Catholic Community Service

Bridge Happenings

July 2018

The Bridge will be closed Wednesday, July 4th for Independence Day.

Happy Birthday, Jean!!!

Our garden is in full bloom!

Taking a stroll on a nice day to look at all the flowers that have bloomed

Please join us for our Summer BBQ on **Friday, July 6th** from **noon-1pm**

All are welcome, bring a side dish to share if you wish.

NOW ACCEPTING NEW PARTICIPANTS

We need your help! We are still looking to increase program participation. If you know of a senior or a caregiver who could benefit from The Bridge Program, please let us know. The Bridge is the only adult day program in Juneau, and is a reliable care option for many seniors. Call today to set up a free visit. **463-6171**

July Menu 2018

At the

Juneau Senior Center

Monday	Tuesday	Wednesday	Thursday	Friday
2 Tuna & noodles Spinach Honey mustard cole slaw	3 Pork chops w/ applesauce Mixed veggies Fruit cup roll	4 4th Of JULY No lunch	5 Ham & bean soup Tomato slices w/cottage cheese cornbread	6 French dip Oven potatoes Danish salad
9 ½ chicken salad sandwich Minestrone soup Romaine & tomato salad	10 Chinese pork Rice Zucchini Honey orange salad	11 Liver & onions Mashed potato Stewed tomato Cabbage, apple & raisin salad	12 BBQ chicken Mixed veggies Potato salad cornbread	13 Mac & cheese w/ham Broccoli Texas coleslaw
16 Lasagna w/ meat Zucchini Tossed salad Garlic bread	17 COOK'S CHOICE	18 Baked fish Sweet potato Peas 3 bean salad	19 Pork stew Pea & onion salad Roll	20 Baked chicken Mashed potato w/gravy Mixed veggies Pears w/ cottage cheese
23 Hamburger Oven fried potatoes Green beans Tossed salad	24 Sweet & sour chicken Rice Broccoli Spicy fruit cup	25 Ham Au gratin pota-to Peas Tossed salad	26 Mike's chili w/beans & cheese Creamy cole-slaw cornbread	27 Creole pork chops Rice Zucchini Spinach salad
30 Chef salad w/ meat & cheese Potato soup crackers	31 Baked fish Rice pilaf Broccoli Tossed salad	1	2	3

For information contact Renee Hughes at the Juneau Sr. Center 463-6175 For Seniors 60+ years and older

The Bridge Adult Day Program Activity Calendar
July 2018: Carefully Planned Activities to Keep you Healthy and Active
Daily Exercises **Mid Day Meal** **Socialization**

Monday	Tuesday	Wednesday	Thursday	Friday
2	**3**	**4**	**5**	**6**
Mind Jogglers **Accordion w/ Dale** **Library Fun w/ Felicite**	Golf Pokeno Parlor Time	**CLOSED** **HOLIDAY**	Splatter Toss Alphabet Game Shuffleboard	Horseshoes Name 10 Things **Summer BBQ** **Music w/ Rita**
9	**10**	**11**	**12**	**13**
Penny Ante Hangman **Library Fun w/ Felicite**	Corn Hole Toss Shake Loose A Memory Jingo	**GHS ANIMAL VISIT** **BINGO** Karaoke	Catch of the Day **Art** Charades	Croquet Word Within A Word **Music w/ Jacque**
16	**17**	**18**	**19**	**20**
Bagball **Accordion w/ Dale** **Library Fun w/ Felicite**	Ring Toss Name 10 Things Fill in the Blank	50/20/10 Horseshoes **BINGO**	Croquet **Art** Parlor Time	Ring Toss **Music w/ Rita** Kings on the Corner
23	**24**	**25**	**26**	**27**
50/20/10 Shake Loose A Memory **Library Fun w/ Felicite**	Horseshoes Mind Jogglers Penny Ante	Mastermind Karaoke **BINGO**	Word Within A Word **Art** Splatter Toss	Shuffleboard **Music w/ Jacque** Pictionary
30	**31**			
Shuffleboard **Accordion w/ Dale** **Library Fun w/ Felicite**	Golf Pictionary Penny Ante			

Thank You

The Bridge Adult Day Program wishes to thank all of the individuals and businesses who contributed to the success of our First Annual Summer Wine Tasting and Silent Auction Event held at The Bridge, on Friday, June 22nd.

Special thanks to our two local distributors, Specialty Imports and Southern Glazers of Alaska, for providing excellent varieties of wine for sample and purchase. Additional thank you to all who donated items for the silent auction, including The Alaska Club, Annie Kaill's, Colleen Torrence, Pavitt Health & Fitness, Pat Davidson, Alaskan Brewing Co., Erin Walker-Tolles, Glacier Salt Cave and Spa, Night Moods, Cheri Zepp, Sharon Hamby, Trickster Company, Gold Town Nickelodeon, Martha's Flowers, Nugget Alaskan Outfitter, McGivney's, Jayne Andreen, Michelle Umbs, Kindred Post, El Sombrero, and Kirk and Melinda Burke. Final thanks to Tom Locher for providing musical entertainment and all the volunteers who helped make the event a success.

Bridge Wishlist

The Bridge is in need of the following items:

- Coffee mugs
- Coffee Pot
- Plastic cups (reusable; dishwasher safe)
- Non perishable snacks (fig bars, crackers, granola, etc.)
- Iced tea/Lemonade mix
- Quick dessert mixes (pudding, cake, muffins, etc.)
- Expo Markers

TAI CHI

Join an 8-week class series beginning
July 10, 2018
10:00am—11:00am
Tuesdays & Thursdays
At the Gruening Park Community Hall
Free for Age 60+ Registration is required!
Call 463-6113 to register.

AARP EVENTS:

Douglas 4th of July Celebration

Tuesday July 3rd 6:00-8:00pm

Community Picnic at **Sandy Beach**. Food and soft drinks provided. Sponsored by Douglas Volunteer Firefighters & Douglas 4th of July Committee Watermelon Eating Contest at 6pm and a Sand Dollar Hunt at 7pm.

Juneau Parade Wednesday July 4th 11:00am

Parade Route; The 'reverse parade route.' Staging area is in the parking lot of Cycle Alaska/ Department of Labor Building at West 8th Street (next to Juneau/Douglas Bridge). Parade will start up **Egan Drive** on the mountain side, to Main, turn left on Main, turn right on Front, turn right on South Franklin down to Admiral Way, to Marine Way to Egan Drive. Return to staging area on waterside of Egan Drive.

Second Saturday Farmers and Crafters Market

Saturday July 14 10:00am-3:00pm

Location is the **Airport Shopping Center.**

The Bridge Adult Day Program
1803 Glacier Hwy
(907) 463-6170

Hours:
7:30am-5:30pm Mon-Fri

The Bridge Program receives financial support from the Juneau Community Foundation's CBJ Social Service Grants and the State of Alaska, Senior & Disabilities Services

Southeast Senior Services Established 1973

United Way

Southeast Senior Services is a Division of Catholic Community Service
Accredited by the Council on Accreditation