

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI
JULY 2010 Tammuz/Av 5770				Meatloaf 19 Tammuz	Rabbi 11:30 am  Turkey 20 Tammuz
				1	2
22 Tammuz	Sloppy Joes 23 Tammuz	Book Club 1 pm Egg Salad 24 Tammuz	VNA 9:15 am Lasagna 25 Tammuz	Happy Hour 4-6 pm Salmon Patties 26 Tammuz	Rabbi 11:30 am  Chicken 27 Tammuz
4	5	6	7	8	9
		Harrahs Casino 9:15 am Chicken Waldorf Salad 2 Av	Union Station Quiche 3 Av	Briar Cliff Village Gazpacho 4 Av	Rabbi 11:30 am  Salmon 5 Av
29 Tammuz	1 Av	2 Av	3 Av	4 Av	5 Av
	Movie Matinee 12:45 am Eggplant Parmesan 8 Av	SMART Men 9 am Russian Salad 9 Av	Tuna Salad Sandwich 10 Av	Independence Hot Dogs 11 Av	Rabbi 11:30 am  Cabbage Rolls 12 Av
7 Av	8 Av	9 Av	10 Av	11 Av	12 Av
		Strawberry Hill Fruit Plate 16 Av	Bagel with Lox 17 Av	Isle of Capri 9:15 am Blintzes 18 Av	Rabbi 11:30 am  Turkey 19 Av
14 Av	15 Av	16 Av	17 Av	18 Av	19 Av
25	26	27	28	29	30

MENU -- Subject to change For SAME DAY LUNCH

Reservations call 913-327-8043 by 9:00 am
Lunch served at noon Mon. - Fri. • Cost \$4 • RESERVATIONS REQUIRED

The following alternative entrées are available each day with advanced notice:
salad, egg salad, tuna salad, gefilte fish.

EVERY MONDAY

T'ai Chi Qi 9 am
Cardio Fitness 10:15 am
Ceramics 10 am
Drama 11 am
One Hour Fitness 11 am
Painting/Drawing 12 pm
Portrait Class 2:30 pm

EVERY TUESDAY

Chair Yoga 9:30 am
ESL 9:30 am
Cardio Fitness 10 am
Judaic Studies 11 am
Gentle Pilates 11 am
Walk/Water Exercise 1 pm

EVERY WEDNESDAY

Tech Time 9:00 am
T'ai Chi Qi 9 am
Cardio Fitness 10:15 am
Foundation of Art 10 am &
12:30 pm
One Hour Total Fitness 11 am
Heritage Center Singers 11 am

EVERY THURSDAY

Chair Yoga 9:30 am
ESL 9:30 am
Cardio Fitness 10 am
Portraits 10 am
Judaic Studies 11 am
Gentle Pilates 11 am
Bob Gast 11 am
Ceramics 12:30 pm
Tech Time 12:30 pm
Walk/Water Exercise 1 pm
Painting/Drawing 2:30 pm

EVERY FRIDAY

Cardio Fitness 10:15 am
Kinesis 11 & 11:30 am
Pre-Shabbat Lunch Noon

SAVE THE DATE
Pre-Rosh Hashanah
Luncheon
Thursday, September 2



**Bubbe's
Kitchen**

Heritage Center Kosher Carryout
913-327-8046



- 12 Chocolate, Chocolate Chip Cookies (parve) \$3
- 4 Gourmet Cheese Blintz \$7
- 12 Gourmet Cheese Blintz \$18
- Homemade Mushroom Barley Soup (14 oz) (dairy) \$3
- 2 Cabbage Rolls (meat) \$6
- 4 Cabbage Rolls (meat) \$11
- Sweet Noodle Kugel** (16 oz) (parve) \$3

From the freezer to the table in minutes!
Available from the Heritage Center kitchen 8 am - 1 pm.

After 1 pm call 913-327-8043 for pick up and availability. All proceeds benefit the Heritage Center.