

30 **C.A.M.E.O. PROGRAM ACTIVITIES FOR:**  
**July 2019**

**Menu or Food is a subject to change at the discretion of the provider**

Monday	Tuesday	Wednesday	Thursday
<p><b>1</b> • 10:30-10:45 Coffee, cake &amp; catching up.                      • 10:45 –12:30 Weekend in Review</p> <p><b>Turkey Breast, Sweet Potato, Mixed Vegetables</b></p>	<p><b>2</b> • <u>Taking Back Tuesdays</u>                      • 12:00-12:45 Lunch                      • 12:45 – 2:00 What is the most difficult and most rewarding about growing older?  <b>Stuffed Cabbage, Noodles, Peas</b></p>	<p><b>3</b> • 10-10:15 Coffee &amp; cake.                      • 10:15-12:00 Hot Topics</p> <p><b>Eggplant Parmesan, Salad, Fruit</b></p>	<p><b>4</b></p> <p style="font-size: 1.2em; color: blue;"><b>Closed for Independence Day</b></p>
<p><b>8</b> • 10:30 -10:45 Coffee, cake &amp; catching up                      • 10:45 – 12:30 Weekend in Review</p> <p><b>Beef Goulash, Noodles, Carrots</b></p>	<p><b>9</b> • <u>Taking Back Tuesdays</u>                      • 12:00 - 12:45 Lunch                      • 12:45 - 2:00 Do you have a friend from childhood that you are in touch with?</p> <p><b>Grilled Chicken, Sweet Potato, Mixed Vegetables</b></p>	<p><b>10</b> • 10:00-10:30 Coffee, cake.                      • 10:30 –12:00 Hot Topics</p> <p><b>Fish, Orzo, Salad, Desert</b></p>	<p><b>11</b> • 12:00 -12:45 Lunch                      • 12:45 - 2:00 Was there a sport that you enjoyed playing?</p> <p><b>Breaded Fish, Potato, Spinach</b></p>
<p><b>15</b> • 10:30-10:45 Coffee, cake &amp; catching up                      • 10:45-12:30 Weekend in Review</p> <p><b>Meatloaf, Mashed Potato, Broccoli</b></p>	<p><b>16</b> <u>Taking Back Tuesdays</u>                      12:00 - 12:45 Lunch                      • 12:45 - 2:00 Is there an electronic device you would want to learn to use?</p> <p><b>Chicken Stew, Rice, Green Beans</b></p>	<p><b>17</b> • 10:00-10:15 Coffee &amp; cake                      • 10:15–12:00 Hot Topics</p> <p><b>Pizza, Salad, Desert</b></p>	<p><b>18</b> • 12:00 -12:45 Lunch                      • 12:45 - 2:00 Is there one experience that taught you a life lesson?</p> <p><b>Chicken Marsala, Bowties, Zucchini</b></p>
<p><b>22</b> • 10:30-10:45 Coffee, cake &amp; catching up                      • 10:45-12:30 If you gave a young relative advice what would it be?</p> <p><b>Breaded Chicken, Sweet Potato, Mixed Vegetables</b></p>	<p><b>23</b> • <u>Taking Back Tuesdays</u>                      • 12:00 -12:45 Lunch                      • 12:45 - 2:00 If you could spend a day doing anything possible, what would it be?</p> <p><b>Spaghetti &amp; Meatballs in Marinara, Zucchini</b></p>	<p><b>24</b> • 10:00-10:15 Coffee &amp; cake.                      • 10:15-12:00 Hot Topics</p> <p><b>Baked Ziti, Salad, Desert</b></p>	<p><b>25</b> • 12:00-2:45 Lunch                      • 12:45-2:00 What career would you choose today?</p> <p><b>Chicken François, Penne, Spinach</b></p>
<p><b>29</b> • 10:30-10:45 Coffee, cake &amp; catching up                      • 10:45- 12:30 Was there something no to, and regret after?</p> <p><b>Beef Burger, Mashed Potato, Mixed Vegetables</b></p>	<p><b>30</b> • <u>Taking Back Tuesdays</u>                      • 12:00 -12:45 Lunch                      12:45 - 2:00 If you can change one experience in your life, what would it be?  <b>Turkey Breast, Sweet Potato, Zucchini</b></p>	<p><b>31</b> • 10:00-10:15 Coffee &amp; cake.                      • 10:15-12:00 Hot Topics</p> <p><b>Surprise Lunch</b></p>	