 10:00	17 Operation Christmas Child with Wendy @ 10:00
20 Cards and Games	21 Pivot and blood pressure check @ 10:00	22 Medicare 101 with Ali Noll @ 10:00	23 Cards and Games	24 Out of Center activity Center Closed Breakfast@ Dutch Country @ 9:00
27 Bingo @ 9:45	28 Cards and Games	29 Cornhole	30 Music with Denny @ 10:00	31 Picnic at the Park @ 9:30

10 Locust Street
 P.O. Box 81
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 (717) 359-7743
 Hours: Monday-Friday 8:00AM-12:30PM
 Tina Pate, Site Manager