

July Newsletter



SENIOR CENTER STAFF

Director: Christina Larsen

Admin Clerk: Serafina
Gomez

Cooks: Carmen & Kim

Drivers: Ana & Arturo

Volunteers: Matt & Mike

**630 Western Ave.
P.O Box 838
Lovelock, Nv
89419
P: 775-273-2291**

SENIOR ADVISORY BOARD MEMBERS

Tami Belcher, Chair

Virginia Rose, Vice Chair

Susie Bendure

Jeanne Munk

Leandra Wood

Events coming up



July 2023

Sun Mon Tue Wed Thu Fri Sat

						1
2 World UFO Day	3 Senior truck	4 Happy Independence Day Closed	5	6	7	8
9 National Sugar cookie Day	10	11	12	13 Fallon	14 Shark awareness Day	15
16	17 National Lottery Day	18 Mobile Harvest	19	20 National Moon Day	21	22
23 Gorgeous Grandma Day	24 Commodities	25	26 National Aunt & Uncle Day	27	28	29
30	31 Harry Potters Birthday!					

4TH OF JULY

word search for kids

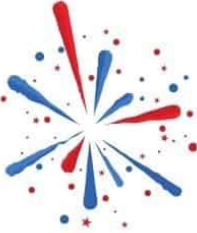
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D	E	U	U	V	W	D	E	C	L	A	R	A	T	I	O	N	M
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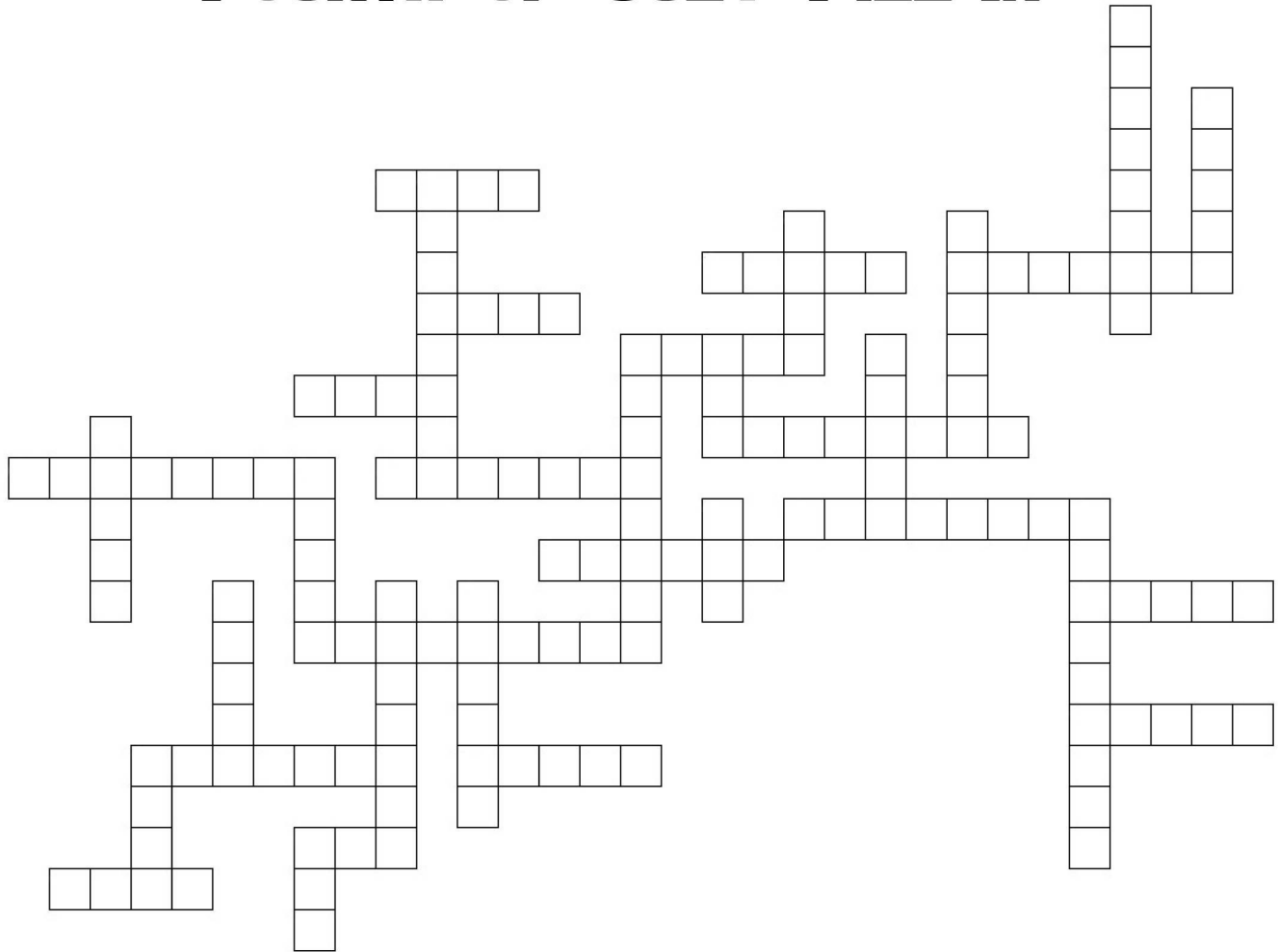
AMERICA
BLUE
BRITAIN
DECLARATION
FIREWORKS
FLAG
FOURTH

FREEDOM
INDEPENDENCE
JULY
LIBERTY
NATION
PARADE
RED

REVOLUTION
RIGHTS
STATES
SUMMER
THIRTEEN
UNITED
WHITE



FOURTH OF JULY Fill-In



3 letter words

air
red
say
see

4 letter words

flag
free
home
land
star
wave

5 letter words

bombs
brave
broad
early
fight
glare
light
night
proof
stars

6 letter words

banner
bright
hailed

7 letter words

proudly
rockets
stripes
watched

8 letter words

bursting
gleaming
perilous
ramparts
spangled
twilight

9 letter words

gallantly
streaming



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Recipe for the month of July

Potluck Taco Salad



Directions:

1. In a large skillet, cook and crumble beef over medium heat until no longer pink, 6-8 minutes; drain. Stir in 3 tablespoons taco seasoning.

2. In a large bowl, layer beef mixture, lettuce, beans, onion, tomatoes, cheese and crushed chips. In a small bowl, mix

salad dressing, taco sauce and remaining taco seasoning; serve with salad.

Ingredients

- 1 pound ground beef
- 1 envelope taco seasoning, divided
- 1 medium head iceberg lettuce, torn
- 1 can (16 ounces) kidney beans, rinsed and drained
- 1 large red onion, chopped

Fluffy Key Lime Pie

Ingredients

- 1/4 cup boiling water
- 1 package (0.3 ounce) sugar-free lime gelatin
- 2 cartons (6 ounces each) Key lime yogurt
- 1 carton (8 ounces) frozen fat-free whipped topping, thawed
- 1 reduced-fat graham cracker crust (9 inches)



Directions

1. In a large bowl, add boiling water to gelatin; stir 2 minutes to completely dissolve. Whisk in yogurt. Fold in whipped topping. Pour into crust.

Refrigerate, covered, until set, about 2 hours.

July Birthdays



LaMona Wells 4th

Zola Carlene 11th

James Sanford 19th

Janice Rutherford 24th

Marian Munoz 30th

David Cerini 31st



July's Menu

Monday	Tuesday	Wednesday	Thursday	Friday
3 Sub sandwich Cucumbers Banana Chips	4 Closed Happy Impendence Day!!	5 Tuna Sandwich Celery Watermelon Chips	6 Sweet & sour chicken Fresh chopped spinach Peas & carrots Steamed rice Wheat roll	7 BBQ chicken Mixed veggies Honey dew Melon Potato salad
10 Sloppy Joe Cooked Carrots Baked beans 3 bean salad	11 Roast beef sandwich Grapes Rigatoni salad Chips	12 Chefs salad Mandarin oranges Wheat roll	13 Biscuits & Gravy Orange juice Peaches w/cottage cheese Hash browns & eggs	14 Hamburgers Roast veggies Cantaloupe Fries
17 Chicken salad sandwich Pears Chips	18 Chicken Alfredo Green beans Tropical fruit Wheat roll	19 Beef tacos Broccoli & cauliflower Mexi corn Apricot	20 Roast beef Mixed veggies Garden salad Red potatoes	21 Chicken fried steak Carrots Banana Mash & gravy Wheat roll
24 Lasagna Chopped spinach Fresh orange Wheat roll	25 Stuffed chili cheese baked potato Malibu veggies Strawberry yogurt	26 Fish & chips Corn Apple sauce French fries	27 Spaghetti w/neat sauce Zucchini Salad 7 Grain bread	28 Pancakes Strawberries w/vanilla yogurt Hash browns & eggs Apple juice
31 Beef stroganoff Carrots Salad Wheat roll				
		Daily soups Include beans & or Vegetables All meals in- clude dessert & Menu is subject to change.		