




May 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
RESERVATION ARE REQUIRED BY 1: 00 THE PRIOR BUSINESS DAY. CALL 402-372 3800 FOR RESERVATIONS OR MORE INFORMATION. PLEASE LEAVE A MESSAGE! MEALS "TO GO" CAN BE PICKED UP BY THE WEST DOOR FROM 11:45 -12:15. FOR THOSE EATING INSIDE-SERVING BEGINS AT 11:30. PLEASE INDICATE			1 Breaded Pork Chop Baby Bakers Asparagus Tapioca Pudding Cranberry Salad Biscuit	2 Roast Beef Mashed Potatoes Mixed Vegetables Pineapple Upside Down Cake Bread	3 Battered Cod OR Brats Veg. Mac Salad Coleslaw Peas & Carrots Banana Cream Pie	4 
5	6 Swiss Steak Mashed Potatoes California Blead Pea Salad Fruit Cocktail Bread	7 Cheeseburger Mac & Cheese Pickled Beets Apricots Bread Pudding	8 Cabbage Rolls Mashed Potatoes Carrots 3 Bean Salad Peach Crisp Dinner Roll	9 Beef Stroganoff Noodles Broccoli Vegetable Salad Fruit Cup Bread	10 Fish Nuggets OR BBQ Pork Scalloped Potatoes Stewed Tomatoes Strawberries Cream Pie Dinner Roll	11
12	13 Liver & Onions OR Swedish Meatballs Baked Potato Broccoli Apricots Angel Food Cake Bread	14 BBQ Ribs Potato Salad Baked Beans Cherries Poke Cake Corn Muffin	15 Fried Chicken Mashed Potatoes Diced Carrots Cinnamon Apples Bread	16 Spaghetti Lettuce Salad Pears Garlic Bread	17 Cod Nuggets OR Bacon Wrapped Steak Rice Cucumber Salad Peaches Berry Fruit Salad Chessy Biscuit	18
19	20 Sausage w/ Peppers & Onions Potato Wedges Wax Beans Blushing Pears Bread	21 Pork Roast Mashed Potatoes Fried Cabbage Fruit Fluff Cookies Bread	22 Turkey Baked Sweet Potato Green Bean Cass. Tomato Salad Peach Cobbler Dinner Roll	23 Chicken Fried Steak Mashed Potatoes Corn Grape Salad Bread	24 Tilapia or Chicken Tenders Au gratin Potatoes Tomato/Zucchini Mandarin Oranges Pumpkin Bar Bread	25
26	27 CENTER CLOSED 	28 Lasagna Caesar Salad Buttered Peas Banana Parfait Garlic Bread	29 Sweet & Sour Chicken Fried Rice Oriental Vegetable Mandarin Oranges Fruit Salad Egg Roll	30 Meatloaf Mashed Potatoes Asparagus Grapes Dinner Roll	31 Salmon OR Rib Patty Long Grain/Wild Rice Peaches/Grapes Brownie Dinner Roll	8 OZ. OF MILK & 1 TSP. BUTTER IS AVAILABLE WITH ALL MEALS.

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Coffee 9:00 Cards 1:00	2 Tai Chi Exercise 9:00 Pool 9:00 Phase 10 12:30	3 Coffee 9:00 Cards 1:00	4
5	6 Coffee 9:00 Bingo 1:00	7 Tai Chi Exercise 9:00 Pool 9:00 Home Health Checks 10:00 Foot Care 1:00 (Appt Needed)	8 Coffee 9:00 Cards 1:00	9 Tai Chi Exercise 9:00 Pool 9:00 Phase 10 12:30	10 Coffee 9:00 Cards 1:00	11
12	13 Coffee 9:00 Left, Right or Center or Bunko 1:00 pm	14 Board Meeting 8:30 Tai Chi Exercise 9:00 Pool 9:00	15 Coffee 9:00 Cards 1:00	16 Tai Chi Exercise 9:00 Pool 9:00 Caregivers Meeting 2-3:30	17 Coffee 9:00 General Mtg. 12:45 Cards 1:00	18
19	20 Coffee 9:00 Bingo 1:00	21 Tai Chi Exercise 9:00 Pool 9:00 Polka w/ Ron & Friends 1:00	22 Coffee 9:00 Cards 1:00	23 Tai Chi Exercise 9:00 Pool 9:00 Phase 10 12:30	24 Coffee 9:00 Cards 1:00	25
26	27 CENTER CLOSED 	28 Tai Chi Exercise 9:00 Pool 9:00 Evening Cards 6-8 PM	29 Coffee 9:00 Cards 1:00	30 Tai Chi Exercise 9:00 Pool 9:00 Phase 10 12:30	31 Coffee 9:00 Cards 1:00	

BERRY FACTS

Enjoy these tasty and versatile fruits!

Trivia Time!

Blueberries are related to cranberries, azaleas, and even rhododendrons!

95% of commercial blueberries are grown in North America.

Blackberries are native to North America and still grow wild in many areas.

Blackberries and raspberries are aggregate fruits.

Raspberries can be red, yellow, orange, purple, or even black! Their dominant color affects what vitamins and other nutrients can be found in the berries.

According to the study, *Raspberries and human health: a review*, "Red raspberries are a common and important fruit in the Western diet due to their content of essential nutrients and beneficial phytochemicals."

Packed with Nutrients:

Did you know that blueberries have 26% of your daily value (DV) of manganese in a single cup? They're also loaded with vitamin C, vitamin K, and fiber!

Speaking of vitamin C, blackberries have tons of it — 50% DV in a one cup serving, along with 47% DV manganese, 36% DV vitamin K, 31% DV fiber, and even 12% DV copper. That's all in a 62-calorie package!

That same amount of raspberries has lots of fiber, packed into only 64 calories. Plus, raspberries contain antioxidants, which are linked to disease prevention.

