

HELP of Ojai, Inc.

June 2008

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Spaghetti w/ Meatballs Italian Veggies Salad Fruit	Tuna Casserole With Noodles Peas Salad Fruit	BBQ Chicken Scalloped Potatoes Mixed Veggies Salad Fruit	Tacos Beans Rice Salad Fruit	Baked Tilapia Baked Potatoes Green Beans Salad Fruit
9	10	11	12	13
Baked Pork Chops w/ Candied Yams Green Beans Salad Fruit	Chinese Chicken w/ Noodles & Veggies Egg Rolls Salad Fruit	Sloppy Joes On a Bun Tater Tots Carrots Salad Fruit	Special Lunch Featuring the <i>Food of Croatia</i> w/ the author, our own Karen Evenden	Macaroni & Cheese Peas Salad Fruit
16	17	18	19	20
Chicken Burgers Oven Fries Carrots Salad Fruit	Salisbury Steak With Gravy Mashed Potatoes Brussels Sprouts Salad Fruit	Veggie Lasagna Broccoli Garlic Bread Salad Fruit	Liver with Bacon and Onions Baked Potatoes Peas Salad Fruit	Fried Fish French Fries Broccoli Salad Fruit
23	24	25	26	27
Soup & Sandwiches Pickled Beets Pickles Salad Fruit	Beef with Peppers Rice Broccoli Salad Fruit	Chicken and Dumplings Mixed Veggies Salad Fruit	Savory Meatloaf Mashed Potatoes Peas Salad Fruit	Cheese Ravioli Italian Veggies Salad Fruit
30				
Chicken Salad on Lettuce Cups Chips Salad Fruit				All meals served with milk, cheese sticks and butter.

Lunch Served at 12:00 P.M.

\$3.00 Suggested Donation Appreciated

HELP of Ojai Monthly Calendar for June 2008

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
8:30 Skin Cancer Screening 9:00 Bridge Group 10:30 Intermediate Spanish Class 12:45 Bingo	1 – 2 Low Vision 2:00 Beginning Spanish 2:30 Widows/Widowers Support Group (OTH) 10:30 Caregiver's Haven	8:30 Blood Pressure Screening 9:30 Qigong 11:30 Chair Yoga 1:30-2:30 Yoga	9:00 Bridge Group 9:30 Creative Writing 1:30 Knitting And Crocheting 1:30 Level 2 Yoga	10:00 Self Enrichment 2:00 Art Group
9	10	11	12	13
9:00 Bridge Group 10:30 Intermediate Spanish Class 12:45 Bingo	9 – 11 Veteran's Clinic 9:30 Stamp Club 9:30 Mobile Self Help Center 10:00 Choraliers 2:00 Beginning Spanish 2:30 Widows/Widowers Support Group (OTH)	8:30 Blood Pressure Screening 9:30 Qigong 1:30-2:30 Yoga	9:00 Bridge Group 9:30 Creative Writing 1:30 Knitting And Crocheting 1:30 Level 2 Yoga	10:00 Self Enrichment 2:00 Art Group
16	17	18	19	20
9:00 Bridge Group 10:30 Intermediate Spanish Class 12:45 Bingo	10:00 U.S.A. Group 12:00 Breast Cancer Support Group 2:00 Beginning Spanish 2:30 Widows/Widowers Support Group (OTH) 7:00 P.M. Caregiver's Haven	8:30 Blood Pressure Screening <i>No Qigong today only</i> 10:30 World of One 11:30 Chair Yoga 1:00 Parkinson's Support Group 1:30-2:30 Yoga	9:00 Bridge Group 9:30 Creative Writing 1:30 Knitting And Crocheting 1:30 Level 2 Yoga	10:00 Self Enrichment 2:00 Art Group
23	24	25	26	27
9:00 Bridge Group 10:30 Intermediate Spanish Class 12:45 Bingo	9:30 Mobile Self Help Center 9:30 Stamp Club 2:00 Beginning Spanish 2:30 Widows/Widowers Support Group (OTH) 7:00 P.M. Bereaved Parents Group 7:00 P.M. Hepatitis "C"	8:30 Blood Pressure Screening 9:30 Qigong 11:30 Chair Yoga 1:30-2:30 Yoga	9:00 Bridge Group 9:30 Creative Writing 1:30 Knitting And Crocheting 1:30 Level 2 Yoga	10:00 Self Enrichment 2:00 Art Group
30				
9:00 Bridge Group 10:30 Intermediate Spanish Class 12:45 Bingo		Note: No Qigong Class on 6/18/08		