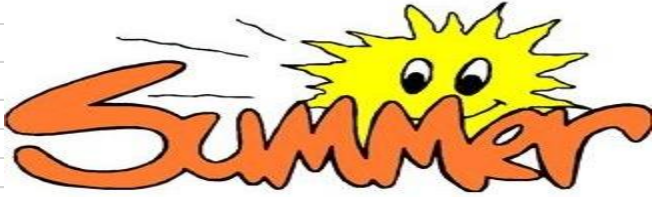



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
	<p>Suggested lunch contribution \$4 for those 60 & Better!</p> <p>Lunch served daily at 11:30am. Call by noon the day before.</p> <p>Center is open: Monday-Thursday 9am-3pm, Friday 9am-1pm</p> <p>Transportation available \$3.00 each way</p> <p><i>Like us on Facebook: Fremont Friendship Center</i></p>						
2	<p>3 9:00 Rummikub</p> <p>9:00 Dominoes</p> <p>9:30 Chair Volleyball</p> <p>10:00 Hand and Foot</p> <p>10:00 Board Game Monday</p> <p>12:30 Double Pot Pitch</p> <p>Get double or more if you eat lunch</p> <p>Creamed Chicken on Biscuit</p> <p>Ham and Cheese Sandwich</p>	<p>4 8:30 Farmer Market Coupon Registration Begins</p> <p>9:00 Nutrition presentation</p> <p>9:15 Tai Chi</p> <p>9:30 Chair Volleyball</p> <p>12:30 Bingo-FFC</p> <p>1:30 Open Games</p> <p>Breakfast for Lunch! Omelet!</p> <p>Roast Beef Chef Salad</p>	<p>5 9:00 Sip and Chat</p> <p>9:30 Exercises</p> <p>9:30 Line Dancing</p> <p>10:00 Hints w/ Home Instead</p> <p>10:30 Special Music with Wally</p> <p>10:30 Hand and Foot</p> <p>12:30 Pitch Tournament</p> <p>Cheesy Chicken Breast</p> <p>Turkey & Swiss on Ciabatta Bun</p>	<p>6 9:15 Tai Chi and Exercises</p> <p>9:45-10:15 Speed Bingo</p> <p>10:30 Special Music with The Brian Breithbarth Trio from North Dakota!</p> <p>12:30 Sheepshead and Pinochle</p> <p>BBQ Pork Rib Patty</p> <p>Roast Beef and Swiss Sandwich</p>	<p>7 9:00 Rummikub</p> <p>9:30 Chair Volleyball</p> <p>10:00 Bohemian Pitch</p> <p>10:00 Farkle</p> <p>10:00 Cheat Cards</p> <p>10:30 Bingo with Pro-Med Care</p> <p>CENTER CLOSSES AT 1 PM</p> <p>Meatloaf with Gravy</p> <p>BLT Salad</p>	8	
9	<p>10 9:00 Rummikub</p> <p>9:00 Exercises</p> <p>9:00 Scrabble</p> <p>9:30 Movie Monday with Marv's Marvelous Popcorn</p> <p>12:30 Double Pot Pitch</p> <p>Get double or more if you eat lunch</p> <p>Country Fried Steak</p> <p>Chicken & Cheese Sandwich</p>	<p>11 9:15 Tai Chi</p> <p>9:30 Chair Volleyball</p> <p>10:00 Coloring w/ Paulette</p> <p>12:30 Bingo-Shalimar</p> <p>1:30 LEAVE FOR CASINO</p> <p>RESERVATIONS REQUIRED</p> <p>CENTER CLOSSES @ 1:30PM</p> <p>Baked Cod Loin</p> <p>Three Meat Hoagie</p>	<p>12 9:30 Exercises</p> <p>9:30 Line Dancing</p> <p>10:30 Special Music with Pam Kragt</p> <p>11:30 Monthly Birthday Party</p> <p>11:50 Peace Lutheran VBS</p> <p>12:30 Pitch Tournament</p> <p>Fire Braised Chicken Breast</p> <p>Egg Salad on Croissant</p>	<p>13 9:00 Rummikub</p> <p>9:15 Tai Chi and Exercises</p> <p>10:00 Presentation from Elite Professionals Home Health</p> <p>10:30 Bingo</p> <p>12:30 Sheepshead</p> <p>12:30 Pinochle</p> <p>Beef Chili Dog</p> <p>Greek Chicken Salad</p>	<p>14 9:00 Rummikub</p> <p>9:30 Chair Volleyball</p> <p>10:00 Scrabble</p> <p>10:00 Bohemian Pitch</p> <p>10:30 Humanities of Nebraska</p> <p>Patriotic Program: Donna Gunn</p> <p>CENTER CLOSSES AT 1 PM</p> <p>Ham and Au gratin Potatoes</p> <p>Roast Beef on Kaiser Bun</p>		
16		<p>17 9:00 Rummikub</p> <p>9:30 Chair Volleyball</p> <p>10:00 Board Game Monday</p> <p>10:30 Pour Painting Class-\$10</p> <p>12:30 Double Pot Pitch</p> <p>Get double or more if you eat lunch</p> <p>Sweet & Sour Chicken</p> <p>Classic Chef Salad</p>	<p>18 9:15 Tai Chi</p> <p>9:30 Chair Volleyball</p> <p>10:00 Coloring w/ Paulette</p> <p>10:00 Open Games</p> <p>12:30 Bingo-Fremont Audiology</p> <p>1:30 Open Games</p> <p>Meatball Stroganoff</p> <p>Chicken Salad on Croissant</p>	<p>19 9:00 Cinnamon Rolls w/Nye</p> <p>9:30 Exercises</p> <p>9:30 Line Dancing</p> <p>10:30 Special Music with Bill Chrastil</p> <p>12:30 Pitch Tournament</p> <p>Cheeseburger Meatloaf</p> <p>Ham & Cheese on Wheat Bread</p>	<p>20 9:15-Tai Chi and Exercises</p> <p>10:00 Presentation with Ashley</p> <p>Fremont Wellness and Therapy</p> <p>10:30 Poker Bingo</p> <p>12:30 Sheepshead and Pinochle</p> <p>Roast Pork Loin w/ Gravy</p> <p>Chicken Caesar Salad</p>	<p>21 9:00 Rummikub</p> <p>9:00 Farkle</p> <p>9:00 Scrabble</p> <p>9:30 Chair Volleyball</p> <p>10:30 Bingo w/ Miracle Ear</p> <p>CENTER CLOSSES AT 1 PM</p> <p>Taco Salad</p> <p>Teriyaki Chicken Strips</p>	22
23	<p>24 9:00 Rummikub</p> <p>9:00 Exercises</p> <p>9:00 Scrabble</p> <p>9:30 Movie Monday with Marv's Marvelous Popcorn</p> <p>12:30 Double Pot Pitch</p> <p>Ball Park Bratwurst</p> <p>Lemon Pepper Tuna Salad</p>	<p>25 9:15 Tai Chi</p> <p>9:30 Chair Volleyball</p> <p>10:00 Bunco</p> <p>10:00 Coloring w/ Paulette</p> <p>12:30 Bingo w /Pathfinder</p> <p>1:30 Bohemian Pitch</p> <p>Lemon Pepper Chicken</p> <p>R. Beef & Bleu Cheese Salad</p>	<p>26 9:15 Board Meeting</p> <p>9:30 Line Dancing</p> <p>9:30 Exercises</p> <p>10:30 Entertainment w/ Wayne Miller</p> <p>12:30 Pitch Tournament</p> <p>Beef Ravioli</p> <p>Turkey Chef Salad</p>	<p>27 9:00 Rummikub</p> <p>9:15 Tai Chi and Exercises</p> <p>9:30 Mexican Train Dominoes</p> <p>10:30 Bingo</p> <p>12:30 Sheepshead and Pinochle</p> <p>Turkey Tetrizzini w/ Pasta</p> <p>Crab Salad on Marble Bread</p>	<p>28 9:00 Rummikub</p> <p>9:30 Chair Volleyball</p> <p>10:00 Scrabble</p> <p>10:00 Bohemian Pitch</p> <p>10:00 Skip Bo</p> <p>CENTER CLOSSES AT 1 PM</p> <p>Sloppy Joe Sandwich</p> <p>Creamy Cheese Tortellini</p>		
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